



Heartburn



Sleep



Diabetes



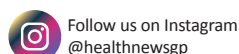
Checking for Head Lice

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

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 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 Azadeh Sahebian
 MD FRACGP

● **ALLIED HEALTH PROFESSIONALS**

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.

▶ Please see the Rear Cover for more practice information.



Heartburn

This is a burning pain in the chest or upper abdomen caused by acid “leaking” from the stomach into the oesophagus. It is also known as reflux and Gastro-oesophageal reflux disease (GORD).

It is very common and can affect all age groups, starting with infants, and ranges from mild to severe and occasional to daily. Not everyone with heartburn has GORD. Some with GORD may have a hiatus hernia, where some of the stomach “slips” above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people, but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits, but each person needs to find what “disagrees” with them.

Prevention includes avoiding known triggers and not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies like bicarbonate of soda or herbal teas help some people, and simple antacids can relieve symptoms. At night, it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often, the history is sufficient for diagnosis, but you may be sent for tests to rule out other causes.

Prescription medications can reduce acid production for ongoing problems. Some people need short courses of these, and others need them long-term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



More info »

Sleep



It is estimated that at the turn of the 20th century, the average person slept for nine hours each night. By the turn of the 21st century, this had shrunk to seven and a half hours.

A century ago, we did not have a 24/7 society complete with computers and smartphones. Even one generation ago, TV stations closed overnight. However, our need for sleep has not disappeared, and it must not be seen as optional.

The human body can go far longer without food than without sleep. The impairment in judgment and coordination after being awake for 20 hours was estimated by NASA to be the equivalent of a blood alcohol level of over 0.05% (the legal cut-off for driving).

Lack of sleep is associated with higher rates of obesity, type two diabetes, high blood pressure, depression, stress and even Alzheimer's. We feel we can “get away” with inadequate sleep because the symptoms are not always immediate nor clearly linked.

Many people find getting enough sleep difficult. Sleep patterns can be changed, but you must allow at least four months. Regular exercise helps, as does not eating within two hours of bedtime. Switch off screens 45 minutes before going to bed and have a regular routine. Have a comfortable bed and pillow and consider guided relaxation or meditation before bed. Some people find herbal teas relaxing. Avoid sleeping tablets, as regular use causes addiction. Above all, do not stress about sleep. Relax and let the body do its thing.

Diabetes – differences between Type 1 & Type 2

There are two types of diabetes, broadly divided into insulin-requiring (type 1) and non-insulin-requiring (type 2). This is not absolute, as some people who do not need insulin at the start may go on to do so.

Type one occurs when the body cannot produce insulin, often starting in childhood or adolescence. There are genetic tendencies, although the exact inheritance pattern is not known. Type two comes about when the body's cells become resistant to the effects of insulin, generally occurring later in life. Weight and consumption of refined carbohydrates play a bigger role, although there are genetic tendencies here, too.

Diabetes is diagnosed by testing for glucose and glycated haemoglobin (HbA1c) in the bloodstream. A further test known as a

glucose tolerance test may also be done. This involves "challenging" the body with a sugar load and monitoring how the body handles it.

Managing diabetes includes lifestyle changes and possibly medications. Those with type one will need lifelong insulin. A low-sugar diet is vital for diabetics. Losing weight can help control glucose levels. Regular exercise is also beneficial. Blood glucose monitoring allows people with diabetes to control their blood sugar and live in relative freedom. Regular review and blood tests through your doctor are also important.



More info »

Checking for Head Lice - signs & symptoms



More info »

Lice are annoying but not serious. Head lice are tiny, wingless insects that are common in school-age children but can potentially affect anyone.

Lice can only live on humans (they die within 24 hours if not on the body) and they feed on minuscule amounts of blood drawn from the scalp. They cannot jump or fly but only crawl. Hence, they are spread by direct hair-to-hair contact. The typical symptom is an itchy scalp. A note from school saying head lice have been found will often first alert parents.

Adult lice are grey or tan insects the size of a sesame seed on the scalp. Nits (lice eggs) are tiny white or brown dots usually attached to hair near the scalp. Although they look like dandruff, they can't be "shaken" off.

To find them, comb hair with any conditioner and use a fine tooth comb. Wipe the conditioner from the comb onto a paper towel. Look for eggs or lice. Do this through all the hair a few times.

Treatment is removing lice and nits from the hair. You can use the conditioner method (described above) every other day till none have been found for ten days. There are also specific head lice treatments (both synthetic and organic) that can be used. Follow the directions on the pack. Wash pillowcases in hot water. Family members need only be treated if lice or nits are found on them.

Managing sun-damaged skin

After summer is a good time to have a skin check. Australia has the highest rates of skin cancer in the world.

A step before skin cancer (this applies to basal and squamous cell cancers, not to melanoma) is the development of solar keratoses, commonly known as sunspots. These cause redness and roughness on the skin. Due to this and the potential to become cancerous, solar keratoses are usually treated.

The most typical treatment is cryotherapy, better known as freezing. This involves applying liquid nitrogen (or dry ice) in a "freeze-thaw" sequence to the area. Although it can cause redness and some loss of pigment, it is usually successful, and most people have no complications. It can be used on most keratoses and is particularly good for scattered individual spots.

Several creams can also be used to treat solar keratoses. These are available on prescription. Which one and the duration of treatment depend on the individual case. They are most suited to areas on the skin where there are multiple spots.

Salicylic acid applied topically can reduce roughness and retinoid creams can help rejuvenate skin.

