



FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Pet infections



Listeria in pregnancy

APRIL - MAY 2021 EDITION

BULK BILLING MEDICAL CENTRE

DOCTORS & THEIR INTERESTS

Dr Betty Patapis MBBS, FRACGP
Women & Children's Health

Dr Elaine Caplan MBBS
General Medicine

Dr Robert Vial
MBBS, BMedSc, FRACGP, FACNEM
General and Nutritional Medicine

Dr Fung Cheung MBBS, FRACGP
Minor Surgery

Dr Christel Romano MBBS
Women and Children's Health

Dr Paul Klemes MBBS, FRACGP
General Medicine

Dr John Cooper MBBS
General Medicine

Dr Lakshmi Kadaba MBBS
General Medicine

Dr Ravi Jayalath MBBS, FRACGP, SCHP
Paediatrics

Dr Charles Hayes MBBS

Dr Greg Cesco MBBS

ALLIED HEALTH PROFESSIONALS

Mark Brackell Physiotherapist

Neeti Chadha Audiologist

Joanne Schmidt Psychologist

Available for appointment Monday to Saturday. Please call 9998 3400 for appointments.

SURGERY HOURS

Monday to Friday 7am – 9pm

Saturday 7am – 8pm

Sunday 8am – 6pm

Public Holidays 8am – 6pm

PHARMACY 9998 1900

Monday to Friday 7.30am – 9pm

Saturday 8am – 8pm

Sunday 8am – 6pm

APPOINTMENTS

Privately billed appointments are available 9am - 5pm Monday to Friday with all Doctors. Please enquire at Reception or phone the Centre.

Booking a long appointment. If you want an insurance medical, review of a complex health problem or a procedure etc., please book a longer appointment.

AFTER HOURS & EMERGENCY

SYDNEY MEDICAL CO OP LTD: Ph 1300 466 347

Bulk billed home visits are available. Patients can call from 4pm weekdays, Saturday from 10am and all day Sunday & public holidays.

In case of a medical emergency dial 000 and ask for an ambulance.

OTHER SERVICES OFFERED

- Pathology
- Dentist (Private Billed)
- Menopause Counselling
- Skin Cancer Checks
- Family Planning
- Vaccinations
- Medicals
- Minor Surgery
- STD checks

BILLING ARRANGEMENTS

The Centre bulk bills all patients who present with a Medicare Card.

Private appointments are available. Fees are displayed at reception.

Workers Compensation, ancillary services and overseas are charged AMA rates. Fees vary according to the complexity of the service or if a procedure is performed.

Payments can be made by cash, cheque, Visa, Mastercard and EFTPOS.

SPECIAL PRACTICE NOTES

Patient Feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Health Care Complaints Commission, LOCKED BAG 18, Strawberry Hills 2012.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. We will contact you if necessary.

Communication. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

Patient Privacy. This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

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

▶ Please see the Rear Cover for more practice information.



COVID vaccination

There has of course been much media reporting about vaccination for Covid19.

There are a number of different vaccines being used around the world. No vaccine is approved for use until it has demonstrated both efficacy (that it works) and safety (that the side effects profile is acceptable). In Australia, the Therapeutic Goods Administration (TGA) must approve a medicine of any kind before it can be used or prescribed. Currently, two vaccines have been ordered by the Federal government, and the vaccination program has now started to roll out. There are many moving parts, so delays are always possible. It is hoped to have virtually all the population covered by the end of 2021 and maybe sooner.

The Federal government has called for

expressions of interest from general practices to be vaccine hubs. The process will be more complicated than with seasonal flu vaccination and will take longer due to extra documentation being needed and a requirement for monitoring for a time post-vaccination.

There will be stages of the rollout with quarantine and border workers, certain frontline healthcare workers and aged care staff and residents first in line.

Australia has done extraordinarily well by world standards, and so there is not the extreme urgency to start compared to, say, the UK or USA.

