

FREE TO TAKE HOME!



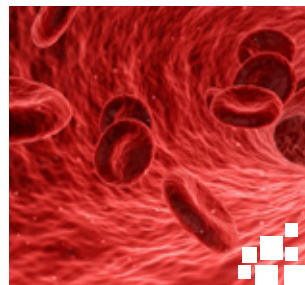
Febrile Fits



Covid vaccine update



Using an inhaler correctly



Iron intake for vegetarians

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

AUGUST - SEPTEMBER 2021 EDITION

PRACTICE DOCTORS

Dr Shirley Chu

MBBS, PhD (Melb), FRACGP

Interests include: all areas of general health, but particularly women's health, allergy and counselling/mental health.

Dr Avi Kamale

MBBS, DOMS, DPD (UK), FRACGP

Interests include: general family health, travel health and childhood immunisations, skin mole checks/dermatology and allergies.

Dr Dunitha Jayasinghe

MBBS (Monash), FRACGP

Interests include: all areas of general practice, particularly women's and men's health, paediatrics, routine childhood immunisation and basic travel advice.

Dr Cathy Wang

MBBS (Melb), Dip Child Health, FRACGP

Interests include: paediatrics women's health, mental health and dermatology. Dr Wang is also trained in Implanon insertion, Anti Wrinkle Injections & Acupuncture.

Dr Jeanette Lee

MBBS, FRACGP

Interests include: women's health, sexual health and children's health.

Dr Tony Arkell

MBBS (Melb), DipRACOG

Interests include: all areas of men's and women's health and preventative health.

Dr Julian Lim

MBBS, BMedSci, RACGP

Interests include: Sports Medicine, Orthopaedics, Travel Medicine and Geriatrics

SURGERY HOURS

OPEN 7 DAYS

Monday – Friday 8.00am – 7.00pm

Saturday 8.00am – 1.00pm

Sunday & Pub Hols.. 9.00am – 12.00pm

Our doctors work weekends on a rostered basis. Please check with reception.

AFTER HOURS & EMERGENCY

In the case of an emergency please call 000.

Our Locum Service (bulk billed) is available after 4pm, seven days a week on **13 74 25 (13 SICK)** for home visits and free telephone advice.

The nearest hospitals for emergencies are:

Epworth (Private) – 89 Bridge Rd, Richmond **Tel 9426 6666**

Cabrini (Private) – Wattletree Rd, Malvern East **Tel 9508 1222**

Alfred (Public) – Commercial Rd, Prahan **Tel 9276 2000**

APPOINTMENTS

Standard consultations are booked in 10-20 minute intervals between 8am and 7pm Monday to Friday.

If you require a longer appointment time, counselling, minor procedures, insurance/pre employment medical, please advise reception at the time of booking.

Some appointments can extend longer than expected and cause some delay. Your understanding and patience would be appreciated.

Appointments are required, however walk-ins will be available for emergencies and non urgent appointments will be accommodated if possible with the understanding that there may be a waiting period. Emergency cases will take precedence over non-urgent consultations.

You can make appointments in person, over the telephone or via our website: www.mediscreenclinic.com.au

Home visits in the local area can be done if deemed necessary by your treating practitioner. Home visits can be organised by prior arrangement with your doctor only.

PRACTICE NEWS

COVID-19 Vaccine. Mediscreen Clinic is pleased to announce that we are an approved vaccination provider for COVID-19 vaccines and we will be providing these vaccines for our patients and the wider community. We have begun vaccinations for Phase 1A and 1B and have now been approved for Phase 2A roll out.

Access for Phase 2A COVID 19 vaccines (50-69 year olds) has commenced.

On the day of your vaccination, we can also book you in for your second COVID-19 vaccine and if you would like the flu vaccine, we can also book this one in as well- 2 weeks after the 1st COVID 19 vaccine.

We now have **Pfizer Vaccines** available for all eligible patients. Please call our reception staff to book a time that suits you.

FLU Vaccines. Flu vaccines have arrived. We recommend vaccination after Mid April in order to be covered. The period of peak influenza circulation is typically June to September for most parts of Australia. While protection is generally expected to last for the whole season, optimal protection against influenza occurs within the first 3 to 4 months following vaccination. Please feel free to speak to our staff regarding your flu vaccine appointment.

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

Febrile Fits

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 have these. Whilst 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 to prevent febrile fits, 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.



