



Tennis Elbow



Coeliac Disease



Warts



Stress incontinence in women

● PRACTICE DOCTORS

Dr. Ali Abooe  
Dr. Rowena Bermudez  
Dr. Edward Giam  
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Dr. Sathish Reddy Gutha  
Dr. Vidhula Mereddy  
Dr. Sam Mostafavi  
Dr. Thuyen Din Phan  
Dr. Sione Sisifa  
Dr. Marianito Teng

*Practice doctors are experienced in a broad range of general practice problems and the treatment of all age groups.*

● PRACTICE MANAGER

Leanne Puopolo

● CLINIC HOURS

Monday – Friday.....8.30am – 7.00pm  
Saturday & Sunday....9.00am – 1.00pm  
Public Holidays ..... CLOSED

● AFTER HOURS & EMERGENCY

For after-hours medical advice and attention please call Doctor Doctor, our locum service on 13 26 60. All consultations will be bulk-billed. For emergencies such as chest pain or collapse, it may be more appropriate to call an ambulance on 000.

Alternatively please proceed to Werribee Mercy Hospital Emergency Department, 300 Princess Highway, Werribee.

● MEDICAL SERVICES OFFERED

- Women's & Men's Health/Check Ups
- Child Illness and Immunisations
- Workcover
- Sports Medicine
- Travel advice and Vaccination
- Minor Surgery
- Corporate and Pre-Employment Medicals
- Contraception device - insertion and removal
- In-house Ultrasound appointments
- Diabetic Educator appointments
- Dietitian appointments
- Physiotherapy appointments
- Psychologist appointments
- Podiatry appointments

● SPECIAL PRACTICE NOTES

**Appointments:** All doctors are now appointment based. Appointments can be made on our website at [www.wyndhamvalehealthcare.com](http://www.wyndhamvalehealthcare.com) or via HotDocs or by telephoning the Clinic on 97425148.

You are free to consult any of our doctors, but we encourage you to see the same doctor for any return visits for an ongoing condition. Our reception staff can advise you on your doctor's roster. Identified emergencies presenting at the clinic will be attended to immediately.

**Home Visits:** are available for regular patients whose condition prevents them from attending the Clinic.

**Telephone Access:** Emergency calls will be put straight through to the doctor at hand. For all non-urgent calls, messages can be left for your treating doctor to call you back at the end of their shift.

**Billing arrangements (doctor consults):** we are now a mixed billing clinic, patients under the age of 16 years and over the age of 65 years will be bulk-billed if the patient has a current and valid Medicare Card and has an appointment. All other patients will be charged as per our billing procedure which can be found on our website at [www.wyndhamvalehealthcare.com](http://www.wyndhamvalehealthcare.com) or by speaking with our staff. Payment of your consult is expected on the day. We are able to process your Medicare rebate into your account immediately after payment.

**Out-of-pocket Expense:** Patient's being referred by their GP to consult a specialist/allied professional/for tests may need to pay an-out-of-pocket fee. Please speak with your GP regarding out of pocket fees. We suggest checking for out-of-pocket fees at the time of making your appointment with the referred provider too.

**Reminder system:** our practice is committed to preventative care we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

**Test results:** results are reviewed by the Doctors and acted on in a timely manner. Test results are not given over the telephone, you are requested to follow up with your doctor for all test results.

**Pathology:** The pathology company is located at McGrath Dental directly behind the Clinic.

● OTHER SERVICES AVAILABLE

**Pharmacy.** There is an on-site pharmacy for all your prescription and health care needs. Tel: 9742 4111.

**Pathology.** Bulk billed on-site collection for all kinds of blood and urine test including ECG.

**Diabetic Educator, Dietitian, Physiotherapy, Podiatry, Psychology and Ultrasound** appointments are now available at Wyndhamvale Health Care.

For further details on these services please speak with our friendly staff.

● EMAILING THE CLINIC

Emails sent to our Practice Manager at [admin@wyndhamvalehealthcare.com](mailto:admin@wyndhamvalehealthcare.com) will be responded to during the hours of 9am – 3pm Monday – Thursday. Emails sent outside of these days/times will be responded to as soon as practicable during the above hours. We request that only non-urgent matters are sent via email. For all urgent correspondence, please contact the Clinic on 03 9742 5148. To make an appointment please head to our website at [www.wyndhamvalehealthcare.com](http://www.wyndhamvalehealthcare.com) or via HotDocs or by telephoning the Clinic.

● 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.

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](http://www.healthnews.net.au)

# Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow.

It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting, gardening, and other racquet sports can bring it about, as can using a computer mouse. It can affect anyone and is most common in those aged 35-55.

