



AUGUST - SEPTEMBER 2022 EDITION

FREE TO TAKE HOME!



Emphysema



Vaginal thrush



Common dental issues



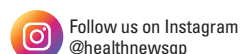
Malaria

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



New patients welcome!
OPEN 7 DAYS
BULK BILL UNDER 16Yrs (conditions apply)



● PRACTICE DOCTORS

Dr Robert Greenhill
MBBS, FRACGP

Dr Jessica Murray
BSc, MBBS, FRACGP

Dr Tiffany Flynn
MBBS, DCH, DRANZCOG

Dr Tan Banh
MBBS, FRACGP

Dr Stephy Zhang
MBBS (Hons), FRACGP

Dr Robert Newbery
MBBS

Dr Elliott Kwan
BSc (Hons), MBBS

Dr Devaindran Elango
MD

Dr Courtney Noon
BBiomedSc, MD (UNSW), MMed (USYD)

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

● PRACTICE MANAGER

Marcella Timmins

● PRACTICE NURSES

Kristy Timmins

Molly McKinlay

Tiffany Hobday

● RECEPTION STAFF

Carly Lindsay

Aleisha Symonds

Jane Steedman

Kathy Lees

Noeleen Allen

● SURGERY HOURS

Monday – Friday 7.30am – 6.00pm

Saturday & Sunday.... 8.30am - 12 noon

We will continue to see patients after 12 noon on Saturday and Sunday if bookings continue.

● AFTER HOURS & EMERGENCY

The phone number for the duty doctor is placed on our answering machine daily. Have a pen ready and ring **4613 4500** and listen for the message. In case of a medical emergency, dial **000** and ask for an ambulance.

● OTHER SERVICES OFFERED

- Acupuncture
- Antenatal Care
- Overseas Travel Advice
- Childhood Immunisation
- Baby Clinic – this service will be bulk billed
- Workplace Medical Assessments and services
- Vaccine Clinic
- Minor Surgery
- Sports Medicine
- Insurance Medicals
- Lung Function Testing
- ECG's
- Skin Checks

● BILLING ARRANGEMENTS

Payment at time of consultation is required - we do not have accounts. Payment can be made by credit card or EFTPOS.

We bulk bill children under 16yrs for normal consultations - some conditions apply.

● SPECIAL PRACTICE NOTES

The philosophy of this practice is to provide comprehensive and thoughtful medical care to families. We work hard to keep up-to-date with the latest medical innovations and to bring you efficient personal service.

Services found close by this practice:

- Chemist
- Physiotherapist
- Specialists Rooms
- X-ray
- Laboratory/Pathology
- Podiatrist
- Dietitian
- St Vincents Hospital

● APPOINTMENTS

Consultation is by appointment. Urgent cases will be seen on the day.

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 about someone else's management you will need to make sure you book a longer appointment. Please bring with you relevant letters and test results from other doctors.

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

We now have **online appointment booking** available via our website **www.rangemedical.com.au** or download the Appointuit App and use this to do online bookings.



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

Emphysema

Emphysema is a form of chronic obstructive pulmonary disease.

It can be due to a genetic condition such as alpha-1-antitrypsin deficiency. However, most cases are related to smoking or long-term exposure to dust or pollutants which damage the air sacs in the lungs. This is where oxygen enters the bloodstream. The symptoms develop slowly, generally over many years, and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases, there can be cyanosis (a blue colouration) of the skin.

There is no cure for emphysema, but it is largely preventable. The most important one being not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. Even if you have failed before, it does not matter. Some people need multiple attempts before finally getting off cigarettes.

Diagnosis is based on the history and examination of the chest. You will likely be referred for imaging of the chest (x-ray or CT scan) and lung function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle), and in advanced cases, oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.



More info »

It is worth restating that whilst there is no cure for emphysema, it can be largely prevented by not smoking. If you do smoke, talk to your doctor about quitting.



Vaginal thrush

Thrush is caused by the fungus *Candida Albicans*.

Whilst it is part of the normal vaginal flora and sits there, causing no problems, in certain circumstances, it can multiply, leading to an overgrowth and typical thrush.

It is estimated that 75% of women will experience thrush at some stage, whilst some get it frequently.

Risk factors include being on an antibiotic, wearing tight-fitting clothes like jeans, and wearing synthetic underwear. The contraceptive pill can also be a risk factor. Conversely, preventative factors include wearing cotton underwear and using a probiotic.

Symptoms are a thick white discharge from the vagina, itchiness and redness at the vagina and vulva and sometimes burning with passing urine and pain with intercourse.

Many women self-diagnose and seek treatments without prescription. Whilst this can work, it is important to remember that the symptoms are not always typical or specific to thrush. If there is a possibility of having a sexually transmitted infection (STI), it is vital to see your doctor and have the necessary tests done.

Treatment for thrush is with anti-fungal creams or pessaries for between one and seven days. There are also anti-fungal tablets, which can be taken orally. Some of these are available without a prescription.

Self-help treatments like yoghurt, vinegar, tea tree oil and garlic are popular but are of questionable benefit and can cause irritation.

If symptoms do not resolve with over-the-counter treatment or if you have recurrent thrush, it is important to see your doctor.



Common dental issues

Getting a tooth knocked out is painful and is also a dental emergency.

A permanent tooth that can be re-implanted within 30 minutes has the highest chance of success. Baby teeth are not re-implanted. Where a tooth has been knocked out -touch only the crown (top part) of the tooth, not the root. Rinse the tooth carefully and only if necessary. Do not scrub or scrape, and do not apply alcohol. If possible, put the tooth in its socket but don't force it. Control any bleeding with sterile gauze and apply a cold compress to reduce swelling.