Laser resurfacing and photodynamic (light) therapy are newer options, but they are less widely available and more expensive.

The key remains prevention. Remember to always slip on a shirt, slap on a hat, and slop on sunscreen in the summer sun. See your doctor about any skin spots of concern and ask your doctor about an annual skin check.



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 - \$80.00
Medicare Rebate - \$41.20
Long Consult - \$115.00
Medicare Rebate - \$79.77
Extended Consult - \$145.00
Medicare Rebate - \$117.40

AFTER HOURS PRIVATE CONSULT

Standard Consult - \$95.00
Medicare Rebate - \$53.65
Long Consult - \$125.00
Medicare Rebate - \$92.00

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.

REMEDIAL MASSAGE

Ying (Leon) Li is a graduate of the University of Sydney, with a deep dedication to his profession in the realm of musculoskeletal conditions, acute and chronic sports injuries, spinal disorders, and post-operative rehabilitation.

Leon's unwavering passion for his work is evident in his approach. He firmly believes that providing exceptional care requires a combination of transparent and deliberate clinical decision-making, firmly rooted in evidence-based practices, and a genuine respect for patient preferences. Drawing on a wealth of experience and his astute analytical mindset, he consistently delivers outstanding results. What truly sets Leon apart is his commitment to providing individualised care that prioritises each patient's unique needs and goals. His diverse treatment repertoire includes the art of 'hands-on' manual therapy, precise active release techniques, targeted trigger point therapy, skillful dry needling, and customised exercise plans. In addition to his expertise in physiotherapy, Leon is a seasoned remedial massage practitioner and a registered Traditional Chinese Medicine (TCM) practitioner, specialising in herbal medicine and acupuncture. With Leon, you can trust that you're in the hands of a seasoned, passionate, and caring provider.

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



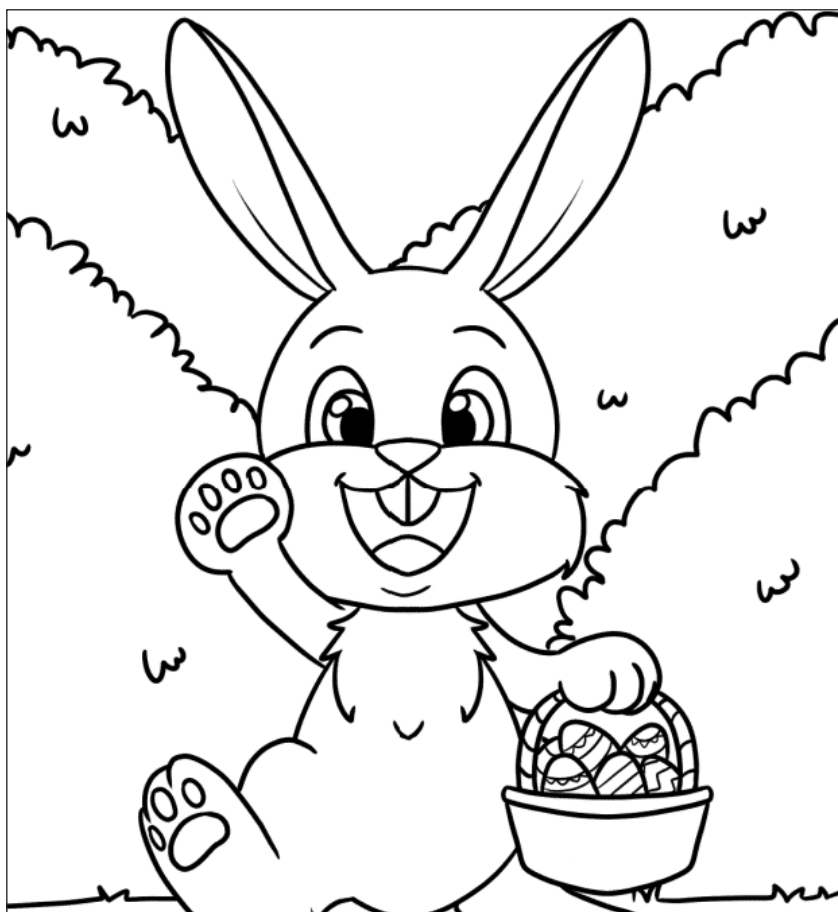
CARAMELISED ONION TART

INGREDIENTS

- 20g butter
- 1 tsp olive oil
- 2 red onions, thickly sliced lengthways
- 1 garlic clove, thinly sliced
- 2 tbsp caster sugar
- 1 1/2 tbsp red wine vinegar
- 2 sheets frozen puff pastry, just thawed
- 50g goat's cheese, crumbled
- 25 grams chopped walnuts

DIRECTIONS

1. Stir Fry the onion and garlic on a medium heat, for 10 mins or until the onion softens. Sprinkle with sugar and drizzle with vinegar. Season. Cook for 3-5 mins or until the sugar dissolves and mixture thickens slightly. Remove from heat.
2. Preheat a 20-25cm ovenproof pan in the oven and grease with butter. Transfer the onion mixture to the pan.
3. Place 1 pastry sheet on a clean work surface. Top with the remaining pastry sheet. Use a small sharp knife to trim to a 25cm disc. Place the pastry over the onion mixture in the pan, carefully tucking the edges into the pan.
4. Bake for 20-25 mins or until pastry is golden and puffed. Cool in the pan for 5 mins. Place a serving plate over the pan and invert tart onto the plate. Sprinkle with goat's cheese and chopped walnuts



EASTER COLOUR FUN!