

FREE TO TAKE HOME!

OCTOBER-NOVEMBER 2018 EDITION



Tinnitus



Asthma in children



Managing stress



Baby teeth

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 Robert Greenhill

MBBS, FRACGP
Family Medicine, Acupuncture, Sports Medicine

Dr Leonard Knott

MBBS
Family Medicine

Dr Rukmal Gamage

MBBS, AMCC, DCH, SHFPAC
Family Medicine, Children's Health

Dr Jessica Murray

BSc, MBBS, FRACGP

Dr Peter Ong

MBBS

Dr Nikole Fry

MBBS

Dr Meena Konda

MBBS

Dr Kerri Barnes

MBBS

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

● PRACTICE MANAGER

Marcella Timmins

● PRACTICE NURSES

Kimalie Smith
Rachel Van De Ligt

● RECEPTION STAFF

Sarah Henson
Rhonda Lawry
Carly Lindsay
Kerri Tate
Orinda Kirstenfeldt &
India Rixon

● SURGERY HOURS

Monday – Friday

8.00am – 6.00pm

Saturday

8.30am - 12 noon

Sunday

8.30am - 12 noon

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

New patients welcome!

OPEN 7 DAYS

BULK BILL UNDER 16Yrs (conditions apply)

● 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
- 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 cash, 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 webpage 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.

When head noises get in the way – tinnitus

About one in five people have 'head noises' or tinnitus that annoys them. Most of us have noise in our hearing system, so it is how we focus on the problem that gets us in strife. This is a real dilemma for those helping – focus on what to do to overcome the problem, and if you can't overcome it, risk increasing someone's distress by increasing their focus on their tinnitus!



 Weblink: www.tinnitus.asn.au

Tinnitus only drives a minority of sufferers mad!

About 30-40% of people with tinnitus suffer socially and in the workplace. Negative thoughts and emotions can create a vicious cycle that accentuates tinnitus symptoms. Your doctor will probably want to know if you are curious, concerned or distressed about your tinnitus or if you have associated dizziness.

We know tinnitus is more common in people with a hearing loss or other ear problems. Your doctor may refer you to someone with specialised equipment or expertise. They may provide information and look at self-directed treatment options.

Alternatively, information may be provided by an audiologist who will ask if the problem is intermittent or persistent, if dizziness is associated with it or if there is hearing loss. The situation may be simple or complex, and it may take multiple investigations by different clinicians to get to the bottom of it. Fortunately, symptoms

are not usually a sign of severe disease, such as a brain tumour.

How an individual thinks and feels about tinnitus is important. It would be negligent if anxiety, depression and sleep problems were not asked about.

Often nothing gets rid of it. However, patients can successfully manage their tinnitus using different treatments to the point where it is no longer a concern. Common suggestions for management include avoiding silence, doing things to keep calm and relaxed, and limiting caffeine. Removing excessive earwax can also help.

From the doctor's perspective, some medications can cause or worsen tinnitus – aspirin, quinine, some antibiotics, diuretics and some anti-cancer drugs are the most well-known.

We are told celebrities that have suffered from tinnitus include Liza Minelli, Bob Dylan, William Shatner and Barbara Streisand.

Asthma in children

It is estimated that as many as one on five children will be diagnosed with asthma. It can range from mild to severe. Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or when exposed to irritants like dust or grass).

Uncontrolled asthma can be fatal. However, asthma can be successfully managed and controlled through use of medication. Children with asthma can live a completely normal life and do not need to be restricted in their sporting or other activities.

Typical symptoms include a wheeze and cough. In more severe cases there may be chest tightness and shortness of breath. Diagnosis is by the history of symptoms and examination of the lungs. Lung function testing is helpful but can prove normal when asthma is dormant.

Asthma is generally treated with inhalers of which there are two mainstays – preventer and symptom relievers. The former is used on a regular basis to treat the underlying inflammation in the airways and the latter to improve symptoms as needed. In severe cases oral steroids may be used in short bursts.

The treatment rationale is to use the lowest dose necessary to control the condition, so doses will not be constant through the year.

For parents, the key is to recognise the pattern on your child's asthma – its triggers and symptoms. So it is important to have an asthma plan (available from the National Asthma Council) and to have your child checked regularly by your GP.

Most importantly, seek urgent medical attention if there is any worsening of the condition.

Younger children often are not frightened by a spacer mask, if it is introduced as a toy and the parents are involved.

