

FREE TO TAKE HOME!

DECEMBER 2018 - JANUARY 2019 EDITION



Hearing Loss in Adults



Heart Attack Alert!



Beating Christmas Stress



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

Online Appointment Bookings

You can now book appointments online 24/7. Go to our website: jpmedical.com.au and follow the links to book your appointment.

● PRACTICE DOCTORS

Dr Alan Kerrigan

Dr Peter Beaton

Dr Mariet Job

Dr Nigel Chikolwa

Dr Rhona Marques

Dr Brendon Parmar

We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.

● PRACTICE MANAGER

Heather

● PRACTICE NURSE

Kelly & Michelle

● RECEPTION STAFF

Jane, Caroline, Sandra, Ty & Margaret

● SURGERY HOURS

Monday to Friday

9am – 5pm

Saturday

Closed

● AFTER HOURS & EMERGENCY

For medical emergencies dial **000**.

For urgent after hours care go to the Narrogin Hospital or phone

9881 0333 where a Dr is on call.

● OTHER SERVICES OFFERED

- Cardiographs
- Vaccinations
- Spirometry
- Mental Health Care Plans
- GP Management Plans
- 45 to 49 Health Assessments
- 75+ Health Assessments
- Assessment and Management of Diabetes
- Registration for Closing the Gap
- Skin Checks
- Cervical Screen
- Asthma action plans

● SPECIAL PRACTICE NOTES

Seasons Greetings. The Doctors and Staff at John Parry Medical Centre would like to wish you and your families a Merry Christmas and a Happy New Year.

Facility Fees. Facility fees cover the costs of consumables used for patients of JPMC. Additional costs will be charged for the insertion and removal of Implanon and Mirena, infusions and dressing packs. Other consumables will be added over time. There is a list of fees at the front counter for your information. Please discuss these costs with staff so you are aware of any out of pocket expenses before they are incurred.

Referrals. Doctors in our surgery are competent at handling all common health problems. When necessary, they are able to draw opinion from Specialists, and if need be, refer you for further investigation. Please note: all initial referrals will require a consultation with the doctor. **Any lost referrals or follow up referrals will incur a charge, please ask at reception for information.**

Test Results. Results are checked daily by the doctors. If they need to be followed up, the doctor will either:

- Call directly to discuss them or
- Doctor will advise you about follow up at your appointment or
- Request a member of the reception staff will call you to make an appointment to come into the clinic to discuss results

Repeat Prescriptions. To order a repeat prescription a charge is applicable, please speak to our reception for further information.

This Medical Centre is Telehealth enabled.

This practice has a no smoking policy.

● APPOINTMENTS

Consultation is by appointments, made during surgery hours. Urgent cases will be seen on the day or dealt with via the phone.

Home Visits. If you wish your doctor to make a home visit, please call the surgery first thing in the morning.

Booking a long appointment. If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion, please book a longer appointment. This may involve a longer wait but your problem will get the attention it deserves. Please bring relevant letters and test results from other doctors.

Please notify us if you are unable to attend an appointment, well in advance.

● BILLING ARRANGEMENTS

Accounts must be paid on the day.

Those patients with Concession cards and children under the age of 16 are eligible to be bulk billed at the discretion of the Dr.

Payment can be made by cash, cheque, credit card, EFTPOS or direct debit. Direct debit details: **BSB: 086-852 Acct: 83 912 2652** and a notation saying that a remittance notice with the account holder name and invoice number is to be emailed to: practicemanager@jpmedical.com.au
Please put your invoice number in the Payee description when paying by online banking.

▶ **Please see the Rear Cover for more practice information.**



Hearing Loss in Adults

Our senses become less acute as we get older. An estimated half of Australians aged 60-70 years have some hearing loss, and this increases to 80% for those over age 80. Severity, of course varies. Hearing loss can be 'sensorineural' (affecting the cochlea and or nerve), 'conductive' (blockage in the middle ear) or a mixture of the two. Generally, age-related loss is sensorineural and other risks include past noise exposure, a family tendency (genetics), ear trauma and chemical exposure.



With a nifty hearing aid the grandchildren's demands are heard!

 Weblink: www.healthdirect.gov.au/hearing-loss

As we age the hair cells in the inner ear become less effective. This change cannot be reversed. Typical symptoms are difficulty hearing voices, usually picking up speech in a crowded room or when there is background noise (e.g. television). Sometimes those with the affected person notice it first because they have to keep repeating themselves.

Hearing loss can be isolating as many feel (incorrectly) embarrassed about asking for speech to be repeated. Collectively, we tend to be less accepting of hearing loss than visual loss and the need for glasses. There is no valid reason for this.

Hearing can be assessed by an audiologist. Depending on circumstances you may need a referral from your GP. Apart from a proper hearing test in a sound proof booth, there are no other specific tests usually.

