

FREE TO TAKE HOME!

DECEMBER - JANUARY 2022 EDITION



Vertigo



Exercise



Childhood play accidents



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

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 Brackett 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.

▶ Please see the Rear Cover for more practice information.



 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/dizziness-and-vertigo>

Vertigo

Vertigo and dizziness affect up to 10% of people through their life. It is important to have an accurate diagnosis as treatment depends on diagnosis.

Vertigo is most often due to conditions affecting the inner ear where the balance centre is. These include benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease, and migraines.

The symptoms are described as a feeling of spinning (like having been on a merry go round that stops), unsteadiness on the feet, or a light headedness. Other symptoms that can accompany this are headache, nausea and vomiting, incoordination, unusual eye

movements and a ringing in the ears.

Your doctor will ask about the frequency and duration of episodes, how they progress over time and if there are any triggers. These provide clues. The examination includes assessing balance and the ears as well as blood pressure.

Tests include a CT or MRI scan to look at the brain and inner ear. Blood testing is not often helpful except to rule out other causes.

Treatment starts with rest and medication to

ease the symptoms of dizziness. Some benefit from specific exercises to "retrain" the balance system. This is via a vestibular physiotherapist. Those with BPPV can benefit from specific exercises to remove crystals in the inner ear.

Meniere's often need long term treatment, whereas vestibular neuritis often needs only short term. Underlying causes such as migraine need specific treatment.

Some will require referral to an ENT specialist, and in some instances, surgery is needed.

Chlamydia

The most common sexually transmitted infection (STI) in Australia is Chlamydia. The number of cases has increased over the last 20 years, and the highest prevalence is in the 15-25 age group. Both sexes are equally affected, and it is very treatable.

Common symptoms are burning with passing urine and a discharge from the genitals. Women may experience lower abdomen or pelvic pain. Often the symptoms are mild. These start between one and three weeks after exposure. It is important to note that many people may not have any symptoms at all.

As the symptoms are not specific, diagnosis is by urine or swab testing. Generally, a full check for STI's will be done, which involves a urine and blood test. Treatment is with antibiotics. If Chlamydia is confirmed, a repeat test will be needed around three weeks later to see that it has cleared. It is a notifiable infectious disease, so cases are reported to the health department.

The other critical part of treatment is contact tracing. If you have been diagnosed with Chlamydia, you need to notify sexual partners as they will also need treatment.

Left untreated, it can lead to infertility. This is why it is recommended to have a screening test if you are sexually active. This is important because you may have no symptoms. Prevention is relatively simple, although not 100%. Always practice safe sex and use protection to reduce the chances of getting Chlamydia other STI's. Don't be scared of raising concerns with your doctor. They will have dealt with this often. And remember it is a common condition, may have no symptoms, and it is treatable.



 <https://www.sexualhealthaustralia.com.au/chlamydia1.html>



Exercise

With summer weather and the increasing ability to get outside, now is the time to dust off that exercise regime. Depending on where you live, gyms and indoor sports facilities may also be open again.

Exercise is good for both physical and mental health and is also good for stress management and longevity. A 2018 study by the Centres for Disease Control and Prevention concluded that about 10 per cent of all deaths among Americans 40 to 70 years old result from too little exercise.

The question has always been how much. Two new studies which followed over 10,000

people for two decades suggests 7000 steps a day or sports like tennis, cycling, jogging or badminton for at least two and a half hours a week.

However, every bit helps, so do not let the perfect be the enemy of the good. If you can only manage an hour, do that in preference to nothing. Incidental exercise such as taking the stairs instead of the lift or parking further away from the shopping centre entrance also counts.

The other important aspect is to do what you enjoy. That way, you are more likely to stick to it. Exercising with a friend or family member adds a social aspect and can help keep you both motivated.

Childhood play accidents

We know that many children do not get enough exercise, and the summer holidays can be a time for getting away from the screens and playing outdoors. In doing so, we want children to play safely and avoid injury. Equally, in these days of caution, we need to also whilst recognise that a grazed knee is not a major drama.

