

### FREE TO TAKE HOME!

## FEBRUARY - MARCH 2018 EDITION



School refusal



Mobile phones and kids



Dealing with depression



Watch on glaucoma

### 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](http://www.healthnews.net.au)

#### ● PRACTICE DOCTORS

##### Dr Melinda Griffiths

BMBS, Dip Paeds, FRACGP

##### Dr Bradley Forssman

MBBS, MPHTM, FAFPHM

##### Dr Hamish McArthur

BSc(Hons), BMBS, FRACGP

##### Dr Carole Chung

BMedSc, MBBS, Dip Paeds, FRACGP

##### Dr Marc Madeleine

BMedSc, MBBS(Hons), Dip Paeds, FRACGP

##### Dr Simon Cowap

MBBS(Hons), FRACGP

##### Dr Sharon Lim

MBBS, Dip Paeds, FRACGP

##### Dr Penelope Elix

BMedSc(Hons), MBBS, DRANZCOG, DCH, FRACGP

##### Dr Rebecca Blake On Leave

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##### Dr Lan-Yi (Nancy) Yiin

BSc(Med), MBBS, FRACGP

##### Dr Brian Lim Min Loong

BSc(Med), MBBS, FRACGP

##### Dr Sofie Roberts

MBBS(Hons), FRACGP

#### ● OUR PRACTICE INTERESTS

- Women's & Men's Health
- Mental Health
- Paediatrics (Children's Medicine)
- Family Planning & Antenatal Shared Care
- Travel Medicine
- Preventative Health
- Aviation Medicine
- Skin Cancer
- Sexual Health & HIV Medicine

#### ● ADMINISTRATION STAFF

##### Practice Nurses:

Anne Maree  
 Maureen  
 Rowena &  
 Jen

##### Practice Manager:

Leanne

##### Reception:

Lyn  
 Kim  
 Nikki  
 Siobhan  
 Rebecca &  
 Sam

#### ● SURGERY HOURS

Monday-Friday: ..... **8.00am-6.00pm**

Saturday: ..... **9.00am-12noon**

#### ● AFTER HOURS

6pm-8am Weekdays. 12 midday Saturdays-8am

Mondays and Public Holidays please contact our locum service on **8724 6300**.

(Bulk billed for Medicare holders).

For urgent medical attention at anytime dial **000** or go directly to the nearest hospital Emergency Department.

**Australian Government After Hours GP Helpline 1800 022 222.**

#### ● BILLING ARRANGEMENTS

This practice is a private billing practice and reflects the quality of our care and service. Fees are payable at the time of consultation by either cash, EFTPOS, Mastercard, Visa or Amex.

Our billing information is displayed in the reception area of the surgery. For convenience, we can offer patients a Medicare Online Claiming service, eliminating the need to visit a Medicare office.

#### ● APPOINTMENTS

We are by appointment only, so that our patients have adequate time with their chosen doctor.

**Home visits** are available in certain circumstances by appointment.

**Booking a long appointment.** If you require an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion, please book a longer appointment.

**Emergency appointments.** Each day appointments are set aside by the doctors for patients who need to be seen urgently. All doctors have access to your medical records if your usual GP is not available and can liaise with each other if necessary. This allows you to be seen on the day when required.

#### Online bookings now available for existing patients.

We offer an online booking service for our existing patients through HotDoc via our website [www.fountaingp.com.au](http://www.fountaingp.com.au). Please note that this is an automated system and appointments can be rejected for various reasons. If there is an issue or you are unsure about an appointment booked, please call the practice on **8303 2900** so we can help to resolve the problem. If your Online booking has been successful you will receive an email confirmation.

Patients can also download the **HotDoc** app on their mobile phone or android.

Childhood Immunisation and New Patient appointments cannot be booked online, please call us on **8303 2900** during opening hours for these appointments.

Why not check out our **recently updated website**

[www.fountaingp.com.au](http://www.fountaingp.com.au) for more information.

#### ● ONLINE REPEAT PRESCRIPTIONS AND REFERRALS

We have an online service for ordering your repeat prescriptions and repeat referrals through HotDoc via our website.

