



FREE TO TAKE HOME!



Heart Attack Warning



Crohn's Disease



Taking the Load



Hearing Loss in the Elderly

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

John Parry Medical Centre

57 Williams Road
(cnr Williams Road & Scott Street)
Narrogin 6312
Tel: 9881 1100. Fax: 9881 4301
Website: jpmedical.com.au



APRIL-MAY 2016 EDITION

- PRACTICE DOCTORS

Dr Alan Kerrigan

Dr Peter Beaton

Dr Mariet Job

Dr Nnaji Nwoko

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

- VISITING PROFESSIONAL

Kane D Nankiville

Narrogin Podiatry

Tuesdays 9am – 5pm
Appointments made at reception or phone **9881 1100**. Home visits on request.

- PRACTICE MANAGER

Heather

- PRACTICE NURSE

Linda

- RECEPTION STAFF

Jane, Leanne Caroline & Rachel

- 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
- Visiting Podiatrist • Spirometry

- SPECIAL PRACTICE NOTES

Flu vaccinations are now available

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 follow-up referrals will require 5 days notice and may incur a charge.**

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.

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.

- 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.

Online bookings

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

Billing Arrangements

Accounts must be paid on the day.

Those patients with Concession Cards and children under 16 years are eligible to be bulk billed.

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 see the Rear Cover for more practice information.**



Heart Attack Warning

Angina is heart pain when heart muscle is under strain and starved of oxygen. Heart attack is severe angina that is not relieved with anti-angina medication (if you carry it) or rest, usually because blockage of heart arteries has reached a critical point. It is a medical emergency.

Those people prone to problems often smoke, are overweight or have high blood pressure, diabetes, high cholesterol or a family history of heart attack or stroke.

Classic Warning Symptoms

- Uncomfortable pressure, fullness, squeezing or pain in the centre of the chest, lasting more than a few minutes.

- The pain spreads to the shoulders, neck, arms or jaw.
- Chest discomfort comes with light-headedness, tiredness, sweating, nausea or shortness of breath.

Less Common Signs and Symptoms

- Chest pain of a different sort or abdominal pain.
- Nausea or dizziness.
- Difficulty breathing.
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweats, or paleness.

Heart pain can be confused with indigestion, muscle aches or anxiety so get it checked out by your doctor!



Weblink www.heartfoundation.org

Crohn's Disease

This is one of a group of conditions called inflammatory bowel disease (IBD). It typically affects the end of the small intestine, called the ileum but can affect the large intestine too.

The exact cause is not known but some reaction of the immune system against the intestinal cells is the leading theory. There is a genetic tendency as Crohn's, particularly some forms, tend to run in families. Ongoing symptoms are not due to an infection or true food allergy.

Common symptoms are abdominal pain and diarrhoea, which may be bloody. Tiredness, nausea, weight loss and fever may occur. Of course, none of these symptoms are specific to Crohn's.

It is slightly more common in women than men and generally starts in people under the age of 30. The condition is usually life-long.

The symptoms may wax and wane and some people can go into remission.

As the symptoms are non-specific, diagnosis requires testing. Blood and stool testing will be done to exclude other conditions such as infection. You will likely be referred to a gastroenterologist. Definitive diagnosis is from a biopsy taken on colonoscopy.

Treatment is usually with medications – these include steroids and disease-suppressing agents. Anti-diarrhoeal medication may be needed to ease symptoms. In severe cases surgery may be needed to remove part of the bowel.

There is no specific "Crohn's" diet to follow but it is important to eat a healthy balanced diet. Due to absorption problems some people need dietary supplements such as vitamin B 12.

