



FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Haemorrhoids



Tonsillitis

JUNE - JULY 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

As you read this, the covid vaccination roll out will be well under way.

Phase 1a started first and included aged care residents and staff, quarantine and border force workers and certain frontline healthcare workers. This was estimated to be 1.4 million doses.

Phase 1b is roughly ten times as many doses. The people in this group are those over the age of 70, ATSI people over the age of 55, younger adults with a medical condition or disability and other higher-risk workers (e.g. healthcare, defence force, police).

Around Australia, 4500 practices have registered to be vaccination centres. It is, rightly, felt that the best place to have your vaccination is where your medical history is known. Before having the vaccine, there is a questionnaire you need to complete. Blood clotting is a rare side effect. However, a history

of blood clots or being on a blood thinner medication does not of itself mean you cannot have the vaccine.

You will be required to wait for at least 15 minutes after having the shot before leaving and also to report any adverse effects that you feel. Some do report headache or being a bit "off colour" the following day. Soreness at the vaccine site can occur.

The two doses of the Covid vaccine should be 12 weeks apart, so you will be encouraged to book your second one at your initial vaccine visit. It is also important to separate the Covid vaccination from the flu vaccination by at least 14 days.

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

Haemorrhoids

One of the most common health issues searched about on the internet is haemorrhoids.

It is estimated to affect 300,000 Australians each year. These are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk factors related to pressure such as constipation or heavy lifting and sitting on hard surfaces for prolonged periods. There may be a genetic tendency.

Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience this, always consult your GP.

Treatment is about relieving symptoms whilst waiting for resolution, generally taking a few days. There are numerous ointments and suppositories, most of which do not require a prescription. Sitting in a



lukewarm bath may help. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. Rarely the haemorrhoid may need lancing and, if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



Medicinal Cannabis

Since legalisation there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia.

Since legalisation, there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia. Like all medications, it does not work for everyone. It is also not a cure for any medical condition. The largest number of approvals to prescribe have been for chronic pain. Other more common reasons include cancer symptoms, (e.g. pain, nausea and cachexia), insomnia, and Parkinson's.

The use of medicinal cannabis remains an area where opinions differ in medicine. In March, the faculty of pain medicine stated publicly that it should not be prescribed for pain as there was no evidence to support its use. Many patients who have found improvement in their pain levels would dispute that, as would doctors who have followed the research.

Medicinal cannabis can only be prescribed in Australia with relevant approvals. It can only be used in conditions where the TGA accepts evidence of benefit and where other treatments have either failed to help or have caused unacceptable side effects. There is no PBS subsidy.

Currently, there are a number of trials being done in Australia to learn more about the role of Medicinal cannabis. Some of these are recruiting patients interested to volunteer to be part of trials.

Not all doctors are familiar with the role and use of Medicinal Cannabis, but an increasing number are. As always, talk to your doctor about what the options are for you in your specific circumstances.



Diagnosing & Treating Hypertension

High blood pressure (hypertension) is estimated to affect nearly one-third of Australian adults.

Risk factors include a positive family history, being male, older age, being overweight, consuming excess salt and insufficient exercise.

Hypertension can be due to a secondary cause like kidney disease, but most commonly is essential hypertension without other underlying cause. Hypertension is a risk factor for heart attack, stroke and kidney disease.

Some people may experience headaches or tiredness, but most have no symptoms. Diagnosis is by measurement of blood pressure. Normal blood pressure is generally regarded as being below 140/90. The upper (systolic) pressure is when the heart contracts whilst the lower (diastolic) is in between beats when the heart rests. Pressure can increase with age. Blood pressure is variable, so one reading is not diagnostic. If your pressure is elevated, your doctor will recommend

further visits to re-check the level. Today many people have home monitors, and 24-hour monitoring can be arranged (this is not covered by Medicare). Your doctor may recommend other tests too.

Regular checks of blood pressure are recommended for people 40 and older and starting younger if need be.

The first line of treatment is lifestyle measures (weight loss, reducing salt intake, doing more exercise, managing stress, eating more vegetables). Medication may be needed, and there are many alternatives. You may need to trial a few to get the right one for you, and more than one may be needed. Treatment is generally long-term, but some people can reduce or come off medications after a certain time. Ongoing monitoring of blood pressure is lifelong.

 <http://www.hbprca.com.au/high-blood-pressure/>

Tonsillitis

The tonsils sit half way to the back of the throat and are part of the immune system, helping "trap" infections. They are particularly important in young children with less developed immune systems. Unless enlarged or infected we generally don't even know they are there.

Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a "coated" appearance. It can occur at any age but is more common in children.

Preventative measures include washing hands, not sharing eating utensils with those who are unwell and coughing/sneezing into tissues.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible), or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually streptococcus) will be treated with antibiotics. Penicillin is the first choice, but there are other options for those allergic to it.

Some people get recurrent tonsillitis, and the question of having tonsils removed arises. Tonsillectomy is far less commonly done today than previously. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work also are factors. You may be referred to an ENT surgeon. Talk to your GP.

 <http://www.mydr.com.au/respiratory-health/tonsillitis>





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



THAI CHICKEN RISOTTO

Ingredients

- 1 tbsp peanut oil
- 500g skinless chicken thigh fillets, trimmed, cut into 2cm pieces
- 1 onion, finely chopped
- 1 long red chilli, seeds removed, thinly sliced
- 2 garlic cloves, crushed
- 4 kaffir lime leaves, stems removed, finely shredded
- 1 1/2 cups (330g) arborio rice
- 1/4 cup (75g) Thai red curry paste
- 2 cups (500ml) chicken style liquid stock
- 1 cup (250ml) coconut cream
- 2 tbsp fish sauce
- 200g green beans (or peas), trimmed, chopped
- Coriander, to serve
- Fried Asian shallots, to serve
- Lime halves (optional), to serve

Steps

1. Preheat the oven to 180°C.
2. Heat the oil in a flameproof casserole over medium-high heat. In batches, add the chicken and cook, turning, for 2-3 minutes until browned. Remove the chicken from the casserole and set aside.
3. Reduce heat to medium and add the onion, chilli, garlic and half the kaffir lime leaves. Cook, stirring constantly, for 2-3 minutes until the onion is soft, then add the rice and curry paste and cook, stirring to coat the grains, for a further 1 minute.
4. Return the chicken to the casserole with the stock and 1/2 cup (125ml) water. Bring to a simmer, then cover with a lid and cook in the oven for 25 minutes or until most of the liquid has been absorbed. Remove from the oven and stir in the coconut cream, fish sauce and beans, then cover and stand for 10 minutes.

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