Please visit [www.fountaingp.com.au](http://www.fountaingp.com.au) for more information.

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





# Mobile phones and kids

It is hard to believe that the ubiquitous mobile phone only became widely used in the 1990s and smart phones in the past decade.

Previous generations of parents did not have to contend with managing their children's use of phones. Today there is a view that children should have access but neither can you wind the clock back. Certainly, there is research showing that too much screen time is an issue for children because they tend to exercise less and it can impact on sleep. There is also the additional complication of social media being accessed via mobile phones anywhere, anytime.

Like all parenting, the key is setting simple rules and sticking to them. This is also age related. The notion of the 'electronic babysitter' used to apply to TV but now that can apply to phones. But handing a small child the phone as a way to pacify them is not a great idea.

For primary school children, it can be useful to have a phone to ring parents. This can be an older model that can make calls and can't access the internet. Much like TV time can be restricted by parents, so too can total screen time including phones. Ensure phones are not kept in children's bedrooms and are recharged in the kitchen or living room. For older children ensure a net filter is installed. Lead by example and don't be permanently attached to your own phone. Most importantly, don't be afraid to set boundaries and be 'the worst parent ever'. The objections will settle and your children will be better for it.

 [Weblink https://www.kidsmatter.edu.au/mental-health-matters/school-refusal](https://www.kidsmatter.edu.au/mental-health-matters/school-refusal)

## School refusal can be serious

Children and adolescents who experience severe emotional distress at having to go to school need to be taken seriously. It can lead to considerable absence from school, which in turn can impact on education and job prospects. This is completely different to truancy and is not associated with anti-social behaviour.

School refusal is also completely different to normal anxiety that may precede exams or school camps.

There is no specific known cause. There may be various underlying worries the child has about school work, friendships, bullying, social isolation, conflicts with teachers, separation from parents, parental separation or family grief or trauma. There may be no apparent underlying issue.

Symptoms include tearfulness before school, frequent complaints of somatic symptoms such as headaches, tummy pains or dizziness before school but not on weekends through to tantrums before school.

A general medical check by your GP is important to ensure there are no other underlying medical issues. It is vital to manage the problem early. Parents, teachers, the school and sometimes education bodies have a role. The family as well as the child will need support. There may need to be involvement from the school counsellor (or an independent one).

Create a positive environment at school, especially on arrival, for the child. A flexible return to school program can be instituted. Additional learning support may be needed as may support with socialising.

A good education is important in life. Getting help early is essential for your child and the family. Talk to your GP about any concerns you have.

**Solution Across** 1. Drops (5) 3. Pregnant (8) 6. Vegetables (10) 10. Bullying (8) 11. Distress (8) 12. Virus (5) 13. Lifestyle (9) 14. Pain (4) 15. Medical (7) 16. Shock (5) 17. Diet (4) 18. Fever (5) **Down:** 1. Doctor (6) 2. Sleep (5) 3. Pressure (8) 4. Age (3) 5. Depression (10) 7. Adolescent (10) 8. Surgery (7) 9. Listeria (8) 14. Phone (5) 15. Mood (4)



# Avoiding listeria

Listeria is an infection caused by a common bacterium that occurs in the soil and water.

Thus, plants and animals in the food chain can be infected. There are around 65 cases in Australia each year and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of still birth, low birth weight and premature labour. Symptoms can be mild or severe with fever, headaches, vomiting and diarrhoea.

While uncommon, it is important to take steps to avoid potential exposure to listeria. Fortunately, this is not difficult and involves not eating 'high risk' foods while pregnant. Foods to avoid are processed delicatessen poultry meats (sliced chicken), soft cheeses (brie, camembert), raw seafood (oysters etc) pre-made sushi, unpasteurised juices and soft serve ice creams.

There are plenty of foods that you can continue to enjoy while pregnant, including hard cheeses, smoked seafood, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75C).

When pregnant it is important to maintain a balanced diet. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding listeria is not difficult so there is no need to stress over every mouthful of food you eat.