Weblink www.gesa.org.au



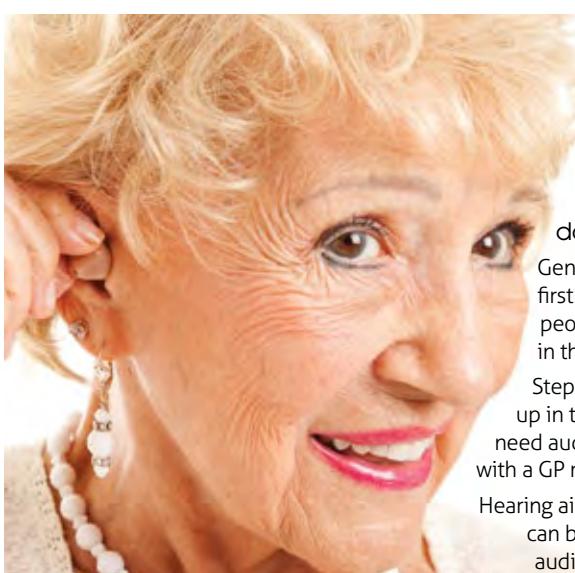
Hearing Loss in the Elderly

Age-related hearing loss (presbycusis) is common, affecting at least one in three older adults. We identify three types of hearing loss: conductive, where sound is blocked in the middle and outer ear; sensorineural, where the nerve receptors in the ear, which pick up sound, are damaged or worn down; and a mixed pattern of both.

Generally both ears are affected. Hearing loss also affects family and friends, who often notice it first! It can be isolating and even though there is no need for it to be so, embarrassing for some people. Unfortunately, it tends to get slowly worse with time. It can affect anyone – those with it in the family or who have had past exposure to loud noise are at greater risk.

Step one is to discuss the problem with your doctor to see what can be easily fixed. Wax build up in the outer ear or congestion in the middle ear can be easily identified and treated. Most cases need audiology (hearing) testing – Pensioners and Veterans with a gold card can get this done for free with a GP referral.

Hearing aids are not what they used to be! They are smaller, can plug into the TV or phone with Wi-Fi, can be directional, and are programmable for many different situations (e.g. background noise). An audiologist can match your budget with the right hearing aid and health insurance may chip in.



Protect Against Influenza!

Every year, new strains of the highly contagious influenza ('flu') virus emerge and must be mirrored by the influenza vaccine if it is to provide protection. From time to time, the flu virus undergoes major change, people have less natural resistance and we get severe worldwide epidemics. This happened last year so a stronger vaccine has been produced against four strains of the virus.

Virus spread between people is by a simple sneeze or cough. Influenza emerges a few days later and is usually more severe than the common cold. Typical symptoms include fever, cough, sore throat, fatigue, muscle aches, headaches, runny noses and watery eyes. Those with weakened immunity or pre-existing illness are at risk of severe complications such as pneumonia.

The government has put \$40 million towards providing the vaccine's 70% protection free to vulnerable people under the National Immunisation Program. These include children under three years of age, people aged over 65, Aboriginal and Torres Strait Islanders, pregnant women and those with certain medical conditions.

Influenza vaccine is also recommended (but not free) for people under 65 with chronic medical conditions such as respiratory problems, diabetes, heart problems, or any illness that requires regular hospital admissions or intervention (e.g. immune suppression).

Caregivers and household contacts of high-risk children or adults should also be vaccinated (to try and prevent spreading influenza).



Taking the Load

The backpack may have been a 'kid-safe' answer to the old grey school bag but it can present a problem for growing bodies. Too great a load over an extended period can lead to neck, back and shoulder pain and headaches. Here are some simple ideas to keep your children 'back-safe'.

- First, weigh the full backpack. It should not be more than 10% of the child's weight.
- Remove unnecessary items and put the heaviest closest to the body. Ensure your child wears the backpack over both shoulders to evenly distribute the load.

And while you are at it, check the weight of your own briefcase or backpack!

Hepatitis A Travel Risks

Liver infection (hepatitis) is usually caused by one of one of a number of viruses. The severity and mode of transmission are not all the same. As well as Hepatitis B, C, D and E to think about, travellers also have HIV to worry about.