Treatment is use of a hearing aid. Waterproofing, size, directional microphones, etc vary with the price. When is a hearing aid needed? That depends on the person and how they and those around them are affected. Chat with your GP about any concerns you have with your hearing.

Quiz

- 1) How long did the Hundred Years War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

- ANSWERS:**
- 1) 116 years
 - 2) Ecuador
 - 3) Sheep and Horses
 - 4) November
 - 5) Squirrel fur (of course)
 - 6) Orange
 - 7) New Zealand
 - 8) Crimson
 - 9) Albert
 - 10) Dogs

Heart Attack Alert!

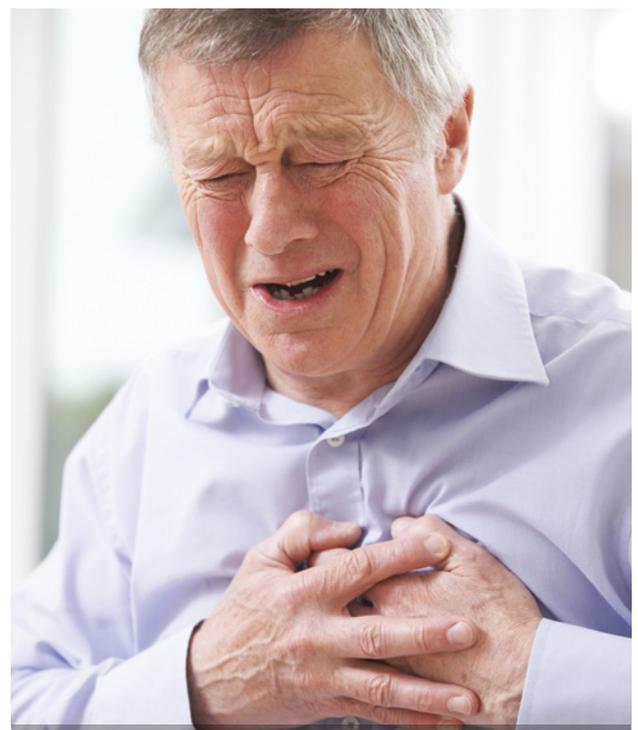
Heart disease kills Australians - 8011 deaths in 2016 but fatal heart attacks have decreased 30% in a decade. The Australian Institute of Health and Welfare (AIHW) estimates that 430,000 Australians have had a heart attack at some stage in their lives. If it happens to you, it is an emergency requiring an ambulance to hospital.

Typical symptoms are pain in the chest, left arm, neck, jaw or back, together with nausea, sweating, shortness of breath and feeling unwell. Not everyone gets typical symptoms. Risk factors include a family history, smoking, raised cholesterol, high blood pressure and having diabetes (but all may be absent).

Warning signs can include tiredness, chest discomfort on exertion and shortness of breath. Of course, not everyone with these symptoms is on the verge of a heart attack! However, it is far better to 'be safe than sorry' and even if there is a slight chance of heart attack you need an ambulance and hospital.

Diagnosis is based on history, electrocardiogram (ECG) and blood tests. You will likely have a coronary angiogram where dye is inserted into the arteries to examine blood flow to the heart. Deaths from heart attack have decreased due to better and earlier treatment. This can include medications, stenting (opening the artery) or surgery. Length of hospital stay is much less than in the past.

Prevention, where possible is the key. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check up with your GP.



Awareness of heart attack symptoms can come in handy

 Weblink: www.heartfoundation.org.au and www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-attack



Planning ahead can stop a lot of the Christmas stress.

Beating Christmas Stress

Christmas is a time of joy for most. But not all of us. Rates of depression and anxiety can be increased at Christmas but it need not be the case. Much of the stress we feel is self-imposed. The good news is that it can be reduced.

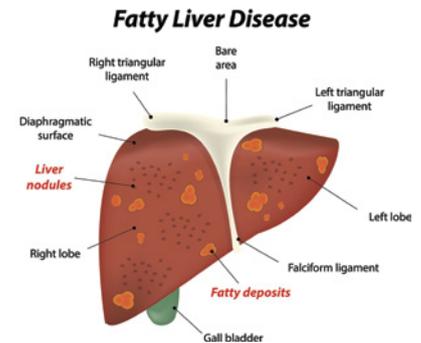
The best way to avoid a Christmas credit card hangover is to buy presents with cash. That way you can only spend what you have. The old adage about the gift counting still applies so don't feel the need to buy expensive presents for all. Small children can still get as much fun from the wrapping paper as the present.

Many worry about weight gain over Christmas. This too is avoidable. Even if invited to multiple events, you do not have to attend all of them. You

can keep your weight in check by eating something before you go and by drinking plenty of water. You don't have to be the first to arrive or the last to leave. Keep up a regular exercise regime over the holiday period.

