



FREE TO TAKE HOME!

FEBRUARY - MARCH 2022 EDITION



School refusal in children



Mobile phone use in kids



Ross River Virus



Plantar Fasciitis – heel pain

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.

School refusal in children and adolescents

This is where children experience severe emotional distress at having to go to school, which can lead to considerable absence from school, impacting education and job prospects.

It is completely different to truancy, where the child pretends to go to school but does not and is not associated with anti-social behaviour. School refusal is also entirely different from normal anxiety that may precede exams or school camps.

There is no specific known cause. The child may have various underlying worries about schoolwork, friendships, bullying, social isolation, conflicts with teachers, parental separation, or family grief or trauma. There may be no apparent underlying issue.

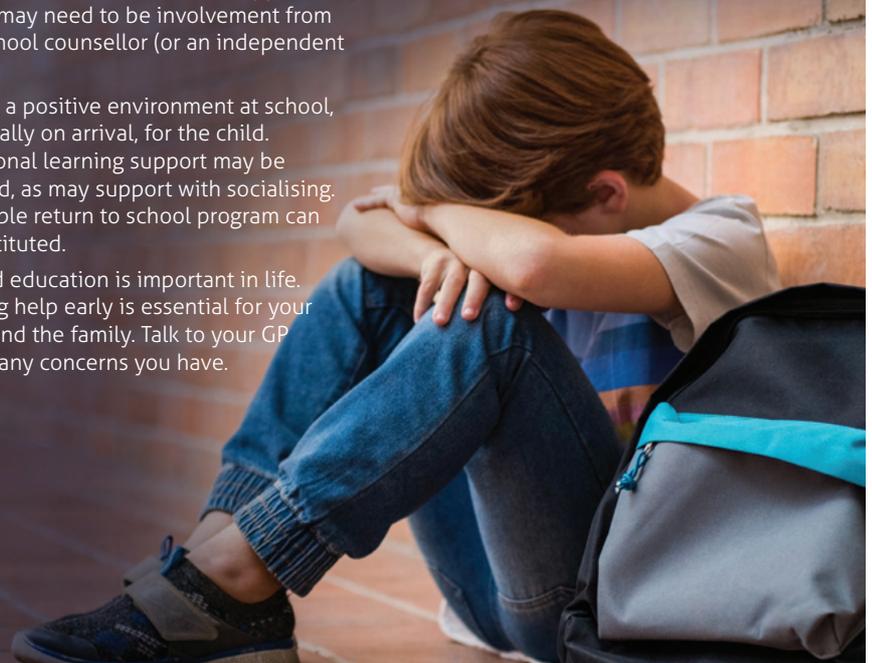
Symptoms include tearfulness before school, frequent complaints of somatic symptoms like headaches, tummy pains or dizziness before school but not on weekends through to tantrums before school.

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. Additional learning support may be needed, as may support with socialising. A flexible return to school program can be instituted.

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.



 <https://headspace.org.au/friends-and-family/understanding-school-refusal/>

Mobile phone use in kids

It is hard to believe that the ubiquitous mobile phone only became widely used in the 1990s and smart phones just this century.

Managing their use in children is something previous generations of parents did not have to contend with. There is a view that children should not use mobile phones, but you cannot rewind the clock. Certainly, there is research showing that too much total screen time is an issue in children, as they tend to exercise less, impacting sleep. Plus, the issue of social media access via mobile phone anywhere anytime.

Like all parenting, setting simple rules and sticking to them is key. This is also age-related. The notion of the "electronic babysitter" used to apply to TV but now can apply to phones. But handing a small child the phone as a way to keep them quiet is not a great idea on a regular basis. For primary school children, it can be useful to have a phone to ring parents. This can be an old-fashioned type that only makes phone calls and does not access the internet. Much like TV time can be restricted by parents, total screen time, including phones, can also be. Ensure phones are not kept in children's



bedrooms and are recharged in the kitchen or living room. In 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.

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.

Please inform reception when making an appointment if you require an interpreter.

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 - \$37.05
Long Consult - \$110.00
Medicare Rebate - \$71.70
Extended Consult - \$140.00
Medicare Rebate - \$105.55

AFTER HOURS PRIVATE CONSULT

Standard Consult - \$90.00
Medicare Rebate - \$49.00
Long Consult - \$120.00
Medicare Rebate - \$83.95

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.