Hepatitis A is usually caught from consuming sewerage-contaminated food or water (faecal-oral spread).

About 2-7 weeks later, typical symptoms are nausea, vomiting, abdominal pain, fever and lethargy. There is no specific treatment other than rest and fluids, which is not what holidaymakers want to hear! The illness is rarely fatal, can cause jaundice, but is often mild.

In 2015, cases in Australia were linked to imported frozen berries. It can be caught anywhere but is more common in developing countries where almost 100% of people may have had past infection. So risk varies according to where you travel and your activities while there.

A vaccine is available (often combined with hepatitis B vaccine) that offers high protection, virtually 100% with a booster dose. Hepatitis A vaccine is now recommended for all non-immune travellers older than age one, going to lesser-developed countries.



Immune Globulin (IG) is a mixture of antibodies against a variety of infections, particularly hepatitis A. It gives short-lived immunity against hepatitis A (3-5 months) and is suitable for older people, immunocompromised travellers, those with chronic liver disease and people with other chronic illnesses (i.e. those who may not respond to vaccination).

Because some types of infective hepatitis are severe and cannot be vaccinated against, it is good practice to follow rules that reduce your risks of infections from contaminated food and water:

- Drink only boiled, commercially bottled, carbonated, or chemically treated water, soft drinks, fruit juices, beer, or wine.
- Don't put ice cubes in drinks unless you can vouch they come from safe water.
- Eat only well-cooked foods. Avoid raw or undercooked meat, fish and shellfish, and raw fruits and vegetables, unless you peel them yourself.
- Avoid salads

Hand washing before meals or using a hand sanitizer gel not only reduces gastrointestinal disease, but also reduces the transmission of respiratory viruses.



CHICKEN CACCIATORE

Ingredients

- 8 chicken legs, cut into thigh and drumstick
- ¼ cup extra virgin olive oil
- 1 large brown onion, peeled and chopped
- 2 garlic cloves, crushed
- 200gms button mushrooms - trimmed
- 1 ½ cups white wine
- 1 ½ cups chicken stock
- 6 pancetta slices
- 1 x 400gm can whole tomatoes and juices – chopped
- 1 cup kalamata or black olives
- 1 bay leaf
- ¼ cup oregano leaves
- 2 sprigs fresh rosemary leaves
- 2 tbsp white wine vinegar
- Sea salt
- Fresh ground black pepper

Heat oil in a large deep frying pan over medium to high heat. Add half the chicken and cook, turning occasionally to brown evenly. Transfer to a plate and repeat with the remaining chicken. Add mushrooms and cook, stirring occasionally (for 2-3mins) or until golden.



Transfer to plate.

Add onion, pancetta, garlic and sea salt and cook, stirring occasionally until soft (about 6 - 10 mins).

Return chicken and mushrooms to pan. Pour over the wine and cook until wine reduces to a couple of tablespoons.

Add tomatoes with their juice, chicken stock, olives, bay leaf, ½ of oregano and rosemary.

Reduce heat and simmer for 30-40 minutes or until the chicken is cooked through and sauce thickens slightly.

Add a good grind of pepper and fold the vinegar through.

Sprinkle with remaining oregano and serve.

John Parry Medical Centre

● 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.

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 (HaDSO)Free Call: 1800 813 583, E: mail@hadsco.wa.gov.au

This Medical Centre is Telehealth enabled.

This practice has a no smoking policy.

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Laughter - the Best Medicine!

One morning, Peter went to see his doctor and told him that he hadn't been feeling well at all.

The doctor examined Peter, left the room, and came back with three different bottles of pills.

Looking at Peter he says, 'Take the green pill with a big glass of water when you wake up. Take the blue pill with a big glass of water after you eat lunch. Then just before going to bed, take the red pill with another big glass of water.'

Startled to be put on so much medicine, the man stammered, 'Doc, exactly what is my problem?'

The doctor replied, 'Peter, you're not drinking enough water.'

