



FREE TO TAKE HOME!

APRIL - MAY 2019 EDITION



Otitis Media



Sleep deprivation



Warts and all



Hepatitis C

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.
www.healthnews.net.au

- PRACTICE DOCTORS
Dr Johannes Schonborn
 Medical Director
Dr Aamir Mahmood
Dr Stephanie Hey
Dr Uzma Shamim
Dr Imran Ullah
Dr Samir Kourie
Dr Krishan Nandasiri
Dr Abhaya Nanayakkara

Our Practice doctors are experienced in the broad range of health problems affecting all age groups.

All our G.P.'s have interests in Family Medicine, Child Health, Women's Health, Men's Health, Minor Surgery & Family Planning.

- CEO
Goran Mujkic
- PRACTICE MANAGER
Tanya Barrett
- PRACTICE NURSES
Amanda Grubb RN
Nera Christie RN
Dani Bakes EN
Candice Cresswell RN
Carolyn Hudspeth RN
Leanne Cherry EN
Virginia Griffith RN

- RECEPTION STAFF
 Sharon Davis, Leah Fitzpatrick, Kelsie Palmer, Janelle Scott, Kassey Howe, Alison Badcock, Anne Cresswell, Lauree Atkins, Emily Frost, Naomi Skeat, Toni Ainslie & Donna Mitchell

- SURGERY HOURS
Monday – Thursday
 8.30am – 5.30pm
Friday
 8.30 am – 8pm
Saturday
 10am – 1pm
Friday night & Saturday are emergency appointments only (no phone service).
Westbury Medical Centre
 80 Meander Valley Road
Monday - Friday
 9.00am - 5.00pm

Online appointment booking is available via our website: www.delorainemedical.com or the Health Engine and Appoinuit apps.



- AFTER HOURS & EMERGENCY

Phone **6362 2266 all hours** and the call will be answered by Health Direct an accredited deputizing system. In case of **serious emergency** phone **000**.

- BILLING ARRANGEMENTS

New patients must pay a fee for first appointment and then we direct-bill Medicare. Please bring your Medicare card to your appointment. Private patients are charged at AMA rates. Our fees reflect the quality of our service.

Payment at the time of consultation is required.

A small fee may be charged for procedures, dressings and vaccines, to cover costs. Medicals - commercial driving, diving, insurance, iron infusion and mirena insertions and non medicare items will be charged at AMA rates.

- SPECIAL PRACTICE NOTES

These notes are provided to help you during your visit to our practice.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from Specialists. You can discuss this openly with your doctor, including potential out of pocket expenses. Certain scripts and ongoing referrals are available to order for a fee from our website, click on the Appoinuit button and follow the prompts.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

Communication. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

Patient Privacy. This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. Please phone for your results. A recall system is in place to follow up on any tests results.

- APPOINTMENTS

Consultation is by appointment. Urgent cases are seen on the day.

Home Visits. If you require a home visit for special reasons, please request this first thing in the morning.

Booking a long appointment is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

Please notify us if you are unable to attend an appointment, well in advance or a **non attendance fee will be charged.**

If **more than one person** from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.

Time is valuable to all of us. If you fail to attend appointments without adequate explanation, we cannot guarantee your future booked appointments.

▷ **Please see the Rear Cover for more practice information.**



Warts and all

Warts, extremely common, especially among children, can appear anywhere and are most often found on the hands, knees and feet. These small eruptions on the skin are caused by the Human Papilloma Virus (of which there are at least 70 types).

Warts are almost always pain free and do not itch. They may be single or in clusters, raised, have a rough appearance and the same colour as surrounding skin.

The exception is plantar warts on the feet, also called verrucae, which may be flattened. The main problems on the soles of the feet are cosmetic (appearance), and pain due to the pressure from weight on them. Warts can be spread by direct contact to other people or to other parts of your own body.

Left alone most warts will disappear after months to years. The immune system overcomes the infection which can remain dormant in the skin for many years. However, many people do not want to wait months to years. Treatment is simply burning the wart. This can be done chemically with ointments or paints, by freezing with liquid nitrogen or dry ice, or via cautery with a hot wire under local anaesthetic.

Freezing is the most popular method, done a few times over weeks. The warts may

swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with otherwise harmless warts. Chat with your GP about the options before deciding.



 Weblink www.mydr.com.au/skin-hair/warts



Hepatitis C – Avoiding Damage

Hepatitis C virus was first "discovered" in 1989. Catching the virus was associated with blood transfusions before 1990 but today the main risk factors are sharing intravenous drug needles, tattooing and body piercing (if not sterile). Hepatitis C is no longer officially classed as a sexually transmissible disease but its spread via sexual contact is still possible if there are cuts or open wounds. Needle stick injuries carry a very small risk. The virus is not spread by hugging or through sharing food.

At the end of 2017 it was estimated that 200,000 Australians had Hepatitis C.

There may be no symptoms of infection. Symptoms include tiredness, fatigue, nausea, fever, itchy skin and loss of appetite. Some people only get symptoms many years after contracting the virus.

Long term the virus can damage the liver leading to cirrhosis and /or liver cancer.

Diagnosis is by blood testing. A liver scan

may also be advised. Since 2016 there have been new and successful treatments for hepatitis C that can cure the condition in 95% of cases, with few side effects. Treatment before 2016 was less effective and side effects were a major problem for many people.

If you think you are at risk of Hepatitis C talk to your doctor. If diagnosed, treatment can be through your GP or a specialist.

