



## FEBRUARY - MARCH 2024 EDITION

**FREE TO TAKE HOME!**



Healthy food choices



Melanomas



Atrial Fibrillation



Cataracts

### • MEET THE NEWEST MEMBER OF OUR TEAM

Mediscreen would like to welcome **Dr Sophea Ing**. Sophea is a high achieving registrar training under the supervision of **Dr Shirley Chu**. Dr Ing is dedicated to General Practice, providing our patients with quality health care.

### • 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**

### • CONTACTING THE CLINIC

**What is the best way to contact clinic?** There are two main ways to contact the clinic, via phone or email. If you are experiencing an emergency, please contact “000” immediately. For general enquiries, phone **98223105**. Email is another efficient way to communicate with us. Our email address is [reception@mediscreen.com.au](mailto:reception@mediscreen.com.au) and we will respond to emails within 1 business day. Our phone lines operate during our opening hours. If you are contacting us about changing or cancelling your appointment, please note that we cannot book or alter appointments via email. If you need to alter your appointment, please call our patient advocates (our receptionists) on 98223105

### • 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](http://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.

**COVID -19 Vaccine.** we continue to offer booster doses for Covid 19- the dose we offer is the latest Moderna Bi Valent vaccine.

### • PRACTICE NEWS

**Travel Vaccines.** Please book in with your GP to discuss travel destination vaccines. We have a limited stock on hand and others may require a script before you appointment.

**Face Masks.** Face masks are recommended to anyone with Cold or flu like symptoms.

### • MY MEDICARE

It is voluntary and free to register in MyMedicare. My Medicare patients will have access to:

- greater continuity of care with your registered practice, improving health outcomes
- longer Medicare Benefit Scheme (MBS) funded telehealth consultations with your GP
- triple bulk billing incentive for longer MBS telehealth consultations for children under 16, pensioners, and concession card holders, from 1 November 2023
- more regular visits from your GP and better care planning for people living in a residential aged care home, from August 2024
- connections to more appropriate care in general practice for people who visit hospital frequently, from mid-2024.

### • IRON INFUSIONS

Iron infusions are available at Mediscreen Clinic to anyone over the age of 16, and administered by our GP's and Nurses. You will first need to make a standard consultation appointment with your GP to discuss your current health, medical history, review of medications, blood test results and any prior treatment if any. If an Iron Infusion will be beneficial to you, and treatment is deemed appropriate by your GP, an appointment will be scheduled. Please note that during pregnancy, we do NOT perform iron infusions based on medical guidelines. Please discuss iron infusions with your Midwife or Obstetrician before making an appointment.

### 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)



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## Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this. Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on the computer or other electronic devices. We can't turn back time, but it is not all bad news. There is much you can do as a parent or guardian to help a child who is **battling with weight issues**.

Back to school means thinking about lunchboxes. It is fine to have a sweet treat in the lunchbox some days, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits, too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies), and dried fruit is another simple snack, as are cheese sticks or popcorn. Substitute sweet drinks with water. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This provides them with more fibre and fewer calories.



## Avoid Listeria in pregnancy

Listeria is an infection caused by a common bacterium. It occurs in the soil and water. Thus, plants and marine life can be infected with the bacteria, as well as animals that eat plants. 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 stillbirth, low birth weight and premature labour. Symptoms can be mild or severe, with fever, headaches, vomiting, and diarrhoea.

Whilst 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 whilst pregnant. Foods to avoid are processed deli poultry meats (e.g. sliced chicken), soft cheeses (brie camembert), raw seafood (e.g. oysters) pre-made sushi, unpasteurised juices and soft serve ice creams.

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

Maintaining a balanced diet is important when pregnant, and you may need certain supplements. 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, and there is no need to stress over every mouthful of food you eat.



More info »



# Melanomas

Australia continues to have the highest rates of melanoma in the world. That does not mean every spot on the skin is cancerous or potentially cancerous, though. Melanomas are the least common form of skin cancer but the most life-threatening. The Melanoma Institute estimated 15,229 cases in 2019 and some 1726 deaths.

