

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

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MBBS, DA, DRCOG, MRCCGP

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● PRACTICE MANAGER

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**Sarah Levingston, Eva Cranston & Linlin Li**

● RECEPTION STAFF

**Trina, Barbara, Marija, Lexie, Elissa, Amanda, Lucy & Elizebeth**

● SURGERY HOURS

Monday – Friday ... 8am – 6pm  
Saturday ..... 8am – 11am

● AFTER HOURS & EMERGENCY

In an emergency call: **000**  
After Hours: Call **123 7425** or **8724 6300** for one of our After Hours Services that will visit you at home

● CONSULTATION FEES

Standard Consultation ..... \$85  
Long Consultation ..... \$140  
Prolonged Consultation ..... \$200

● BILLING ARRANGEMENTS

We are a Private Billing Practice and all patients must settle the full outstanding fee after the consultation. We claim the rebate back from Medicare on behalf of the patients at the time of payment. Please make sure you report to reception before leaving to settle your account.

● APPOINTMENTS

**Consultation is by appointment.** Urgent cases will be seen on the day. On Saturday, patients are seen in order of arrival.

**Booking a long appointment:** If you want an insurance medical, review of a complex health problem or counselling for emotional difficulties, please book a longer appointment so that your problem gets the attention it deserves.

**Home Visits for our regular patients** are available if necessary. Please phone the surgery first thing in the morning.

**IUD contraception now available:** see website or ask for a brochure at reception. Book in for a pre-insertion assessment with **Dr McSweeney** to get started. Fees apply, Medicare rebates available.

Please notify us if you cannot attend an appointment as you would be liable for the consult fee if you don't attend.

● WEBSITE AND ONLINE SERVICES

For more information please go to our website: [www.northbridgemp.com.au](http://www.northbridgemp.com.au)

We have an online booking system called OzDocs which offers a variety of services to patients. Existing patients can register with OzDocs on our website, by completing a couple of easy steps and are very user friendly.

OzDocs also offers the following:

- Online appointment bookings
- Online referral request, if it is a repeat referral
- Online script request, if you had the medication before
- An e-consult, allows the doctor of your choice to allocate a time to have a private confidential conversation with you

All communication on Ozdocs is secure between the doctor and the patient and therefore, from confidentiality point of view the best and secure way to communicate with your doctor. This will reduce your waiting time on the phone as we are experiencing a high call volume, and making use of the online system should be much faster. Also note that you have to register each patient individually on Ozdocs and you can use the same e-mail address for each patient, our system only need to identify the patient, to make the booking under the correct name.

If you experience any problems registering for Ozdocs please speak to our practice manager.

Please note that currently you cannot cancel an appointment you made via Ozdocs online, you will have to call the practice to cancel your appointment if you can't make it.

● SPECIAL PRACTICE NOTES

**Recall System:** If your doctor has referred you for further investigations / test in general it is in your best interest that the results are discussed in a consultation. Standard waiting time for Pathology results is approximately no longer than 48 hours for standard test and you may make your follow up appointment unless its urgent and your doctor advises you to come back sooner.

Our reception team is not medically trained and therefore cannot offer any medical advice or have access to patient's confidential medical records.

Should your doctor need to see you regarding your results, you will either be contacted by your doctor or the nursing team to arrange an appointment.

**Telephoning your doctor:** Although most problems are best dealt with in consultation, but if you need to contact your doctor please make use of our Ozdocs online system for an e consult and the doctor will call you back as soon as the doctor is available.

Please note that during the day doctors are normally booked with patients and can only attend to messages and request after they see the last patient after 6 pm. However practitioners do their best to attend to the most important request during the day.

▷ **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>



## PORK CUTLETS WITH ROASTED FENNEL



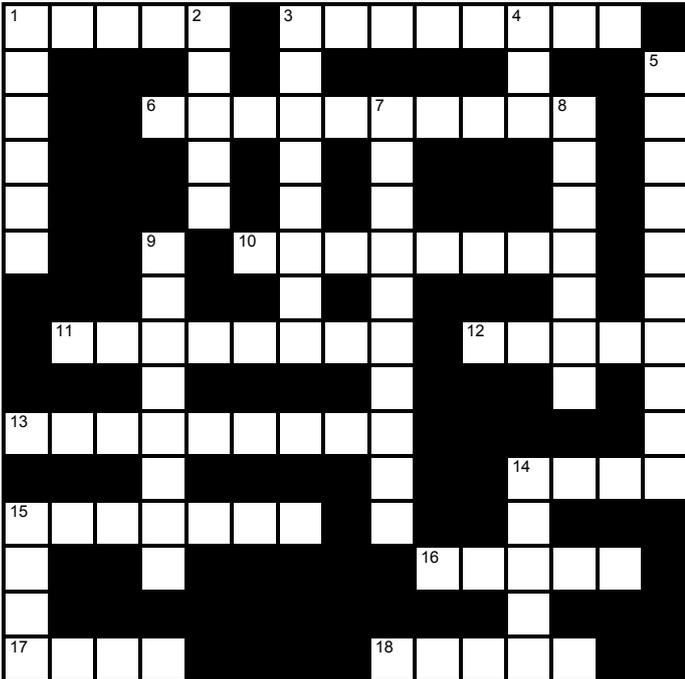
Pork Cutlets with Roasted Fennel & Apple

### 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

### 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.



CROSSWORD

### Across:

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

### Down:

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

## ● SPECIAL PRACTICE NOTES

**Management of your personal health information:** Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised staff members.

*If you would like to receive a copy of your medical record an administrative fee will apply - please ask the practice manager or reception team for further information.*

**If you have a problem/suggestion** we would like to hear about it. You can address them in writing to the Practice Manager. If you are dissatisfied with our response, you may contact Health Care Complaints Commission, Phone: 1800 043 159 or Post: Locked Mail Bag 18, Strawberry Hills NSW 2012.

**Referrals:** Doctors in this practice are competent at handling all the common health problems. When necessary, they are able to draw an opinion from Specialists, and if need be, refer you for further investigation. You can discuss this openly with your doctor.

**Patient Parking:** Parking is available on-site for disabled and less mobile patients. Please ask the reception staff for directions to our parking area.

**Interpreter Services:** For our patients who are from a non English speaking background your doctor is able to contact the TIS a government agency who are available to provide telephone or prebooked onsite interpreting services during your consultation.

**Reminder Systems:** Our practice uses electronic reminder systems for preventative activities. Our practice also participates in National reminder registers including, Pap Smear Registry, Australian Childhood Immunisation Register, Bowel Screen & Breast Screen. Our services include:

- We are a registered TRAVEL CLINIC and have the vaccinations on site, including Yellow Fever.
- Childhood immunisations including a healthy kids check
- Woman's Health – Pap smears, Insertion of Implanon, Contraceptive advice, Pregnancy / Fertility Counselling
- Men's Health – General health, Prostate checks, Heart checks, E.D. advice
- Aged Care Services – 75+ health assessments
- Veterans Care – including the CVC program
- Travel vaccinations (including Yellow Fever) and advice
- Skin checks and minor surgery
- Comprehensive Health Assessments – for Diabetes, Asthma and other chronic diseases
- Mental Health Services