

### FREE TO TAKE HOME!

### AUGUST-SEPTEMBER 2018 EDITION



Not a dry eye ...



Febrile fits in kids



Emphysema



Managing hayfever

#### 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

BSc(Med), MBBS, FRACGP, MPH

##### Dr Jennifer Morrison

BA, MBBS(Hons), DCH, MPH, FRACGP

##### 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, Siobhan, Rebecca, Corrina, Linda & 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.

#### ● FLU VACCINE

Please arrange an appointment for your flu vaccine 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.

# Not a dry eye ...

The eyes need constant lubrication which is provided by the tear glands. Eyes become dry for two main reasons. Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air or smoky conditions. It is temporary and is improved by use of lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be because of advancing age, various medical conditions (e.g. diabetes, lupus, Sjogren's syndrome, scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets) and tear gland damage through trauma.

Other risk factors include being female, use of contact lenses and having low vitamin A levels.

Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is largely on symptoms and a thorough eye examination. Blood tests would be done to rule out underlying conditions. You may be referred to an ophthalmologist.

Complications include eye infections and damage to the eye surface. Fortunately these can be mostly avoided.

Treatment depends on cause. In most cases you will be recommended eye drops to keep the eyes moist. These may be used multiple times a day.

Avoiding situations where dryness would be aggravated (where practical) is important. Try staying inside on windy days or when there is smoke in the air. Wear sunglasses when



outside. Take breaks when using screens for long periods of time and position your screen below eye level so you tend to look downwards. This can reduce evaporation.

## Breathless with emphysema

Emphysema is a form of chronic obstructive pulmonary disease (COPD). Inheritance plays a part, however, most cases are related to smoking or long-term exposure to dusts or pollutants which damage the air sacs in the lungs where oxygen enters the blood stream.

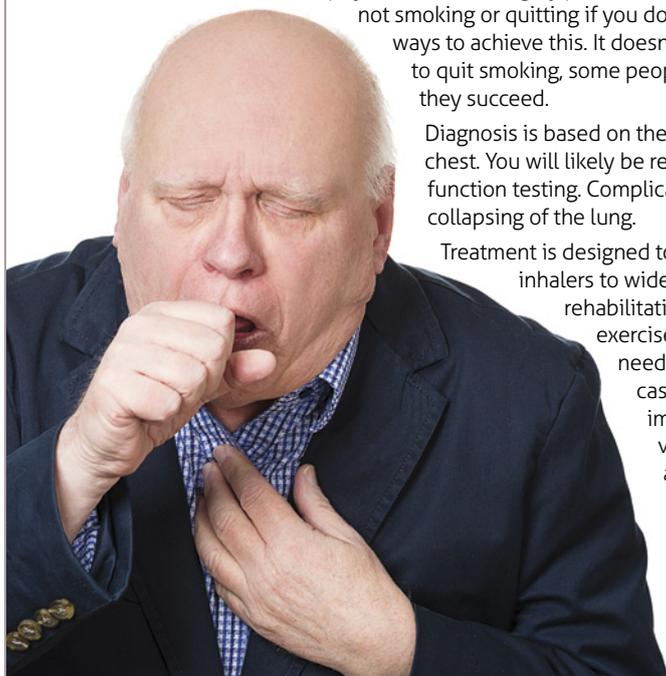
The symptoms develop slowly and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases there can be cyanosis (a blue colouration) of the skin. There is no cure for emphysema but it is largely preventable, the most important one being

not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. It doesn't matter if you have tried and failed to quit smoking, some people need multiple attempts before they succeed.

Diagnosis is based on the history and examination of the chest. You will likely be referred for chest imaging and lung-function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle) and in advanced cases oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.

It is worth restating that while there is no cure for emphysema it can be largely prevented by not smoking. Your doctor can help you in your campaign to quit.



## Febrile fits in kids

These are seizures in children (generally between six months and five years) due to a rapid rise in temperature. Up to one in 20 children will experience these. While frightening to watch, they do not cause brain damage and are not a prelude to epilepsy.

The exact cause is unknown but is thought to relate to the young brain being more sensitive to fever and rapid rise in temperature. The underlying infection does not need to be severe. There are no specific preventative measures but the vast majority of children who have had one will not have another.

Typical symptoms are brief loss of consciousness, jerky movements and possibly redness of the face. Febrile fits usually last a few minutes and stop by themselves. Your child will likely be sleepy and irritable. If a fit continues for over five minutes you must call an ambulance.

Immediate treatment is to lay your child on their side and remain calm. Do not try to restrain the child or place them in a bath while fitting. Other treatments are directed to lowering the fever with ibuprofen or paracetamol. Tepid bathing or sponging can help. Get your child checked by your GP to find the underlying cause of the fever. If, as is common, it is due to a virus then no antibiotic will be needed.



## Managing hayfever – why, what & how

Runny or blocked noses, sneezing, congestion, watery eyes and headache are just some of the symptoms of allergic rhinitis (hayfever) which affects nearly one in five Australians. It is not necessarily caused by hay and you don't get a fever. The symptoms can range from mild to severe and can last days or months.

It is caused by a reaction to atmospheric allergens. Some people are able to identify specific triggers like grass or dust, others are not.

