



## DECEMBER 2022 - JANUARY 2023 EDITION

**FREE TO TAKE HOME!**



**Keep safe while having fun**



**Exercise reduces Dementia**



**Tips for travellers**



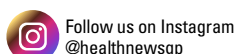
**Plantar Fasciitis – heel pain**

### 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](http://www.healthnews.net.au)



### BULK BILLING MEDICAL CENTRE

*Please do not contact the practice via email in an emergency or to obtain any medical / clinical advice*

#### ● 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

#### ● ALLIED HEALTH PROFESSIONALS

**Mark Brackell** ..... Physiotherapist

**Neeti Chadha** ..... Audiologist

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.

# Keep your child safe while having fun this summer

Summer holidays are fun for children but can be a bit stressful for parents. It is a bit easier to get them off screens when it is warm outside. Evidence increasingly shows that helicopter parenting can prevent children from gaining independence, yet equally, the days of “be home by dark” are long gone. So, what are the key issues to ensure that your child has fun and remains safe?

Children are at risk of dehydration, so ensure they drink plenty of water, especially outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sunscreen may only last a few hours and needs to be reapplied. Playgrounds today are far safer than in the past, but falls can still occur. Age-appropriate supervision and choice of equipment can minimise this. Psychologists point out that allowing children to take some risks enables them to build resilience and learn their limitations.

Knowing how to swim is essential in Australia, as is knowing basic water safety. Swimming and fun in the water is a great activity for children (and adults). Make sure your child swims between the flags at the beach, and always watch them around water. Fences and gates do not replace vigilance.

Use insect repellent, especially at dusk. Insect bites and stings are usually annoying rather than serious but if you have any concerns- see your GP.



More info »

## Exercise reduces Dementia

Good news from the United States shows the percentage of adults over 65 with dementia is decreasing each decade.



Similar reductions have been recorded in the UK and Europe. The reason for the decline has yet to be discovered and is thought to reflect many things. This includes better education (keeping the brain active from an early age), better nutrition and better living conditions.

Another factor, which helps, is regular exercise. Evidence shows that thinking and memory capability increases with activity at all ages. Trials in older people found that doing 150 minutes of moderate exercise per week led to improved mental functioning, which persisted for over 12 months if the person stopped.

Resistance training improves executive functions (higher thinking and abstraction),

whilst aerobic exercise helps verbal memory. So, it is good to mix resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords puzzles reading) and social activities also reduce dementia risk, as does eating a brain health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, a good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today!

## Consuming alcohol safely in the festive season

**During the festive season, many of us can overdo it with regard to food and alcohol. There are simple things you can do to avoid this.**

There is no need to accept every invitation to drinks events. Everyone knows it is a busy time, so you can politely decline. Alternate your alcoholic drink with water. This means you can always have a drink in your hand but will have half the number of alcoholic beverages. Taking this one step further, there is no problem with drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. If you feel the need for an excuse, you can claim medical reasons but do not feel any need to justify not wanting to drink.

Have a big glass of water before leaving for

the event so you won't arrive thirsty and eager for the first offering.

If you are consuming alcohol, it is important to eat. This slows the absorption of the alcohol and helps fill you up. It is okay to appear, have a drink or two over a couple of hours and leave. There is no need to be the first to arrive or be the last to leave functions.

Christmas day meals should be enjoyable, but too many drinks can fuel family tension. If you are hosting, be aware of the responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. It is not that hard to do.



# **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.



# Tips for travellers

Overseas travel is back on the agenda this Christmas season, and many will seek to take to the skies to visit loved ones or simply for a holiday.

Travel vaccinations are an important consideration before travelling, but most health issues people confront when travelling cannot be vaccinated against. Insurance claim statistics suggest we get the same health issues when travelling at home. This means minor problems like chest or sinus infections, viruses, gastro, cuts and bruises and more serious ones like heart attack and broken bones from trauma.

Talk with your doctor before travelling. Your medical circumstances may make specific itineraries problematic. Ensure you take an adequate supply of any regular medications you have been prescribed. A letter from your doctor listing them can be helpful at airport security. You don't need a suitcase full of first aid supplies, but a kit of basics can be beneficial. What you may need depends on where you are going. A simple pain killer, anti-diarrhoeal and antihistamine in your kit can cover many issues. Band-aids and antiseptics may save a trip to a medical facility.

In many countries, you should only drink bottled water. Beware salads and fruits that might be washed in local water. Eat mainly cooked vegetables and fruits that are peeled (e.g., bananas).

Be aware of local customs and laws. Ask if there are areas to avoid. If you are driving, make sure you have insurance. This may be separate to travel insurance, which is also a must, and less expensive than you might think.

Holidays should be fun, and with some simple precautions, they can remain so.



## Plantar Fasciitis – heel pain

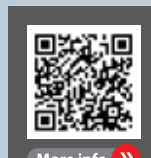
A common cause of heel pain, plantar fasciitis is an inflammation of the tissue (plantar fascia) which runs along the sole of the foot connecting the heel to the toes creating the foot arch. Risk factors include age, being overweight, sports that stress the heel (e.g., running) and spending long periods 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 based mainly 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 or get frustrated. Perseverance with treatment is important and, in most cases, will improve with time.



More info »

From all the team at Health News we wish you a very Merry Christmas and safe and prosperous New Year!





Do you have a lower back injury that keeps on reoccurring?

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](http://www.phonak.com/lyric) for more information.

**Neeti Chadha** Audiologist



## ALL-NATURAL CHOC PEANUT BANANA ICE CREAM

This all-natural ice cream is a great substitute if you want a healthier version of ice cream to feed the children or even dinner guests.

### Ingredients

- 6 Bananas – peeled, chopped and Frozen
- ¼ Cup of freshly squeezed lemon juice
- 1/3 Cup of natural smooth (or crunchy) peanut butter
- 2 Tbs of cacao powder

### Method

- Process all the ingredients together in a food processor or thermomix, making sure to scrape the sides down regularly.
- Once the mixture is smooth and resembles a soft serve ice cream, transfer to a chilled metal cake tin or loaf pan.
- Leave for approximately 2 hours and serve whilst still relatively soft.