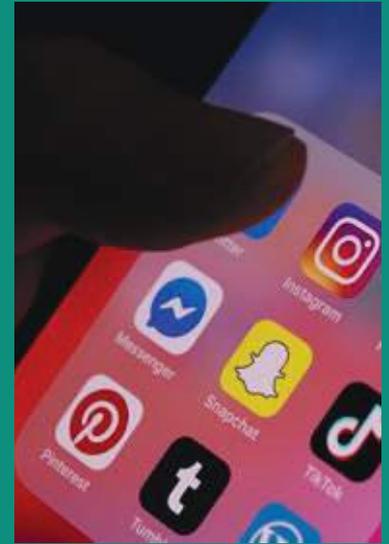
Compared to previous generations, virtually all public playgrounds are remarkably safe. Partly this is due to the soft ground cover which cushions falls. Equipment is safer than old fashioned slides, swings and see-saws. But there remains no substitute for watching your children. This is age-specific, and older children can be left more on their own, with younger children to be nearby. Indeed, there is much to be said for playing with them, which gives the parent some exercise too.

Trampolines are fun, but children need watching and teaching on how to use them safely. Once more, design is far better than in the past. Bicycles are a popular Christmas present, and learning to ride a bike is still a childhood joy. Whilst falling off when starting is probable, careful assistance and support can minimise this.

Running and ball games are fun in summer. Children need to wear appropriate footwear and, where applicable, safety equipment (think cricket or softball).



Injury risk can be minimised but not eliminated. Fortunately, most play-related injuries will be minor. Talk to your doctor about any concerns you have.



Social media and teenagers

Facebook has been in the news recently with a US senate into what it knows about the impact of Instagram on the mental health of teenage girls.

Undoubtedly, many of the images posted on the platform are not realistic, and they may reflect significant plastic or cosmetic surgery or simply be photoshopped. Many "influencers" also do not declare that the products and services they endorse actually pay them to do so.

The online world and social media, in particular, are not issues that previous generations of parents had to contend with. And, as any parent knows, there is a fair chance that a teenager will be at least one step ahead when it comes to technology.

That said, all is not lost. There are simple means to help your teenager. First and foremost, talk with them about the use of social media. Banning may be difficult but putting limits is a useful approach. Talk to them about not replying to unsolicited friend requests from people they do not know. Talk to them about self-esteem and being comfortable in their own skin. Offer praise and positive commentary whenever you can.

Offer to look at some Instagram or Facebook images with them so you can discuss what you see and what you both think about them. Another option is for you and your teen to have "half a password each", so log in requires both of you.

Above all else, keep communication channels open and spend as much time listening as talking.

Health News

APPOINTMENTS AND WALK INS

The practice policy is that although appointments are encouraged, no appointment is necessary and patients are seen on the order of arrival unless urgent. Appointment length will vary and all patients are encouraged to indicate when booking an appointment, if an extended appointment is required.

RECALLS

This practice provides recalls and reminders for immunisation, pathology etc. We also offer for you to be enrolled in recall and research programs, as well as National, State or Territory reminder systems/registers.

If you do not wish to participate please inform your doctor.

INTERPRETER SERVICES

The Practice encourages patients to inform reception staff if an interpreter is required. Preferably 24 hours before a booked appointment. Also for hearing and speech impaired patients.

REFERRALS

All referrals to specialists when transmitted electronically are forwarded in a secure and encrypted format. Patients are also handed a copy of their referral. Our referral documents to other healthcare providers contain sufficient information to facilitate optimal patient care.

INFORMED PATIENT DECISIONS

Our practice gives patients sufficient information about the purpose importance benefits, risks and possible costs associated with proposed investigations, referrals or treatments, to enable patients to make informed decisions about their health.

COST OF PRIVATE CONSULT

Standard Consult - \$75.00
Medicare Rebate - \$39.10
Long Consult - \$110.00
Medicare Rebate - \$75.75
Extended Consult - \$140.00
Medicare Rebate - \$111.50

AFTER HOURS PRIVATE CONSULT

Standard Consult - \$90.00
Medicare Rebate - \$51.00
Long Consult - \$120.00
Medicare Rebate - \$87.40

These consultations are claimable from Medicare

HOME VISITS

Home visits available for patients of the practice weekdays between 8am and 4pm please contact reception for further information



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