There are numerous treatment options. Avoiding triggers is helpful if you can identify them but, even then, it's not always practical. However, if grass sets you off, then mowing the lawns is best avoided. Don't sweep the garage if you are sensitive to dust.

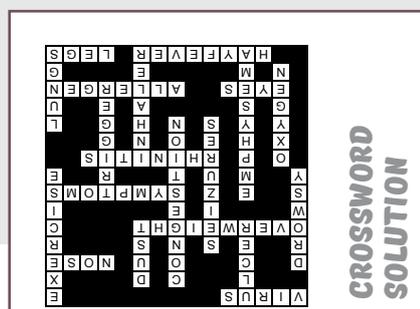
Antihistamine medications can ease the symptoms. While some can make you drowsy, others do not. Corticosteroid-based nasal sprays do not work as quickly but have a preventative effect and last longer. Talk to your doctor about treatments that might suit you.

Decongestants are best avoided as they dry the nose but wear off quickly and can even worsen the situation. If your allergy is severe, talk to your GP about referral for allergy testing.

For some people, a course of desensitising injections (where you are 'immunised' against what affects you) is beneficial. Be aware that the treatment can go on for two years but can also last a lifetime.

Fortunately for most of us, hayfever is a transient inconvenience in spring which can be treated until it passes.

Weblink <https://www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis/allergic-rhinitis-or-hay-fever>



## V is for varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue, twisted cords on the legs.

Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured there can be significant bleeding. In more severe cases there can be ulceration.

However, they are not associated with deep vein thrombosis.

Treatment depends on severity. There are no specific medications, though Painkillers may ease symptoms but should not be relied on.

Previously formal surgical stripping was performed and this required some days in hospital. Surgical treatments have advanced and most commonly they are now injected to close down the vein. When varicose, the vein is no longer working effectively so it is not a problem to remove or close it. This can be done as an outpatient and recovery is quite rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you.

To help avoid developing varicose veins, maintain a healthy weight, do regular exercise and change position regularly.



Weblink <https://www.healthdirect.gov.au/varicose-veins>

● 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.



## ZUCCHINI, FETA & MINT FRITTATA - SERVES 4

### Ingredients

- Olive oil
- 2 medium zucchini - grated
- Handful of fresh mint plus some for garnish
- 1 medium onion - finely chopped
- 8 medium-large eggs
- 60gms feta - crumbled
- Cayenne pepper
- Fresh chilli to serve if desired

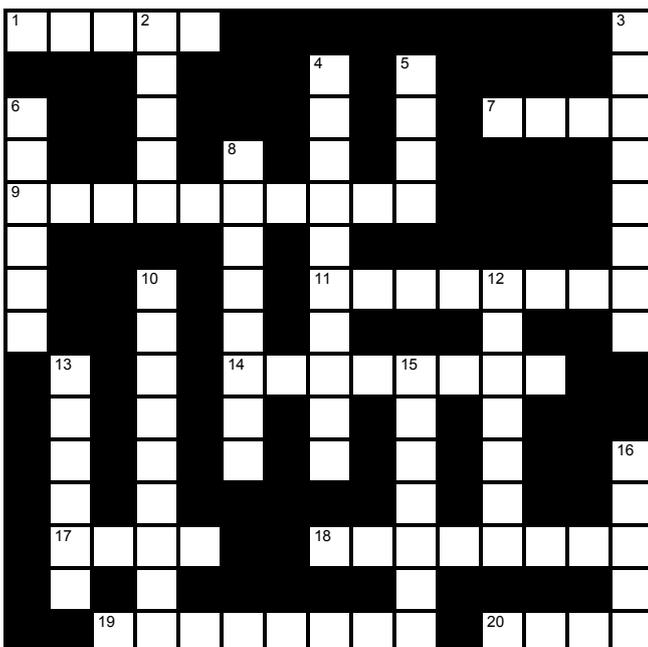
### Method

Combine zucchini, mint, onion and seasoning.  
Heat a large frypan with a little olive oil.  
Cook zucchini, mint and onion until softened.

In a mixing bowl, add eggs, cayenne pepper and a little seasoning and beat. Add about 2/3 of the crumbled feta to mixture.  
Pour into the pan, letting the egg flow evening through the zucchini mixture.  
Cook for 4-5 minutes on med-high heat – until the egg begins to just set on the base.  
Then put under the hot grill and cook until just cooked through and golden.  
Garnish with the remaining crumbled feta, mint leaves and thinly sliced fresh red chilli if desired.  
Serve with a Greek salad or fresh garden salad



## CROSSWORD



### Across:

1. A ..... is the cause of the common 'cold' (5)  
7. We smell with it (4)  
9. Obese (10)

11. ....clues to an illness (8)

14. Inflammation of the mucous membrane inside the nose (8)  
17. Used to see with (4)  
18. An allergy trigger? (8)

19. An allergic reaction to pollens (8)  
10. Varicose veins are most commonly found in the .... (4)

### Down:

2. A slow-healing sore generally found on the legs (5)  
3. Necessary to maintain good health (8)  
4. Blocked nose (10)  
5. A common allergen (4)  
6. Sleepy (6)  
8. Febrile fits (8)  
10. Lung disease worsened by smoking (9)  
12. Stimulus that sets off an action (7)  
13. Odourless gas that gives life (6)  
15. Device used to breathe in medicine (7)  
16. Breathing organs (5)