 Weblink www.hepatitisaustralia.com/how-do-you-get-hep-c/



 Weblink www.thewomens.org.au/health-information/continence-information/urinary-incontinence

Urinary Incontinence

Urinary incontinence means no amount of voluntary effort stops the flow of urine. The two main forms of incontinence are *urge* where one cannot hold on when feeling the need to pass urine and stress where coughing, sneezing or movement can cause urine flow. Incontinence is far more common in women than men (affecting up to 50% of women) and while not age-specific, it is more frequent in later years.

The exact cause of incontinence is not always known but damage to the pelvic floor is a factor e.g. after childbirth. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to record a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing which assesses the workings of the bladder.

In days gone by women were often told "don't worry about it dear". Today we know better. There are many treatments options. Losing excess weight and quitting smoking can help (if relevant to you). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication and, in some cases, surgery is recommended. Surgery has generated controversy lately but there are options.

The key is to discuss the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.



THAI CHICKEN SALAD – SERVES 4

Ingredients

- 2 x 180gms Chicken Breast Fillets – halve the chicken breasts lengthways to create 4 fillets
- 1 tsp sesame oil – for basting chicken
- 2 Lebanese cucumbers – thinly sliced into ribbons
- 2 carrots – thinly sliced into ribbons
- 200gm punnet Perino tomatoes - halved
- ½ red onion thinly sliced
- ½ cup coriander leaves
- ½ cup basil leaves
- 1 long red chilli, thinly sliced diagonally
- ½ cup roasted peanuts, coarsely chopped

Dressing - combine the following

ingredients:

- ¼ cup lime juice (60ml)
- 2 tbs brown sugar
- 1 ½ tbs fish sauce
- 2 tsp soy sauce
- 1 lemongrass stem finely chopped (pale section)
- 1 tbs finely grated ginger
- 1 garlic clove – crushed

Instructions

Marinate the chicken fillets with half the dressing and put in fridge for 30 mins.

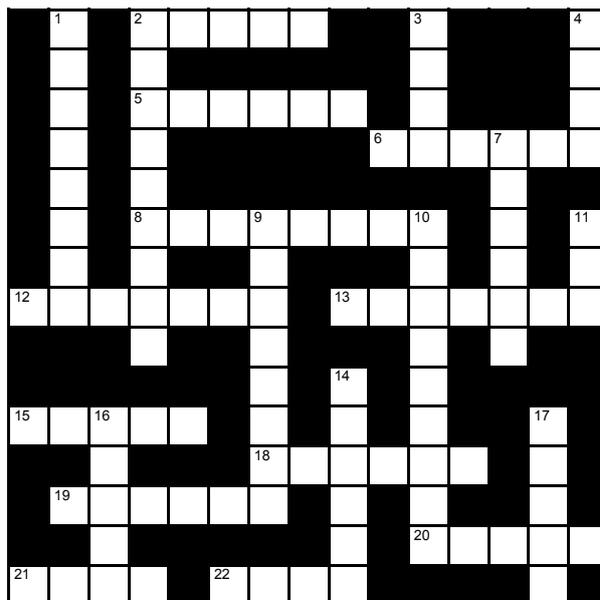


Heat a barbeque or chargrill pan on medium. Drain chicken and discard marinade. Brush chicken with sesame oil. Chargrill chicken until golden brown and cooked through. Once cooked, set aside to rest. Combine the cucumber, carrot, tomato, onion, mint, coriander, basil and chilli in a bowl. Drizzle with the remaining dressing and toss to combine. Place salad on a large platter. Thinly slice the chicken and arrange on the top of the salad. Sprinkle with peanuts to serve.

CROSSWORD

Across:

2. Warts are mainly found on ____, knees and feet (5)
5. Elvis Presley made this part of the body famous (6)
6. Shedding excess ____ can help sleep problems (6)
8. ____ ears can cause pain (8)
12. Extreme tiredness (7)
13. Urge incontinence is due to an overexcited ____ (7)
15. A ____ can be the first sign of mesothelioma (5)
18. Strain felt by someone (6)
19. Otitis media affects what part of the human ear? (6)
20. Deprivation of ____ can send you crazy (5)
21. Footballers and netballers get ____ pain often (4)
22. Caused by the Human Papilloma virus (HPV) (4)



Down:

1. Disease of old age (8)
2. Inflammation of the liver (9)
3. Bottom of the foot (4)

4. They take 215 million steps by the time we are 80 (4)
7. An ear infection can enlarge ____ in the neck (6)
9. ____ is good for you in so many ways (8)
10. Identification of an illness (9)
11. Hearing sense organ (3)
14. At the top of the windpipe (6)
16. Waste fluid made by the kidneys (5)
17. Human organ that can lose 90% before it fails (5)



D&WMC

OTHER SERVICES

Deloraine Medical Centre also offers:

- Mirena (IUD) insertion and removal
- Asthma Education
- Spirometry
- Chronic Disease Management
- Care Plans
- Diabetes Management
- Health Assessments
- Mental Health Plans
- Cryotherapy
- Child and Adult Vaccinations
- ECG
- Travel Vaccinations
- Pap Smears
- Pre-employment Medicals
- Drivers Licence Medicals
- Jockey/Racing Medicals
- Diabetic clinic on Wednesday mornings - appointment required
- Dietician
- Aviation Medicals

ALLIED HEALTH

Deloraine Medical Allied Health Centre provides access to a

- Podiatrist
- Audiologist
- Physiotherapist
- Denture Clinic
- Psychologist
- Optometrist
- Launceston Pathology

We also offer access to Tele-Health.

PATIENT FEEDBACK

We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Health Complaints Commissioner Tasmania on 1800 001 170 (Toll Free – Tas) or Email: health.complaints@ombudsman.tas.gov.au

We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.