Weblink <https://womhealth.org.au/pregnancy-and-parenting/listeria-and-pregnancy>



Weblink <https://www.beyondblue.org.au/the-facts/depression>

## Dealing with depression

Depression is a common condition affecting as many as one in five Australians. For some it can be an ongoing condition; for others, there may be only an isolated episode. Depression is more than just feeling sad for a day or two. It is feeling miserable for at least two weeks together with lack of enjoyment of usual activities, withdrawal from friends and often sleep and appetite disturbance.

There are no blood tests or scans. Diagnosis is based on the symptoms described.

Treatment is effective and divides into non-pharmacological and pharmacological. There are a number of medications which can be used if needed. Counselling

through a psychologist or counsellor will be of benefit to many. Your GP can refer you.

Lifestyle measures also help. Eating a healthy diet rich in vegetables and less sugar may help. Cut down on alcohol use. Regular exercise is good for mental health. Meditation or guided relaxation can help. Getting enough sleep is also important. Equally do not stress if your sleep pattern takes a while to get back to normal. Switch off screens at least 30 minutes before bed and have a regular night-time routine.

Regular follow up with your GP is important. Changes in treatment may be needed if you are not making improvement. With recovery, medication (if prescribed) can be reduced and then stopped. You should not stop your medication without talking to your doctor.

## Watch on glaucoma

Glaucoma affecting one in eight of those over the age of 80 is the second commonest cause of permanent vision loss in Australia.

It is a build-up of pressure in the eye, which eventually damages the optic nerve. Primary open angle glaucoma is the main form. Secondary glaucoma can follow eye trauma or use of some medications such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no predictive symptoms. Vision loss can be slow and gradual. Initially side vision is affected.

Risk factors include advancing age, a positive family history, diabetes and short sightedness.

Diagnosis is by checking the pressure of the eyes. This can be done by an optometrist and is recommended regularly for those aged 40 and above. Visual field testing is also done and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment. The type of drops is influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving fluid drainage.

When drops have failed to bring down pressure or administering drops is too difficult, surgical options including laser surgery or open surgery.



Weblink <https://www.glaucoma.org.au>

● SPECIAL PRACTICE NOTES

**Contacting the doctor:** The doctor will take calls if he or she is not in consultation. However if the doctor is not available and the nature of the matter is urgent patient's will be put through to the Practice Nurse who will discuss the nature of the enquiry and determine the best course of action.

Our practice does not communicate with patients via email. Please phone our practice on 02 8303 2900.

Our practice Privacy Statement is available in hard copy – please ask for a copy at our front desk

**Requests for Referrals & Scripts Without Consultation.** Occasionally, it may be appropriate for your doctor to provide a repeat referral or a script without a consultation. An online service is available for these situations at [www.fountaingp.com.au](http://www.fountaingp.com.au) via HotDoc. Some requests cannot be completed without a consultation and will require an appointment, this includes requests for new medications or a new referral.

**Reminder System.** Our practice is committed to preventative care. We may issue you with a reminder letter or send an SMS periodically offering you preventative health services appropriate to your care. We also encourage our patients to participate in initiatives such as the The NSW Pap Test Register, National Bowel Cancer Screening Program Register and the Australian Childhood Immunisation Register. If you don't wish to be part of this system, just advise your doctor or reception staff.

**Results of Tests or Procedures.** Patients are required to book a follow-up unless otherwise advised by the doctor. Your doctor will advise when they expect results to arrive. On occasion you may receive your results via phone, either from your doctor or the practice nurse. This is at the doctors discretion.

**Your Rights.** Staff and doctors are always open to receiving your suggestions/complaints and will respond appropriately. If required, you can contact: Health Care Complaints Commission.  
Tel: 02 9219 7444 or Toll Free in NSW 1800 043 159. TTY service for the hearing impaired: 02 9219 7555.  
Postal address: Locked Mail Bag 18, Strawberry Hills NSW 2012.  
[hccc@hccc.nsw.gov.au](mailto:hccc@hccc.nsw.gov.au)

**Interpreter Service.** Fountain Street General Practice provides an Interpreting Service (TIS National) for non-English speaking Australian citizens and permanent residents.