There are specific characteristics which point to a spot on the skin being a melanoma, but none are absolute. An asymmetrical lesion with an uneven border and multiple colours would be a textbook melanoma. Another pointer changes over a short period, like a few weeks.

On the flip side, a spot of any colour that has been present for five years without changing at all will be relatively harmless.

With digital technology, it is possible for moles to be photographed and comparisons made after a few months to see if there is a change. When there

is enough suspicion, the mole may be biopsied and analysed in the lab for an exact diagnosis. Once again, only some spots will need this.

An annual skin check with your doctor is a good idea, as well as checking for any new or changing spots of concern. New does not always equal cancer though, which is a good thing.

The best way to avoid getting skin cancer is to take care in the sun. The message of slip, slop, slap is not new but remains valid. Over summer, there is no reason not to enjoy an outdoor lifestyle, but remember to look after your skin.



## Atrial Fibrillation

Our hearts beat over 100,000 times per day, and most do this in a regular fashion. The pacemaker sends an electric signal for the heart muscles to contract, pumping blood out to the body.

Arrhythmias are conditions where the heart beats irregularly. In atrial fibrillation (AF), the top two heart chambers can beat very fast, and the muscles contract in an uncoordinated way. This distorts the electrical message to the rest of the heart. In turn, the contractions of the heart become less efficient.

Typical symptoms include palpitations, shortness of breath, fluttering of the heart, dizziness and sometimes fainting. The heart beats in a fast and irregular pattern. Around 2% of people overall and 10% of those over 75 may be affected. Risk factors include high blood pressure, established heart disease, trauma to the chest and use of certain drugs, including caffeine and alcohol.

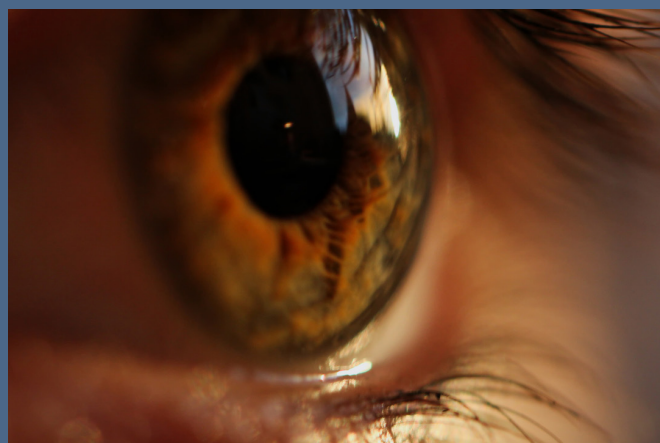
Your doctor will take a history and perform a physical examination. Diagnosis can be made with plain ECG testing, but you may be referred for a Holter monitor (a 24-hour ECG) as AF can be intermittent.

Treatment may include medication to slow the heart rate and make the heart beat regularly. You may be prescribed blood thinners too as AF increases the risk of stroke. Cardioversion (electric shock therapy) can jolt the heart out of AF and back to normal. In severe cases, surgery (ablation) is an option.

Lifestyle changes like quitting smoking, reducing alcohol and caffeine, attaining a healthy weight and regular exercise all help to prevent and manage AF.



More info



## Cataracts

This is the leading cause of blindness and vision loss worldwide. Cataracts occur when the lens of the eye goes cloudy or opaque. Around 10% of Australians have cataracts, increasing from 4% of 50-59-year-olds to over 60% of 90-year-olds.

Advancing age is the most typical reason, but trauma, radiation exposure, some drugs (like steroids), and metabolic conditions (like diabetes) can also lead to cataracts. Women are more affected than men.

Cataracts are classified by their level of maturity (progression), cause, or appearance. The symptom is a reduction in visual acuity (ability). The onset is gradual, and progression is slow but constant in most instances. If only one eye is affected, it may not be noticed for quite a while as the other eye "compensates".

A cataract is easily diagnosed on examination, and no tests are needed. When looking in the eye with an ophthalmoscope, your doctor will be able to see a cataract. It is recommended that people over 40 have a regular eye check with an ophthalmologist. Your GP can refer you.

