

FREE TO TAKE HOME!



■ Reduce Dementia Risk



■ Travelling Peace of Mind



■ Finding the Balance



■ Toddlers' Picky Eating

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

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



FEBRUARY - MARCH 2017 EDITION

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 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

Kelly & Michelle

● RECEPTION STAFF

Jane, Leanne, Caroline, Rachel & Sandra

● 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.



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.



Exercise Reduces Dementia Risk

Good news out of the United States is that adults with dementia over age 65 has decreased 25% between 2000 and 2012 (with similar reductions recorded in the UK and Europe). The reason for the decline is not exactly known but better education (keeping the brain active from an early age), better nutrition and living conditions are thought to have helped.

Another helpful thing is regular exercise. We know that, at all ages, regular exercise helps our thinking and memory capability. Trials in older people found that 150 minutes of moderate exercise a week led to improved mental functioning and this lasted for over 12 months even if the person stopped exercising!

Resistance training is thought to improve executive functions (higher thinking and abstraction) while aerobic exercise helps verbal memory. So it is good to do a mix of resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords, puzzles, reading, etc.) 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, 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! ■

Travelling With Peace of Mind

There is an old saying that travel broadens the mind and loosens the bowels! Whenever we travel, the change of environment can affect our gut bacteria. However there is a difference between gastroenteritis (an illness) and having slightly looser stools.

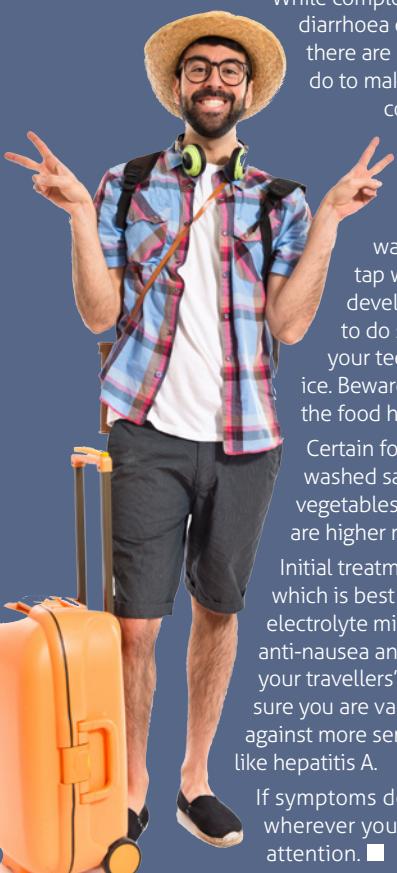
Travellers' diarrhoea is an infection where you typically get diarrhoea, abdominal cramps and sometimes aching, headache and fever. Some may get vomiting but this is not common in true travellers' diarrhoea. It can be due to either a virus or bacteria. It is more common in tropical and less developed countries.

While complete immunity from travellers' diarrhoea cannot be guaranteed there are simple things you can do to make it less likely. Eat well-cooked foods. Always wash your hands before eating and after going to the toilet. Antimicrobial wipes are helpful but soap and water are OK too. Do not drink tap water unless you are in a developed country where it is safe to do so. This includes brushing your teeth. Also avoid drinks with ice. Beware of buffets - how long has the food been sitting in the open?

Certain foods such as shellfish, washed salads (better to eat cooked vegetables) and unpasteurised dairy are higher risk foods.

Initial treatment is to stop dehydration which is best done by drinking bottled electrolyte mix. Use simple pain killers, anti-nausea and anti-diarrhoea medicine in your travellers' first aid kit. Of course, make sure you are vaccinated before travelling against more serious food-borne infections like hepatitis A.

If symptoms do not settle or worsen, wherever you are, seek medical attention. ■



Legionnaires' disease – gardeners take care!

A severe form of pneumonia is caused by the Legionella bacteria – a few 100 cases are identified to authorities each year – and it usually requires hospital admission. In some cases it can be fatal.