PORK CUTLETS WITH ROASTED FENNEL



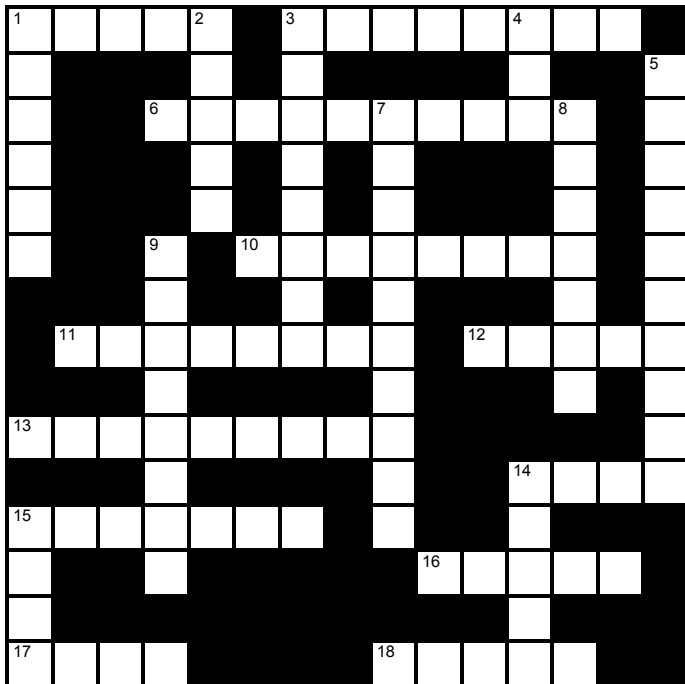
**Method:**

- Preheat oven to 200C
- Toss the fennel, onion, apple, lemon and garlic with 2 tblspns Olive oil. Season with salt and pepper. Place in an oblong casserole dish and roast for 30 minutes until the fennel and onion are tender.
- Rub the pork cutlets with sea salt and freshly ground pepper.
- Heat remaining oil in frypan over medium-high heat. Cook the pork chops in batches for 2 minutes each side or until golden.
- Combine the cider and mustard and add to the pan and cook for a further 2 minutes.
- Pour over the cider sauce and return to the oven. Add the cutlets to the baking dish with the vegetables. Add spinach and toss gently to combine and wilt spinach.
- Roast for a further 5 minutes or until cutlets are cooked through and vegetables are tender.
- Serve vegetables topped with pork cutlets and drizzled with pan juices and parsley to serve.

Pork Cutlets with Roasted Fennel & Apple

**Ingredients**

- 2 large fennel bulbs or 4 baby fennel bulbs – trimmed and thickly sliced
- 1 Red Delicious apple cut into wedges
- 1 Large red onion or 2 small red onions cut into wedges
- 1 lemon cut into wedges
- 4 Whole garlic cloves unpeeled
- ¼ cup Olive oil
- 4 x 200gms pork cutlets
- ½ cup Apple Cider
- 1 tablespoon Dijon mustard
- 1 cup baby spinach leaves
- Sea salt & freshly ground pepper.
- Chopped flat leaf parsley to serve



CROSSWORD

**Across:**

- ..... help reduce the pressure of the eyes in people with glaucoma (5)
- With child (8)
- A necessity in a good diet (10)
- Intimidating someone (8)
- Anxiety (8)
- A ..... is not helped by antibiotics (5)
- Manner of living (9)
- Severe discomfort (4)
- Health problems (7)
- Something surprising or upsetting (5)
- Eating the right .... for a healthy lifestyle (4)
- High body temperature (5)

**Down:**

- Someone who monitors your health (6)
- You need a good night's ..... (5)
- Under constant ..... (8)
- Usually expressed in years (3)
- Sad feelings of gloom (10)
- Person who has reached puberty (10)
- Medical procedure involving an operation (7)
- An infection that can complicate pregnancy (8)
- ... use can affect children's social development
- In the right ... (4)