Clinics may choose to run dedicated vaccine clinics separate from regular appointments. Some practices may not choose to be involved, and there is no need for every clinic to do so in order to get the job done. Booking will be made centrally rather than via your clinic.

This is a fluid situation so ask your GP for guidance but also be aware that they may not have every answer and that the answers may change over time if new guidance comes in.

EDITORS NOTE: This information was current as at the time of print.

Medicinal Cannabis

In early February there was much media coverage of cannabidiol (CBD) being available over the counter at chemists.

It is true that the Therapeutic Goods Administration (TGA) last year down scheduled CBD to S3 which does allow sales at chemists without prescription for up to 30 capsules of 150mg each. However, there was a caveat. The only products which will have this classification are those on the Australian Register of Therapeutic Goods (ARTG) and presently there are none. To get on the register requires expensive trials of efficacy and other data.

However in the next 12 -24 months this will happen, and products will eventually appear on chemist shelves. CBD is one of two main cannabinoids found on medicinal cannabis. The other is tetrahydrocannabinol (THC) which is the component which is psychoactive. However its use in medicinal forms, combined with CBD, can be beneficial in chronic pain and other conditions.

To end 2020 there have been over 85,000 approvals granted to prescribe medicinal cannabis for Australian patients. This is mainly for chronic pain, multiple sclerosis, anxiety,



<https://www.tga.gov.au/medicinal-cannabis-information-consumers>

and cancer pain nausea and vomiting. It can only be prescribed when other treatments have failed to assist or caused unacceptable side effects. Different states have different approval systems. Not all doctors are familiar

with its use as, yet. It is not for everyone and some claims about its benefit are without basis. However, medicinal cannabis has a legitimate role in certain people in certain circumstances.

Pet infections

Australians have one of the highest pet ownership rates in the world. Pets provide much joy and there are many health benefits associated with pet ownership including better mental health and lower rates of high blood pressure and heart disease (especially in dog owners).

However, pets can also be a source of infections.

This mainly happens if you are bitten or scratched by a pet. Dog bites can easily be infected, so if bitten, see your GP. These are commonest in young boys and more often from pets rather than stray dogs. Cat bites are commonest in older women and most often on the hand.

Superficial wounds can be managed with cleaning and local antiseptic. Deeper or larger wounds may need a course of antibiotics.

In rare cases, if the tendon or muscles are involved, then referral to a hospital

may be needed. Other infections that may be transmitted by pets are worms. This affects children most often and is generally easily treated with worm medicine from the chemist. Fungal skin infections such as ringworm can also be caught from pets. This can be treated with an antifungal cream.

After you have handled a pet, make sure you wash your hands. This minimizes the chances of getting an infection.

For most people having a pet in their lives and their families lives far outweighs any of the above and play a very important role in society.



 <http://www.pethealth.com.au/Page/diseases-you-can-catch-from-your-pets>



 <https://www.pregnancybirthbaby.org.au/listeria-food-poisoning>

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 as well as animals which eat plants with the bacteria.

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.

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

When pregnant, it is important to maintain a balanced diet, 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.

Shin Splints

Shin splints are a common condition seen in runners and those who play sports involving running and rapid acceleration.

The exact cause is unknown but is thought to be due to repeated stress on the shinbone, and its attaching connective tissue. It is more common in females and those with a previous leg injury and also more likely in those often running on hard or uneven surfaces.

The typical symptom is pain in the shin with running. There may be associated swelling. At first, the pain is when one starts running and eases after warm-up.

 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/shin-splint>



As the condition advances, pain persists for longer and can even continue after ceasing exercise.

Diagnosis is based mainly on the history. There is no diagnostic test. X-rays (or

rarely an MRI scan) may be done to rule out other causes such as a stress fracture.

There is no specific treatment. Ice packs and simple painkillers provide symptom relief in the short term. Rest and avoiding activity, which worsens the pain, is key. However, you don't need to stop all exercise. Swimming or walking in water are two options to maintain fitness.