http://healthywa.wa.gov.au/Articles/F_/Febrile-convulsions

Male Hormone Deficiency

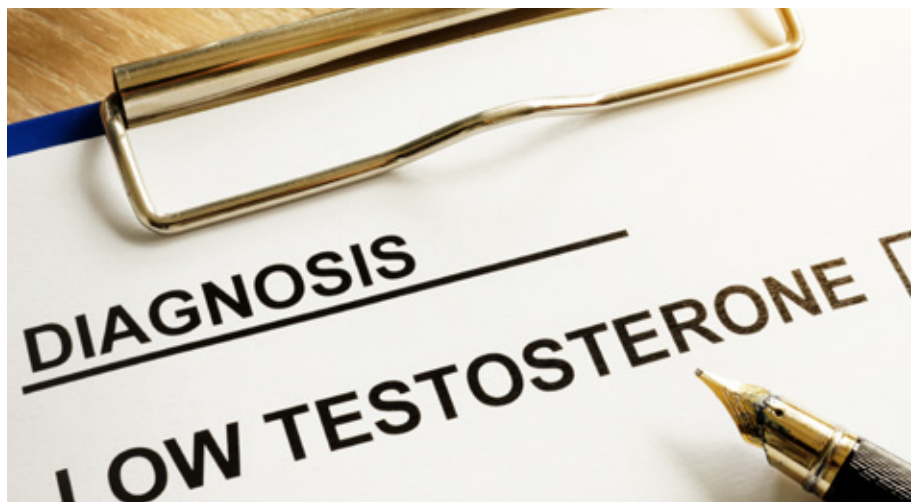
There is much controversy over low testosterone levels in men, also known as andropause or “male menopause”. It is not clear-cut, like in women where menopause is marked by the cessation of periods.

Full-page newspaper ads tell us that there is a market for male hormones. Some operators charge substantial amounts of money upfront for long-term treatment.

The symptoms of low testosterone include tiredness, irritability, and grumpiness, loss of focus and motivation and low libido. All these symptoms can be due to a range of conditions, so they are not unique to low testosterone.

Your GP can do a full assessment of your health if you have these symptoms. Blood tests can also help in determining the cause.

A few years ago, the diagnostic criterion for diagnosing age-related low testosterone was changed to being two morning blood samples with a reading below 6mmol/L in a man over the age of 40. Males who qualify on blood testing need to be referred to a urologist or endocrinologist for consideration of hormone supplementation treatment under the subsidised PBS system. The options include a cream or gel



applied to the skin daily or injections, which can be three weekly, or three monthly.

Treatment can be prescribed privately.

Weight loss, regular exercise, reducing stress and alcohol, together with better

sleep, can all help raise the body's production of testosterone.

Talk to your doctor before launching into any self-treatment with hormones, as this can be costly and potentially dangerous.

Covid vaccine update

The vaccine rollout continues around the world at an unprecedented pace. There has been much publicity about potential side effects. There is a small (around 1 in 300,000) risk of blood clots. A joint statement by the Australian Technical Advisory Group on Immunisation (ATAGI) and the Thrombosis and Haemostasis society of Australia and New Zealand (THANZ) focussed on this.

The risk of blood clots has not been found to be increased in the following groups:

- History of blood clots in typical sites
- Increased clotting tendency that is not immune-mediated
- Family history of blood clots
- History of ischaemic heart disease or stroke
- Current or past thrombocytopenia (low platelet count)
- Those receiving anticoagulation therapy.

People in these groups can have the Astra-Zeneca vaccine.

The Pfizer vaccine is the preferred one in those with a history of idiopathic splanchnic (mesenteric, portal, splenic) vein thrombosis and antiphospholipid syndrome with thrombosis.

Of all medical treatments, from the humble

paracetamol purchased at the supermarket to chemotherapy, one always must look at the benefits versus the risks. The risks of Covid are clear, even though we have seen little in Australia compared to other countries. Like the flu vaccine, some will experience symptoms of aching, fever, headache and malaise the next day. The severity varies considerably. For some, there are no side effects at all.

The risk of injury travelling to the surgery to have a vaccine is far greater than the risk of serious side effects from the vaccine. If you are eligible and have not had your shot yet-talk to your doctor.



<https://www.health.gov.au/news/joint-statement-from-atagi-and-thanz-on-thrombosis-with-thrombocytopenia-syndrome-tts-and-the-use-of-covid-19-vaccine-astrazeneca>



Common mistakes people make in using an inhaler

Asthma affects up to one in five people throughout their life, and inhalers are the mainstay of treatment. They are classified as symptom relievers (which are used as needed to relieve symptoms) and preventer in-halers (which are used on a regular basis to reduce symptoms and attacks).

Inhalers are most commonly metered-dose inhalers (MDI) or dry powder inhalers (DPI). More recently, a number of new devices have come to market. Whilst not difficult to use, there are simple mistakes people make, and this reduces the effectiveness of treatment. If not used correctly, the effectiveness is diminished or may even be negated completely.

Here are some of the common errors we make- each has a simple remedy.

- Not checking the mouthpiece for foreign matter
- Failing to shake the device well before use
- Not exhaling fully before using the device
- Holding the inhaler in the wrong position
- Not coordinating pressing the device with inhaling (for MDI's)
- Inhaling too quickly and/or not deeply enough
- Breathing out too quickly after inhaling and
- Not cleaning the device after use

The other critical error made is not using inhalers as prescribed. In other words, not using them when we should. And now, with different devices, it is also important to make sure the right capsule goes in the right DPI. Good technique enables you to get the most benefit from your treatment. Talk to your doctor, practice nurse, or pharmacist about the correct use of your inhaler. The asthma foundation is another good source of information.

Iron intake for vegetarians

Iron deficiency is a potential problem for those on a vegetarian or vegan diet.