You get Legionnaires by breathing in water droplets that hold the bacteria. Typically warm water sources are the culprit such as air conditioning systems (cooling towers or evaporative systems), spa pools or water fountains. It can also be contracted from potting mixes, mulch and compost.

Simple gardening tips reduce the chances of infection. Always wear gloves. Keep any soil mix damp while you are using it, avoid inhaling any garden mix and wash your hands after use.

Other risk factors for Legionnaires are smoking, being over 50 and having a chronic disease.

Typical symptoms are a fever, muscle soreness, headache, tiredness, cough and shortness of breath. Symptoms can worsen rapidly, so if you think you may have this disease seek medical advice urgently. Diagnosis is by blood and sputum testing as the symptoms and signs are not specific.

Treatment is with antibiotics, generally in hospital. Most people improve within five days but some take two weeks.

After recovery from Legionnaires, the development of antibodies makes a second infection unlikely, although how long this natural protection lasts is unknown. ■



Weblink [http://healthywa.wa.gov.au/
Articles/J_M/Legionnaires-disease](http://healthywa.wa.gov.au/Articles/J_M/Legionnaires-disease)

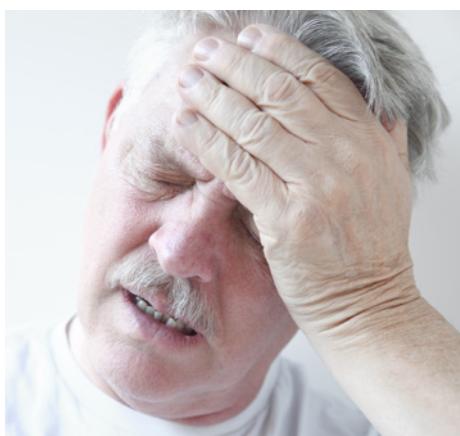
Finding the Balance

Vertigo and dizziness, affecting about 1 in 10 people throughout their life, needs an accurate diagnosis as treatment depends on it.

Vertigo is usually when the inner ear (or balance centre) is affected – conditions such as benign paroxysmal positional vertigo (BPPV), vestibular neuritis (inflammation of the inner ear), Meniere's disease and migraines.

Symptoms described are a feeling of spinning (like when you stop after spinning on a merry-go-round), unsteadiness on the feet, or a light headedness. Other symptoms can be headache, nausea and vomiting, incoordination, unusual eye movements and a ringing in the ears.

Diagnosis starts with a history and examination. Your doctor will look for clues – the frequency and duration of episodes, how they progress and if there are any triggers. Examination includes assessing balance, a look at the ears and blood pressure.



Swat Pesky Ross River

This viral infection, spread by mosquitos, typically causes joint inflammation, muscle pain and fatigue. These symptoms generally start 3-21 days after being bitten and can include rash and enlarged lymph glands. For some, symptoms are so mild or can mimic a flu-like illness, that they do not even know that they have it!

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods cause increased mosquito breeding.

As a virus there is no specific treatment. Symptomatic measures such as rest, maintaining hydration and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. While everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You can't pass it on to other people.

You can reduce your chances of getting Ross River Virus by avoiding mosquito bites. Wear long, light-coloured, loose-fitting clothes, especially in mosquito-prone areas. Use effective insect repellents and where possible avoid being outside in mosquito-prone areas at dusk and dawn. If camping, use insect nets and screens. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water around pot plants and refresh pet water bowls daily. Ensure your pool or spa is well chlorinated. ■

Toddlers' Picky Eating

Does your baby eat enough? Parents often worry about this. In truth, babies and young children tend to regulate their food intake well – they eat when hungry and stop when full. Their appetite also varies with growth spurts, so eating more gives them the fuel for rapid growth. This is why sometimes children eat the house down while at other times they pick over their food.

'Picky' eaters often get into fights with parents over what they eat. Of course, children have their own tastes and preferences but many are acquired as part of growing up.