Attention to training techniques is helpful in some cases. Use of orthotics or insoles may also help, as can change of shoes. For the more serious athlete, having a biomechanical assessment of their running style may lead to technique changes, which are beneficial.



Do you have a lower back injury that keeps on recurring? Receive half price for the first assessment and treatment if you book now for November and December.

We will find the cause and all the contributing factors why this injury is occurring & show you how to improve your movement, strength and performance.

We will treat you with our hands-on techniques and provide a specific and individualised recovery and exercise program.

Call our Physiotherapists at Gateway Medical Centre now to get your first treatment half price.

T: 9998 3400 and mention the code word "Performance".

Mark Brakell
Advance Physiotherapy & Sports Injury Centre

If you suffer from any of the following symptoms you may require a thorough bio-mechanical assessment by our consultant Podiatrist to determine a solution to treat the cause and eliminate the symptoms.

- Muscle pain, tension or spasm?
- Pain and grinding in the knee? (Patello-Femoral Tracking Syndrome)
- Low back or sacroiliac pain? (Sciatica)
- Leg length inequality?
- Ball of the foot pain? (Metatarsalgia)
- Bunions? (Hallux valgus)
- Foot arch pain? (Plantar fasciitis / heel spur)
- Shin splints / calf pain? Posterior Tibial Tendon Disorder
- Hypermobility causing joints and ankle pain?

Symptoms that...

- Increase with running, walking or standing?
- Do not responding to rest / stretching?
- That improve with care but return with activity?

Muhammad Maarj (Mo)
BPod. MAPoda.

Complete Hearing Care

Can help people improve the quality of their lives in Mona Vale and surrounding areas. We provide excellent service to our patients by diagnosing your hearing problem providing you with the best solution for your lifestyle. Conveniently located within Gateway Medical Centre, Complete Hearing Care are here to assist with all your hearing concerns. Please contact us on:

9999 6314. Complete Hearing Care are proud to be one of the very few selected Authorised Lyric Providers in NSW to offer Lyric- the world's first 100% invisible extended wear hearing device. Visit www.phonak.com/lyric for more information.
Neeti Chadha Audiologist



ANZAC BISCUITS

Ingredients

- 1 1/4 cups plain flour, sifted
- 1 cup rolled oats
- 1/2 cup caster sugar
- 3/4 cup Desiccated Coconut
- 150g unsalted butter, chopped
- 2 tablespoons golden syrup or treacle
- 1 1/2 tablespoons water
- 1/2 teaspoon Bicarbonate Soda

Method

1. Preheat oven to 170C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine.

2. In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.
3. Pour into the dry ingredients and mix together until fully combined. Roll tablespoonfuls of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly.
4. Bake for 12 minutes or until golden brown.

WORD SEARCH

A	M	I	E	I	N	F	E	C	T	I	O	N	S
N	I	E	R	U	N	I	N	G	O	T	T	C	
Y	C	N	A	N	G	E	R	P	N	B	O	N	E
E	D	E	V	A	C	C	I	N	A	T	I	O	N
S	T	N	I	L	P	S	E	S	N	V	R	Z	C
N	A	M	R	O	W	G	N	I	R	V	I	N	E
B	N	S	T	N	E	M	T	A	E	R	T	I	A
T	S	A	I	C	C	A	C	I	S	S	T	I	I
C	N	L	A	C	I	D	E	M	F	H	I	T	G
I	S	A	I	C	C	A	N	A	L	N	I	A	I
R	A	A	A	I	O	C	C	I	I	C	N	N	E
I	E	Z	N	B	V	S	I	B	A	N	N	A	C
I	N	I	I	A	I	R	E	T	S	I	L	R	N
A	U	S	N	N	D	C	V	I	N	T	R	D	I

- BONE
- ANZAC
- SHIN
- MEDICAL
- SPLINTS
- COVID
- PREGNANCY
- INFECTIOUS
- VACCINATION
- RINGWORM
- RUNNING
- TREATMENTS
- LISTERIA
- CANNABIS