SUDOKU SOLUTION

6	5	7	3	1	8	4	2	9
3	9	8	2	5	4	1	7	6
1	2	4	7	9	6	8	5	3
8	7	2	5	3	9	6	1	4
9	4	1	3	6	7	5	8	2
5	1	6	4	8	2	3	9	7
4	3	9	2	1	7	8	6	5
2	6	1	8	4	7	9	3	5
7	8	9	6	5	3	2	1	4

 Weblink: www.asthmafoundation.org.au

Managing stress in busy lives

It doesn't seem to matter who you talk to, everyone feels stressed at some stage of their lives. Relationships, money and work are consistently shown in polling to be the big three worriers. Our body reacts to stress today as it did in caveman days. It goes into fight or flight mode with the release of hormones such as adrenalin and cortisol which were helpful when the threat had a physical solution and would end (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress, starting with regular exercise. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful as well. There are many digital apps available to help people deal with stress and many are free. Drinking herbal tea helps some people as does keeping a journal. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short vacation, if possible, may help.

Ultimately dealing with what stresses you is the key. Remember you don't always have to do this alone. For many, chatting with your GP or a counsellor can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



Baby teeth – what you need to know

When one considers that the average life expectancy is over 82 years, it seems odd that we get two sets of teeth but the first set lasts only until we are 10 or so. Baby teeth develop while still in the womb and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months and in any order, though the central ones are usually first.

Teething gets a bad rap and, to be fair, it can be distressing. Equally, much gets blamed on teething which has nothing to do with them. Typical symptoms of teething are crying, dribbling and pulling on ears. Some babies may put their hands in their mouths. If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be very helpful. You can also use paracetamol, ibuprofen and teething gels. Be prepared to do some trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only, and start baby toothpaste at 18 months.

Sugar is bad for teeth so minimise this and you can start regular dental checks from 12 months.

 Weblink: http://raisingchildren.net.au/articles/dental_care_babies.html
www.ada.org.au

Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease – a progressive degenerative neurological condition which affects the control of body movements. Typical symptoms are trembling of the hands, arms, legs and face, together with slowing of movement, instability, tiredness and difficulty walking. It comes on gradually and early signs may be very subtle.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical which sends message between cells. When those messages are blocked, muscle control is impeded. Why this happens is not clear. Family history is one risk factor as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms it can take some time for an exact diagnosis to be made.

Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy, to establish and guide an exercise program that includes daily stretching, helps. Medications can control the condition but not cure it. As time goes by their effectiveness can lessen

and dosages need to be increased. Side effects can also be a problem for some.

No two people will have the exact same experience, so treatment is always individualised. There are state and national support groups to assist.



A late sign is the smile. It is replaced by an expressionless stare.

 Weblink: <http://www.parkinsons.org.au/>



ROASTED ROOT VEGETABLE & FETA SALAD (SERVES 6)

Preheat oven 200 C

Ingredients

- 2 x Bunches Baby Carrots – trimmed and washed
- 6 x Medium Beets – peeled & cut into wedges
- 4 x Parsnips – peeled and cut into wedges
- 2 x Spanish Onion – cut into wedges
- 2 x Large Sweet Potatoes – Peel & cut into ¾ inch cubes
- 1 x Celeriac – Remove skin & cut into small wedges. Place in a bowl of water with lemon wedges to prevent browning
- 6 x Cloves garlic – peeled
- 1 x Lemon cut into wedges
- 1 x 75gms Baby Spinach leaves
- 1 x 200g Greek-style feta, cubed

Method

- Put all prepared vegetables in a bowl and toss with 3 tablespoons olive oil.
- Place in a single layer on a baking tray.
- Sprinkle with salt and pepper.
- Bake for approx 30 minutes or until just tender.
- Let cool completely.
- Toss the vegetables with baby spinach leaves and feta cheese.

Dressing

- Whisk together 1/3 cup olive oil, 3 tablespoons balsamic vinegar, 1 clove crushed garlic & 1 teaspoon brown sugar.
- Serve salad drizzled with dressing.

SUDOKU

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QUIZ

- What two things can tinnitus be associated with?
- A spacer is the best way of delivering puffer spray to young children - check with your doctor if one is needed.
- One of the late signs of Parkinson's Disease can be an expressionless stare - True or False?
- What is meant by "deciduous" teeth - an older term?

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● AFTER HOURS & EMERGENCY

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● 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/>