Plaque builds up on the teeth daily, damaging the tooth enamel. Gum disease can arise from poor dental hygiene. This



can lead to infection and, in severe cases, teeth falling out. If mouth bacteria enter the bloodstream, it can lead to a more serious infection.

Poor dental hygiene has been associated with conditions like diabetes, Alzheimer's and some forms of cancer, although the causative mechanism has not been determined.

Take good care of your teeth by brushing twice daily and flossing. Minimise sugary food as these increase tooth decay. Keep an eye on your mouth for signs of any problem, such as sores not healing or irritated gums and have an annual check-up with your dentist.

Malaria

With borders opened up, travel is on the agenda again for many - visiting family and friends and for a holiday. With this comes the potential for infections.

Mainland Australia is malaria-free, although found on the Torres Strait Islands. Malaria is a potentially fatal infection caused by a parasite transmitted by mosquito bites. Five types of parasites (called plasmodium) cause the infection. Travellers to tropical and sub-tropical countries are at risk. Typical symptoms include fever, chills, headaches, sweats, nausea, vomiting, and joint pains. These start 7-14 days after being bitten. The fever is often intermittent.

Diagnosis is based on history and blood tests. The parasite may be seen under the microscope, although more than one sample may be needed. Treatment is with specific anti-malarial medication, and some may require hospitalisation. In third-world countries, the infection is often fatal, whereas, in Australia, treatment generally

means this is not the case.

The key is prevention. Talk to your doctor before you travel. Certain areas are classed as "malarial zones". You may be recommended preventative medication. Other measures include avoiding being outside at dusk and wearing loose-fitting long-sleeved shirts and long pants outdoors. The use of mosquito repellents is important. Stay and sleep in screened or air-conditioned rooms. Avoid swamps and other areas where mosquitos are more likely to be found.

If you become unwell after returning from travel, see your doctor promptly. Take out travel insurance as if you become unwell overseas, you may need treatment before return which can be expensive.



Iron intake for vegetarians

Iron deficiency is a potential problem for those on a vegetarian or vegan diet. This is particularly the case for women whose daily iron requirements (especially in reproductive years) are greater than for men.

Iron is essential for red blood cells, which carry oxygen around the body. Iron deficiency leads to anaemia, which in turn can cause fatigue, headache and weakness.

There are two forms of dietary iron in food, haem and non-haem. The former is more easily absorbed and makes up 40% of iron in animal-based foods. Eggs, vegetables, and other foods have more non-haem iron, which is less readily absorbed.

However, you can include plenty of foods in a vegetarian diet that have iron. These include tofu, legumes (lentils, kidney beans), broccoli, Asian greens, spinach, kale, cabbage, nuts

(especially cashews and almonds), dried fruits (especially apricots) and seeds (like sunflower seeds and tahini).

Iron absorption is enhanced by vitamin C, so combining the above foods like citrus fruits, kiwi fruit, tomatoes, or capsicum helps. Spinach, cabbage and broccoli are good sources of both.

If you have any concerns about iron levels, talk to your GP. You may need blood tests to assess your levels. Despite eating foods with iron, you may need a supplement. These come in both liquid and tablet form. Some who are severely iron deficient may need an infusion of iron into a vein.

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Saturday

8.30am- 12 noon

Sunday

8.30am - 12 noon

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• **AFTER HOURS & EMERGENCY**

The phone number for the duty doctor is placed on our answering machine daily. Have a pen ready and ring **4613 4500** and listen for the message. In case of a medical emergency, dial **000** and ask for an ambulance.

• **SPECIAL PRACTICE NOTES**

Telephoning your doctor. Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice. Our staff are experienced in helping you decide whether the matter requires appointment, a return phone call from the practice, or urgent advice.

Reminder System. Our practice is committed to preventive care. We may telephone or issue you with a reminder notice from time to time offering you preventive health services appropriate to your care. If you do not wish to be part of this system please advise reception.

Results. If you are referred off to have any tests done, we ask that you ring the practice for your results.

Medical Records. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

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 Office of the Health Ombudsman 133 OHO (133 646) complaints@oho.qld.gov.au <http://www.hqcc.qld.gov.au/>



PORK & GINGER DUMPLINGS

Ingredients

- 2 x 3cm pieces of ginger
- 3 spring onions plus extra for garnish
- ¼ cup soy sauce plus extra for serving
- 1 ½ tbsp sesame oil
- 1 tsp caster sugar
- 300g pork mince
- 275g of your favourite dumpling wrappers
- 2 tbsp peanut oil
- 1 long red chilli

Method

1. Peel, then finely grate 1 piece of ginger into a large bowl. Thinly slice onions, add half to ginger and reserve remaining half for stir-fry. Add 2 tablespoons soy sauce, 1 tablespoon sesame oil, sugar and pork to ginger mixture and combine.
2. Place 20 dumpling wrappers on a work surface. Top each with 2 teaspoons pork mixture. Run a wet finger around edge of wrappers, fold in half, then press edges together firmly to seal. Position dumplings so the join is on top. Crimp join, if desired.
3. Heat 1 tablespoon peanut oil in a frying pan over medium-high heat. Pack dumplings in pan. Cook for 5 minutes. Add 125ml (½ cup) water and cover. Reduce heat to medium and cook for 10 minutes. Uncover and, if necessary, cook for a further 3 minutes or until water has evaporated.
4. Serve dumplings hot with remaining spring onion and soy sauce

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