

FREE TO TAKE HOME!

APRIL-MAY 2018 EDITION



**Tips for older travellers**



**Tennis Elbow**



**Managing coeliac disease**



**Family break-ups and kids**

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

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BMedSc, MBBS(Hons), Dip Paeds, FRACGP

**Dr Simon Cowap**

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MBBS, Dip Paeds, FRACGP

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BSc(Med), MBBS, FRACGP

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**Dr Sofie Roberts**

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● 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, Siobhan, Rebecca, Sam & Corrina

● 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.

FLU SEASON

The Flu season is now upon us. Please arrange an appointment for your flu shot either online or call us on 8303 2900. Check out our website for further details on availability, eligibility and for the latest news and updates regarding the 2018 vaccines.

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



## Tips for older travellers

Baby Boomers are gradually retiring but not wanting to put on the proverbial slippers just yet. Many remain in good health and travel is increasingly on the agenda. A popular pursuit is driving around Australia in a camper van or with a caravan.

It is a good idea to have a general health check with your GP before embarking. Part of this may include getting a printed summary of any medical conditions, current medications and allergies to take with you. Prescriptions can be filled at any chemist in Australia so there is no need to stock up. Neither do you need more than a basic first aid kit and medications (e.g. pain killers and antihistamines) that you would normally

have at home. If you are going well off the beaten track, you will need to speak to your doctor.

People may forget that driving exposes the arms (especially the window side arm) to sunlight. If driving all day remember sunscreen. Travelling can be dehydrating so drink adequate water. Eating out every night can stack on the kilos so be watchful. Cook your own food whenever you can.

Sleep can be tricky when on the road. Relaxation apps can help get you off to sleep as can some herbal remedies. Sleeping tablets are best avoided. Do not drive when you're tired. It sounds obvious, but remember to take your Medicare card and private health membership card (where applicable). Let family know your itinerary and stay in regular contact with them.

## Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow. It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting and gardening plus other racquet sports can bring it about as can using a computer mouse and it can affect anyone. It is commonest in those aged 35-55.

Pain can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination.

Typically, the bony point on the lateral (thumb) side of the elbow is tender. The pain is often reproduced on extension of the wrist against resistance. Sometimes imaging is helpful to define the extent of the condition or if it is not responsive to treatment.

First-line treatment is rest, ice packs and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed and physiotherapy can be helpful. Avoid



 [WebLink http://www.mydr.com.au/sports-fitness/tennis-elbow](http://www.mydr.com.au/sports-fitness/tennis-elbow)

activities which aggravate the situation. This can include changing technique especially if sport or work-related.

In some cases, a steroid injection can be recommended and, in rare instances, surgery. Your GP will advise you about treatment options.

Most people will make a full recovery and it is not of itself a recurrent condition nor a precursor to arthritis.



 [WebLink https://www.coeliac.org.au](https://www.coeliac.org.au)

## Managing coeliac disease

This is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley. It can damage the small bowel and interfere with absorption of nutrients. The symptoms vary from mild to severe and include tiredness, intermittent diarrhoea, abdominal pain, bloating and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It affects about 1% of the population though many are unaware they have the condition either because the symptoms are mild or they have put them down to other causes. It is a genetic condition and the main risk factor is having a first degree relative with it.

Accurate diagnosis is important as it is very manageable. Your GP can order blood tests, though a positive result is not absolute but a strong pointer. Definitive diagnosis is by a small bowel biopsy but not everyone wants or needs to have this done. A gluten challenge is another useful test.

There is no medication to take or 'cure'. However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free foods. Neither adults nor children need to feel they are 'missing out' on foods they like.

There are many causes of the symptoms of coeliac disease so it is important to talk to your doctor and not rely on self-diagnosis or 'unorthodox' testing.

# Cooling down heartburn

This is a burning pain in the chest or upper abdomen caused by acid leaking from the stomach into the oesophagus. It is also known as reflux and gastro-oesophageal reflux disease (GORD). It is very common and can affect all age groups from infancy. It ranges from mild to severe.

Not everyone with heartburn has GORD but those who do may have a hiatus hernia which is where some of the stomach 'slips' above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits but each person needs to find what disagrees with them.

Prevention includes reducing known triggers and also not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies such as bicarbonate of soda or herbal teas help some people. Simple antacids can also relieve symptoms. At night it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often the history is sufficient for diagnosis but you may be sent for tests to rule out other causes.

For ongoing problems there are prescription medications that can reduce acid production. Some people need short courses of these, others need it long term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



 [Weblink https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/indigestion)



 [Weblink https://www.scientificamerican.com/article/is-divorce-bad-for-children/](https://www.scientificamerican.com/article/is-divorce-bad-for-children/)

# Family break-ups and kids

It is estimated that 40% of marriages will end in divorce or separation. In many instances there are children and the impact on them is significant. Regardless of whether a couple love each other or not, their children will still love them both.

While all children are affected in the short term, American research shows in the longer term the vast majority of children in divorced families do as well as their peers when it comes to behaviour, academic performance and social relationships.

However, high levels of parental conflict is

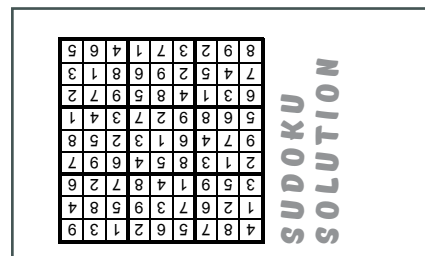
associated with poorer outcomes for children. This means it is less about parents separating and more about how it is managed. It also says that remaining together when there is ongoing conflict is not helpful either.

How children manifest this stress differs widely. Some children may develop night terrors or become anxious. Others may cry a lot. Those who are newly toilet trained may regress. Some children may complain of headaches or tummy aches. Some may lose appetite.

Children need the support of both parents and in turn parents also need support. There are many family services available. It is

important to talk to your children honestly and listen to what they have to say. Allow them to express emotion and adjust to the circumstances in their own time.

Talk to your GP about any concerns you may have about your child or your own health.



● 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.



## CHICKEN, CHORIZIO & VEGETABLE CASSEROLE

### Ingredients

- 8 skinless chicken thighs
- 800g pumpkin, cut into large chunks
- 3 medium size potatoes cut in to chunks
- ½ red capsicum cut in to large chunks
- ½ yellow capsicum cut in to large chunks
- 1 red onion, quartered
- 8 whole garlic cloves, peeled
- 2 lemons, halved
- 6 fresh thyme sprigs
- 2 chorizo sausages, sliced
- 2 zucchini, cut into batons
- 4 cups baby spinach leaves
- ¼ cup olives if desired

### Method

1. Preheat the oven to 220°C (200°C fan forced).
2. Lightly grease a casserole dish. Place chicken, pumpkin, potato, onion and garlic cloves into a large roasting pan. Drizzle with 2 tablespoon olive oil and season well with pepper. Toss to coat. Squeeze over lemon juice and add the lemon halves and thyme to pan. Bake in the oven for 20 min.
3. Add the chorizo, capsicum, zucchini and olives if desired to the chicken mixture, tossing lightly to coat in juices. Return to the oven and bake for a further 30-35 min or until chicken is cooked through.
4. Remove from the oven and stand for 5 min before stirring through the spinach. Serve chicken, chorizo and vegetables with the juices on a bed of rice or with fresh crusty bread if desired.

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SUDOKU