Communication Policy

Our practice's primary reason for communicating electronically to patients is to issue appointment reminders and we verify the correct contact details of the patient at the time of the appointment being made.

Currently our practice does NOT allow patients an opportunity to obtain advice or information related to their care by electronic means. All email communication is only via the practice manager. Our practice will not initiate electronic communication (other than SMS appointment reminders) with patients. Any electronic communication received from patients to the practice manager, is also used as a method to verify the contact details we have recorded on file are correct and up-to-date.



Changes in prescribing of medicinal cannabis

In November, the Therapeutic Goods Administration (TGA) introduced changes to how applications for medicinal cannabis are made and dispensed.

Medicinal Cannabis was legalised for use in Australia in 2016. It can be prescribed in conditions where the TGA accepts there is evidence for its use and where other treatments have failed to help or caused unacceptable side effects. The medications are unregistered, and thus far, applications have needed to specify the exact product by name and manufacturer. Approvals for use have grown from 3000 for the calendar year 2018 to over 100,000 in 2021 as of November.

The changes mean that doctors can apply for a type of medicinal cannabis based on amounts of cannabidiol (CBD) and tetrahydrocannabinol (THC). There are five categories. To switch between brands will not require new approval. This can be helpful

for all involved; however, pharmacists may dispense a medication other than what your doctor has prescribed. Generic prescribing works well where bio-equivalence studies have been done and medications have the exact same strength. These studies are not done with medicinal cannabis, and there can be significant differences between different formulations even when strengths are similar. In turn, this could lead to side effects or poorer control of symptoms if products that are similar but not the same are substituted.

Problems can be avoided. Your doctor can tick the "do not substitute" box on prescribing, and you can insist that you are dispensed that which you have been prescribed.



 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/ross-river-virus-disease>

Ross River Virus

This is a viral infection spread by mosquitos. It typically causes joint inflammation, muscle pain and fatigue.

Symptoms generally start between three and 21 days after being bitten. Other symptoms can include rash and enlarged lymph glands. Some people do not even know that they have it, as it can be no more than a flu-like illness.

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods lead to increased mosquito breeding.

Like a virus, there is no specific treatment. Symptomatic measures such as rest, maintaining hydration, and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. Whilst everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You cannot pass it on to other people.

You can reduce your chances of getting Ross River virus by avoiding mosquito bites; wear long, light-coloured, loose-fitting clothes, especially when in mosquito prone areas. Use effective insect repellents as per the manufacturer's instructions. If possible, avoid being outside in mosquito prone areas at dusk and dawn. If camping, use insect nets or fly wires. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water. Ensure your pool or spa is well chlorinated, and don't let containers of water remain stagnate.

Plantar Fasciitis – heel pain

A common cause of heel pain, plantar fasciitis, is an inflammation of the tissue (plantar fascia), which runs along the sole of the foot, connecting the heel to the toes creating the foot's arch.

Risk factors include age, being overweight, sports that stress the heel (e.g. running) and spending long periods on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse first up in the morning, after prolonged sitting or after intense activity. Diagnosis is largely based on history and examination. X rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help

in the short term but are not a cure. Avoid activities that aggravate the situation. Wear shoes with good arch support and cushioning. Purpose made insoles may be helpful as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases, cortisone injections may be recommended. Surgical treatment is viewed as a last resort.

Treatment is a medium-term proposition, so do not expect immediate results nor get frustrated. Perseverance with treatment is important, and most cases will improve with time.





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



RHUBARB & ONION CHUTNEY

Ingredients

- 500 grams rhubarb, roughly chopped
- 1 onion (medium) chopped
- 200 grams caster sugar
- 200ml cider vinegar
- 30 grams of fresh grated ginger
- ½ tablespoon of cloves

Directions

- STEP 1: Put the rhubarb, onion, caster sugar, cider vinegar, ginger, cinnamon stick and cloves in a preserving pan or large heavy-based pan. Bring to the boil, then cook over a medium heat for 1½ hours until the rhubarb has broken down and the mixture is jammy.
- STEP 2: Leave to cool in the pan for 10 minutes
- STEP 3: Divide between two sterilised jars while still hot. Seal and label.

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SUDOKU