Treatment for cataracts is surgical removal and insertion of an intra-ocular lens- done when symptoms warrant it and prescription glasses are no longer sufficient. It may be many years from diagnosis to the time of surgery.

The procedure is generally done under local anaesthetic, and recovery is quick. You will need the eye padded for a short period of time and will be prescribed drops to use post-operatively.

**MEDISCREEN**

CLINIC

**How will I receive test results?**

You will be given your test results by your regular doctor via face to face consultation or Telehealth (while still available). Please note that they will need to be reviewed prior to you requesting a copy.

**How can I request a repeat prescription?**

For most, repeat prescriptions can be requested over the phone, as long as you have seen the doctor in the last 6 months. All other prescriptions, you will need to make an appointment to see your regular doctor to discuss your needs.

**Medical certificates/ Specialist Referrals**

It is important to make an appointment to see your doctor on the day of your illness, as we are unable to back date certificates. It is important to get your referral before your specialist appointment as we are unable to backdate referrals.

**Cancellation Policy.** A cancellation fee of \$30 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.

**How do we manage your health information:** At Mediscreen Clinic, patient confidentiality and privacy are paramount. To review our Privacy Policy information, please visit our website [www.mediscreen.com.au](http://www.mediscreen.com.au)

**MEDISCREEN STAFF****Practice Manager/Nurse:**

Argyro

**Practice Nurse:**

Jean &amp; Kim

**Reception Manager:**

Nicole

**Receptionists:**

Joanne, Alex Jenny, Mary &amp; Effie

**ALLIED HEALTH****Physiotherapist**

Ben Mountain.....1300 799 534

**CONSULTATION FEES\*****\*as of 1st January 2023****Monday to Friday**

Standard Consultation	\$90
Pensioners/ HCC Holders	\$75
Medicare rebate	\$41.20
Long Consultation	\$130
Pensioners/ HCC Holders	\$115
Medicare rebate	\$79.70
<b>Weekend &amp; Public Holidays</b>	
Saturday	\$95
Medicare rebate:	\$41.20
Sunday & Public Holidays	\$110
Medicare rebate	\$53.65

**MUSELI BARS**

Natural nut butters (peanut butter or almond butter) are best for this, and they are different to commercial spreads because they have no added sugar, salt, preservatives, etc. It's 100% nuts, which means better flavour and a runnier consistency. Be sure to mix well to combine before using and even microwave slightly to obtain the right consistency, add honey or maple syrup for natural sweetness.

**INGREDIENTS**

- Almonds – whole, roasted, unsalted and roughly chopped.
- Sultanas, raisins, cranberries or any other dried fruit of choice.
- Pepitas (they give it some colour and bite).
- Sesame seeds (optional).
- Desiccated coconut (unsweetened). Flakes will also work, but because they are larger, they won't disperse as well throughout and should be roughly chopped.

- Cinnamon – just a pinch makes all the difference.
- Salt – Just a pinch.

**DIRECTIONS**

1. Put the peanut butter and honey in a saucepan over low heat and mix to combine - stirring almost constantly, until thickened. Scrape the base of the saucepan, getting in around the edges.
2. Immediately pour the mixture across the surface of the oats. Use the wooden spoon to mix to combine until you can no longer see dry oats (If it gets too hard to stir, microwave for 20 seconds).
3. Place a sheet of paper over a square pan). Scrape the mixture in, then press it into the pan using a combination of a wooden spatula to spread it out, then use your hands to press it in.
4. Press firmly, but keep some air in the mixture to avoid going too chewy.
5. Refrigerate for 2 -3 hours to set, then cut into bars depending on your size preference.

**WORD SEARCH**

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 CATARACT  
 CHICKEN  
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 CAUSE  
 EYE  
 FOOD  
 TRAUMA  
 DOCTOR  
 BLOOD  
 HOLTER  
 LESION  
 HEART  
 MELANOMA  
 ATRIAL  
 SCHOOL  
 LABOUR  
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