

John Parry Medical Centre

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



FEBRUARY-MARCH 2016 EDITION

FREE TO TAKE HOME!



Sleep Apnoea



Glue Ear



The Importance of Reading



Keep It Simple!

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

● 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.

● 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.

Sleep Apnoea

This occurs when the walls of the throat collapse during sleep, obstructing the upper airway. Breathing can stop until the brain recognises a drop in oxygen and sends a 'wake-up call' that rouses the sleeper. In turn the airway opens with a snort or gasp after which the person goes back to sleep.

Up to five episodes an hour is considered normal. Severity varies from mild (5-15 episodes an hour) to severe (over 30). Your sleeping partner often notices first. Up to one in four men may have this condition but even infants can get it. Not everyone who snores has sleep apnoea.

Risk factors include being overweight, alcohol consumption, some medications, large tonsils, underactive thyroid and nasal congestion. Symptoms (apart from snoring and waking unrefreshed) include excessive tiredness, reduced concentration, irritability and reduced libido.

Sleep apnoea increases the risk of high blood pressure and heart attack.

Diagnosis is via a sleep study, where you are monitored overnight. Treatment starts with weight loss and reducing alcohol consumption and managing specific causes such as large tonsils. These can lead to significant improvement. Mouth splints at night may also help. For a few, surgery on the palate is beneficial.



The mainstay of treatment is a continuous positive airway pressure (CPAP) machine, which forces moistened air, via a mask, through the back of the throat to keep it open. Unfortunately, not everyone can tolerate this.

Weblink www.betterhealth.vic.gov.au

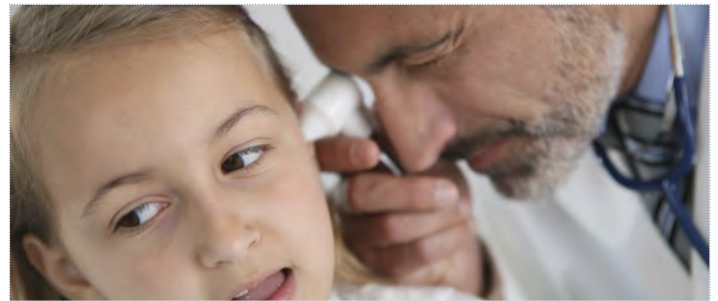
Glue Ear

Many children suffer a middle ear infection. Some get recurrent infections and may develop 'glue ear' where mucous builds up in the middle ear.

It can occur without ear infection (e.g. allergies) and fortunately, often resolves without need for treatment. If glue ear persists, hearing and speech development can be affected.

How do we pick glue ear? Some children have no symptoms. Others get pain or pressure in the ear. Parents or teachers may notice the child's hearing is impaired. Younger children may present as irritable or have problems sleeping.

If your child has ear ache, get it checked by your GP. A red drum, seen using a doctor's auroscope, signifies infection. If fluid is present, the drum looks opaque instead of clear. Tympanometry, which measures the 'bounce' in an intact eardrum, is used to diagnose and monitor progress by indirectly measuring pressure in the middle ear.



If infection is present a course of antibiotics may be needed. Children with recurrent infections and any impact on hearing may need a grommet tube inserted in the eardrum. This allows pressure to equalise and fluid to drain from the middle ear. It is performed by an ENT surgeon.

The tubes generally fall out over time, though some may need to be removed surgically. A small number of children need more than one set of grommets.

Weblink www.rch.org.au

Keep It Simple!

Parents are always looking for ways to get children to eat more vegetables.

Researchers at a Texas university may have found a remarkably simple solution. After studying plate waste data from 8500 children in primary schools (where school lunch is provided), they found that one variable affected children eating their greens – what else was on the plate!

For two decades, psychologists have noted how food pairing influences the attractiveness of foods and vegetables rarely win a child's affection.

So the solution is to serve vegetables by themselves as a first course, when kids are hungriest. Tests found this method quadrupled their vegetable consumption. Reducing choice makes it easier to make the right one!



Questions for Your Home Partner

- A tympanogram measures pressure in the what?
- What can you do yourself that will often greatly relieve sleep apnoea?
- Mobile phone Apps can help you and your doctor monitor raised blood sugars. Do you know any?
- Overdoing it can worsen rheumatoid arthritis and other lifestyle factors can help. What are they?
- How does choice alter vegetable eating in children?

Gestational Diabetes

Some women get abnormally raised blood glucose (sugar) during pregnancy, usually in the third trimester. Gestational diabetes (GDM) affects about 8-10% of pregnancies and diagnostic criteria have recently changed, lowering the threshold for diagnosis.

There are generally no symptoms. It is diagnosed via a blood test, the glucose tolerance test (GTT), between weeks 24 and 28.

Risk factors include being over 40, excess weight, a family history of diabetes, previous gestational diabetes and polycystic ovarian syndrome.

The key is lifestyle measures. This means controlled weight gain in pregnancy and eating a diet rich in vegetables and low in foods with increased added or some natural sugars (i.e. high glycaemic index). Regular exercise such as walking also helps control blood sugar, while some women may need oral medication or insulin to help.

After giving birth, breastfeeding seems to help reduce weight and blood sugar. All women with GDM are advised a follow up GTT between 6-12 weeks after delivery. There is a 50% risk of developing type 2 diabetes in the next 20 years, so regular testing is recommended.