Christmas day lunch should be enjoyable. If you are stressed out about relatives coming over, delegate tasks so you don't have to do all the preparation. Whilst it is a bigger lunch than usual, don't cater for 30 people if only ten are coming. Be honest with yourself and your family about what is realistic. Don't try to do it all yourself.

If you are the sort who likes solitude it is OK to slip away and re-emerge on December 27. Don't feel pressured to socialise if you really do not want to. Christmas should be relaxing and enjoyable. This means different things to different people – do it your way.



Fatty Liver

Often symptomless, fatty liver disease is a build-up of fat in the liver cells. The commonest causes for this are too much alcohol, being overweight and diabetes. About 10% of Australians are affected. Because there is always some fat in the liver if more than 10% of the liver weight is made up of fat, then this is significant and called 'fatty liver'.

Generally, it is often detected on blood testing or imaging. In mild cases there may be no effects on the workings of the liver but there is this risk in the longer-term. In the worst cases there can be cirrhosis (scarring) and serious impact on the functioning of the liver.

Currently there is no specific treatment. Weight loss can lead to some reversal of fatty change and improvement in liver function. Where alcohol is a factor then abstinence is vital. Diabetes and high blood pressure can be associated with fatty liver and it is important that these are treated.

Prevention is the key. Eat a sensible diet and maintain a healthy weight. Do regular exercise and consume alcohol only in the drink safe levels. Talk to your doctor about getting your liver checked if appropriate.

Plantar Fasciitis – Heel Pain

A common cause of heel pain, 'plantar fasciitis' is inflammation of the tissue (plantar fascia) that runs along the sole of the foot connecting the heel to the toes, creating the arch of the foot. Risk factors include age, being overweight, sports which stress the heel (e.g. running) and spending long periods of time on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse on rising in the morning, after prolonged sitting or after intense activity. Diagnosis is from the story 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 which 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.



Weblink: www.healthdirect.gov.au/plantar-fasciitis

Do not expect immediate results from treatment or get frustrated. Perseverance with treatment is important and most fasciitis improves with time.

Weblink: www.betterhealth.vic.gov.au/health/conditionsandtreatments/liver-fatty-liver-disease

● **SPECIAL PRACTICE NOTES**

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. SMS confirmations will be sent to patients with mobile phone numbers the day before their appointment. Please indicate with a Y or N whether you will be attending.

Follow Up. A computerised reminder system is available and used for follow up of many medical conditions. If you wish to participate in this, please inform your doctor. This surgery participates in State & National registers.

Interpreter. An interpreter service can be accessed for your consultation. Please discuss this with reception prior to your appointment to arrange an interpreter.

Cultural Background Details. Please advise reception staff or your doctor of any cultural background when you arrive for your appointment.

Emergency Contact Details need to be updated on your patient files. Please see reception staff or your doctor when you arrive for your appointment.

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.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Be assured when it comes your turn the doctor will give your problem the time it deserves. Thank you for your consideration.

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 and Disability Services Complaints Office (HaDSCO) Free Call: 1 800 813 583, E: mail@hadsco.wa.gov.au

Email Policy. We encourage our patients to call the practice for any communication as our emails are not checked regularly and are not used for medical advice, sending or receiving results and making appointments etc.



FESTIVE SUMMER VEGETABLE SALAD (SERVES 8-10)

Ingredients

400gms thin green beans – trimmed
 400gms cherry tomatoes (mixed coloured tomatoes) – halved
 2-3 medium sized Lebanese cucumbers – halved and cut in to moon shapes
 4 spring onions – thinly sliced or 1 red onion – thinly sliced
 ½ large yellow capsicum – seeded and diced
 ½ large red capsicum – seeded and diced
 2-3 ears fresh corn – kernels removed
 2 avocados – peeled, pitted & diced
 ½ cup fresh coriander leaves – coarsely chopped
 1 fresh long red chilli, very thinly sliced into rounds
 Olives – optional
 Bocconcini halved - optional

Vinaigrette dressing

Prepare dressing day before and refrigerate overnight.

Stand at room temperature before serving (whisk again).

4 limes
 1 large shallot finely chopped
 ¾ cup extra virgin olive oil
 Grate 1 tablespoon of lime peel into a medium bowl.
 Add ¾ cup lime juice.

Add shallot.
 Whisk in oil.
 Season with salt & pepper to taste.

Instructions

Bring a large saucepan of salted water to boil over high heat. Add beans and cook for 1-2 minutes or until bright green and crisp-tender. Once cooked, drain and refrigerate until cold. Once cold toss all ingredients together in a large salad bowl (keeping some coriander to sprinkle over top) with vinaigrette dressing. Season salad. Serve immediately.



Christmas Colour In!