It is important to keep offering children a wide range of foods and tastes, starting when solids are introduced. Sugar is appealing to most taste buds, so limit sweet foods or it will be harder to get children to eat other things.

You may also need to offer encouragement. When introducing new foods to youngsters, especially vegetables, present them appealingly. Lead by example and show them that you eat it too!

Importantly, remember who the parent is. The days of going to bed without supper may be behind us but children will think twice if you hold the line at dinner time – there is nothing else except the food on their plate!

If in doubt, rather than get into fads or fights, discuss meal times with your doctor or dietitian, who can help you decide if your child is a variation of 'normal'. ■



Weblink www.betterhealth.vic.gov.au and search "vertigo".



FRENCH LENTIL SALAD

Ingredients

400g French (Puy) Lentils
1 litre chicken stock
1 clove garlic, peeled & smashed
1 sprig thyme
½ red onion, thinly sliced
½ punnet cherry tomatoes, halved
1 red chilli, seeded and chopped finely
Big handful of rocket leaves
Seedless red grapes, halved
1 small jar marinated artichoke quarters (optional)
100g fetta (goat or cow)
Store-bought or homemade tossed salad dressing

Method

Put lentils, stock, garlic and thyme in a saucepan, bring to the boil then lower to a simmer and cook for 15 minutes. Check lentils that they are cooked but not mushy. When



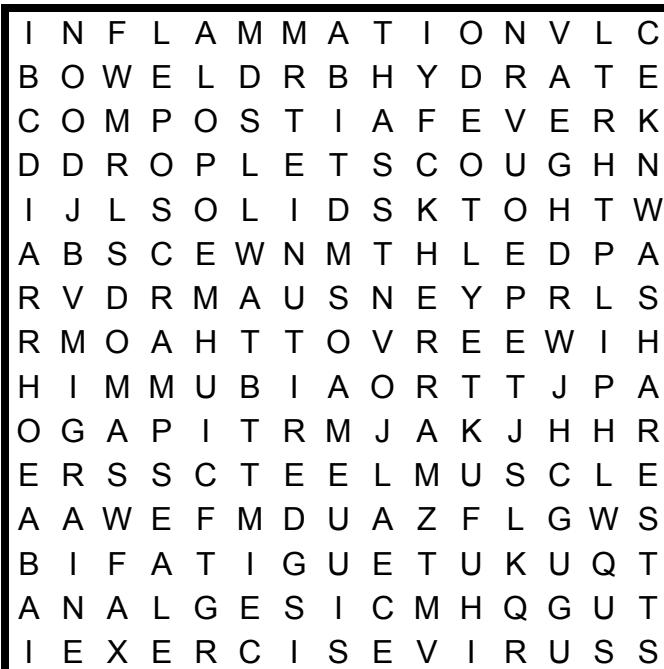
they are done, drain, removing garlic and thyme then cool.

Make salad dressing with olive oil, white wine vinegar, chopped thyme and Dijon mustard. Add the onion, tomatoes, chilli, grapes, rocket and artichoke quarters (if using) to the lentils, dress and toss gently.

To serve, crumble fetta over the top of the salad.

Excellent with grilled or barbecued meat.

WORD SEARCH



Analgesic	Cramps	Gut	Mulch	Teeth
Bacteria	Diarrhoea	Hands	Muscle	Tired
Blood	Droplet	Hydrate	Regulate	Travel
Bowel	Exercise	Infection	Rest	Virus
Breath	Fatigue	Inflammation	Risk	Vomit
Compost	Fever	Memory	Solids	Wash
Cough	Food	Migraine	Sputum	

QUIZ

- Is Legionella a virus or bacteria? What infection is it renowned for causing?
- Can you prevent traveller's diarrhoea and if so, how?
- What types of vertigo or dizziness are particularly helped by exercises?
- Is dementia in the elderly on the increase or decrease, and why?



● 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 (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.