 Weblink www.diabetesaustralia.com.au



The Importance of Reading to children

It is nice to know that something 'old fashioned', inexpensive and easy to do still makes a big difference. Reading to young children has been shown to stimulate the language processing part of the brain in 3-5-year-olds.

This is not a surprise. We know that young children learn by observing their world. The more words they hear, the more words they learn and start to use. It's also a pleasurable time for both child and parent and precious quality bonding time.

So get out the book, the tablet or kindle and establish a regular reading routine with your children.

Rheumatoid Arthritis

This is the second most common form of chronic arthritis, an autoimmune disorder.

Autoimmune illnesses mean the body produces antibodies against part of itself. Particular joints, typically hands, feet and knees (but can be others), become inflamed. The cause is unknown. There may be genetic factors. It affects an estimated 2% of the population with women more likely to be affected than men. In adults (there is a juvenile form), it can start at any age.

Typical symptoms are pain, heat and swelling of the affected joints. The joints may become stiff and, over time, deformed. Fatigue and muscle weakness may also occur.

If suspected your doctor will send you for various tests. A positive rheumatoid factor blood test clinches the diagnosis.




However, there is also a version where rheumatoid factor is not positive. You will likely be referred to a rheumatologist.

It is important to start treatment early to reduce symptoms, improve quality of life and slow the disease's progress. Anti-inflammatory medications (NSAID) can ease joint swelling and pain but can cause stomach upset. Disease modifying agents (of which there are quite a few)

can slow progress and physiotherapy can help symptoms. Some people need joint surgery.

Lifestyle measures include appropriate exercise, maintaining a healthy body weight (and eating a balanced diet), relaxation and use of aids and equipment. Fish oils may be beneficial.

 Weblink www.betterhealth.vic.gov.au

SIMPLE SEAFOOD PAELLA

Serves 4-6. Cooking time 30 to 40 minutes.

Ingredients

- ½ cup olive oil
- 1 large diced onion
- 2 cups Spanish rice
- 4 garlic cloves, chopped
- 2 large pinches of Spanish saffron threads soaked in ½ cup water
- 1-2 tsp smoked paprika
- chilli flakes to taste - about 1 tsp
- 10 small tomatoes, finely chopped
- ¼ cup chopped fresh parsley
- Tomato sauce - about ½ a cup
- Chicken Stock about 3 cups
- Salt if desired
- Approx 10 prawns - 500g prawns or large shrimp of your choice, peeled and deveined

Heat oil in large flat frying pan. Add onion garlic cook for 3-5 mins.

Add rice - make sure all rice is covered by oil - 3 mins.

Add saffron and smoked paprika.

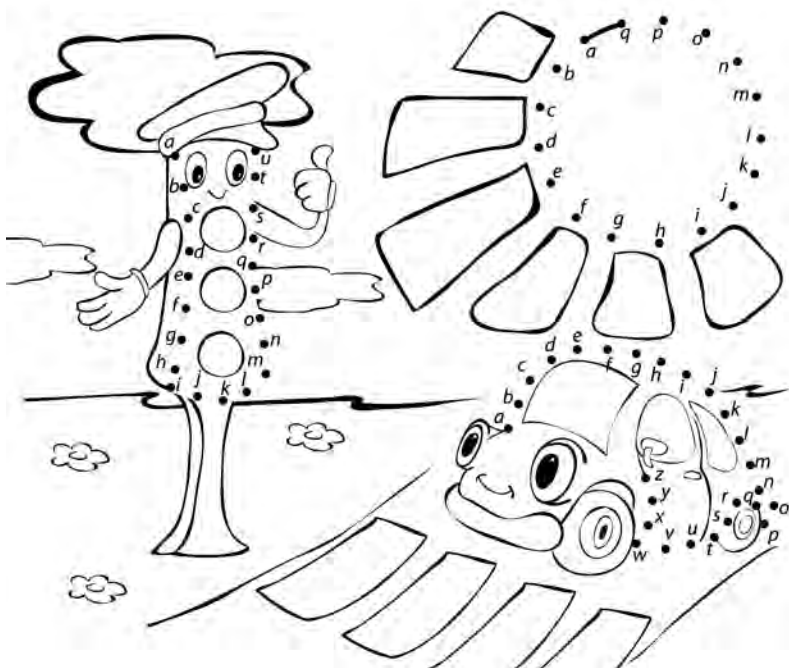


Add chicken stock - small amounts until all stock is absorbed.

Add all other ingredients except prawns. Add prawns on low heat - cook for 5 mins in rice mixture.

Allow to stand for 15 minutes before serving.

DOT TO DOT



Laughter - the Best Medicine!

■ An elderly man was stopped by the police around 2am and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of the night?"

The man replied, "that sir, would be my wife!"

■ A pipe burst in a doctor's house.

He called a plumber. The plumber arrived, unpacked his tools, did some mysterious plumber-type things for a while, and handed the doctor a bill for \$600.

The doctor exclaimed, "This is ridiculous, I don't even make this much money!"

The plumber replied, "Neither did I when I was a doctor".



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.

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.

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 (HaDSCO) Free Call: 1800 813 583,

E: mail@hadsco.wa.gov.au

This Medical Centre is Telehealth enabled.

This practice has a no smoking policy.