This is particularly the case for women whose daily iron requirements (especially in reproductive years) are greater than for men. Iron is essential for red blood cells, which carry oxygen around the body. Iron deficiency leads to anaemia, which causes fatigue, headache and weakness.

There are two forms of dietary iron in food, haem and non-haem. The former is more easily absorbed and makes up 40% of the iron in animal-based foods. Eggs, vegetables and other foods have more non-haem iron, which is less readily absorbed.

However, there are plenty of foods you can include in a vegetarian diet that contain iron. These include tofu, legumes (lentils, kidney beans), broccoli, Asian

greens, spinach, kale, cabbage, nuts (especially cashews and almonds), dried fruits (especially apricots) and seeds (e.g. sunflower seeds and tahini).

Absorption of iron is enhanced by vitamin C, so combining the above foods with foods such as citrus fruits, kiwi fruit, tomatoes, or capsicum is a good idea. Spinach cabbage and broccoli are good sources of both iron and vitamin C. Calcium and zinc can impair iron absorption.

If you have any concerns about iron levels, see your doctor. You may need blood tests to assess your levels. Despite eating foods with iron, you may need a supplement (liquid or tablet form). Some who are severely iron deficient may need an infusion of iron directly into the vein.

<http://www.mydr.com.au/nutrition-weight/iron-intake-for-vegetarians>



MEDISCREEN

FAMILY CLINIC

SERVICES AVAILABLE

Results. You will be contacted if any follow up appointment is required regarding your pathology results. Alternatively you may arrange an appointment with your doctor to discuss your results in detail. Please keep in mind that most results can take 1-7 days to be received by the clinic. **Results will no longer be discussed over the telephone.**

Repeat Prescriptions & Referrals

Repeat referral and prescriptions may be requested over the phone, as long as you have seen the doctor in the last 6 months. This will incur a \$20 service fee that is payable on collection.

If your doctor deems an appointment is necessary, this may be Bulk Billed (as long as this appointment is for an ongoing referral or regular prescription only).

Cancellation Policy. A cancellation fee of \$20 will be charged when you fail to notify the practice (no less than 2 hours prior) that you are unable to attend your scheduled appointment. This charge is not rebate-able through Medicare.

MEDISCREEN STAFF

Practice Manager/Nurse:

Argyro

Practice Nurse:

Jean

Reception Manager:

Nicole

Receptionists:

Joanne, Dianne, Alex & Beth

ALLIED HEALTH

Podiatrist

Simon Adam03 9822 3105

CONSULTATION FEES*

*as of 1st February 2021

Monday to Friday

Standard Consultation	\$85
Pensioners/ HCC Holders	\$70
Medicare rebate	\$38.75
Long Consultation	\$125
Pensioners/ HCC Holders	\$110
Medicare rebate	\$75.05

Weekend & Public Holidays

Saturday	\$90
Medicare rebate:	\$38.75
Sunday & Public Holidays	\$100
Medicare rebate	\$50.55



WINTER VEGETARIAN CURRY

Ingredients

- 3 tablespoons vegetable oil
- 10 ounces butternut or other winter squash, peeled and cut into 1/2-inch pieces and pre roasted in the oven for 10 minutes.
- 1 can (400g) of Chickpeas
- Kosher salt and black pepper
- 1 or 2 small green chiles, such as jalapeño or serrano
- 3 medium shallots or 1 small onion, finely diced
- ½ teaspoon black mustard seeds
- ½ teaspoon cumin seeds
- ½ teaspoon garam masala
- Handful of fresh or frozen curry leaves (optional)
- 2 garlic cloves, minced
- 1 teaspoon ground coriander
- Pinch of ground cayenne
- ½ teaspoon ground turmeric
- 500g mushrooms, preferably a mix of cultivated and wild, trimmed and sliced 1/8-inch thick
- ¾ cup coconut milk

- 2 tablespoons lime juice
- Coriander sprigs, for garnish

Preparation

1. Add shallots to hot oil, salt lightly and cook, stirring for approximately 1 minute. Add mustard seeds, cumin seeds and curry leaves and let sizzle for 30 seconds.
2. Add garlic, coriander, cayenne, turmeric, garam masala and chiles. Stir well and cook for 30 seconds more. Leave chilies whole for less heat.
3. Add mushrooms, season with salt and toss to coat. Cook, stirring, until mushrooms begin to soften, about 5 minutes.
4. Return squash cubes to skillet, add chickpeas and stir in coconut milk. Bring to a simmer. Lower heat to medium and simmer for another 5 minutes. If mixture looks dry, thin with a little water. Taste and season with salt.
5. Before serving, stir in lime juice. Transfer to a warm serving dish and garnish with Coriander.

A J A G C L R R M P G T P L V
E A X L G D V O J O G O P R S
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L H S P W K R M R A O H X C P
Z M O E D J V E Z U M U C N T
D A V R M L K I D P Y I T S O
R R C T M M E B N N P L N T M
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WORD SEARCH

tiredness
inhaler
vitamin
symptoms
vaccine
covid
febrile
rollout
iron
hormone
asthma
haem