Aside from pain at the elbow, it can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination. Typically, the bony point on the elbow's lateral (thumb) side is tender. The pain is often reproduced on the extension of the wrist against resistance. Sometimes imaging helps define the extent of the condition or if it is not responsive to treatment.

Initial treatment includes rest of the elbow, ice packs, and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed. Avoid activities that aggravate the situation. This can include changing technique, especially if sport or work-related. However, elbow exercises are important, and seeing a physiotherapist may be helpful.

Sometimes, a steroid injection and, in rare instances, surgery can be recommended. Your GP will advise you about treatment options.

Most people recover fully, and it is not in itself a recurrent condition nor a precursor to arthritis.



More info »

# Coeliac Disease

Coeliac Disease is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley.

This can damage the small bowel and interfere with the absorption of nutrients. The symptoms vary from mild to severe, including tiredness, intermittent diarrhoea, abdominal pain, bloating, and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It is a genetic condition. It affects about 1% of the population, although many with it are unaware they have it either because the symptoms are mild or they have put the symptoms down to other causes. The main risk factor is having a first-degree relative with it.

Accurate diagnosis is important as it is very controllable. Your GP can do screening blood tests. A positive test is not absolutely diagnostic but a strong pointer. Definitive diagnosis is by a small bowel biopsy, but not everyone wants or needs to do this test. A gluten challenge is another useful test.

There is no medication to take or "cure". However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free options, and many who do not have coeliac are also choosing to eat these. Neither adults nor children need to feel they are "missing out" on foods they like.

There are many causes of the symptoms of coeliac disease, so it is important to talk to your doctor and not rely on self-diagnosis or "unorthodox" testing.







## Warts

Warts are extremely common small eruptions on the skin caused by the Human papillomavirus (of which there are at least 70 types).

They are more common in children and, whilst they can appear anywhere, are most often found on the hands, knees and feet. They are almost always pain-free and do not itch. They may be single or in clusters, are usually raised and have a rough appearance whilst having (usually) the same colour as surrounding skin. The exception is plantar warts (also called verrucae) on the feet, which may be flat on the surface. The main problem caused is the cosmetic appearance, although on the soles of the feet, they can be painful due to the pressure from weight bearing on them. They can be spread by direct contact with other people or to other parts of your own body.

Left alone, most will disappear after months to years. However, many do not want to wait. Treatment is relatively simple and involves burning the wart. This can be done chemically (with ointments or paints), by freezing (with liquid nitrogen or dry ice) or via cauterly with a hot wire under local anaesthetic.

Freezing is the most popular method. It may need to be done a few times over some weeks. The wart may swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with regards to treating or leaving warts nor with treatment methods. Chat with your GP about the options before deciding.



## Psychedelic medicine

In a move taking most by surprise, the Therapeutic Goods Administration (TGA) has announced that "from 1 July this year, medicines containing the psychedelic substances psilocybin and MDMA (3,4-methylenedioxy-methamphetamine) can be prescribed by specifically authorised psychiatrists for the treatment of certain mental health conditions".

These substances were researched for medical use in the 1960s but became tied into the counterculture and subsequently banned through the war on drugs. Over the last decade, there has been renewed interest in the use of MDMA to treat Post Traumatic Stress Disorder (PTSD) and psilocybin for treatment-resistant depression. The TGA notes that these are the only conditions where sufficient evidence exists for potential benefits in certain patients.

The medications will not be able to be prescribed by any doctor and will be limited to psychiatrists. Furthermore, they must be approved under the Authorised Prescriber Scheme by the TGA following approval by a human research ethics committee.

Currently, no specific medication treats PTSD, even though medications are used for associated problems such as depression and anxiety. There remain a not insignificant number of people with depression who do not respond to the plethora of available medications.

MDMA and Psilocybin are not "miracle drugs" and are suitable only in certain situations. However, in North America, research and limited use have been encouraging. Given the issues with mental health in Australia, additional treatment options are to be welcomed.



## Stress incontinence in women

Urinary incontinence is the inability to voluntarily stop the flow of urine. It is far more common in women than men affecting up to 50%, and whilst not age-specific, it is more frequent in later years.

The two forms are urge (where one can't hold on when feeling the need to pass urine) and stress (where coughing, sneezing, or movement can cause urine flow).

The exact cause is unknown, but damage to the pelvic floor muscles (e.g., pregnancy) is a factor. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to maintain a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing, which assesses the workings of the bladder.

In days gone by, women were often told, "don't worry about it, dear". Today we know better. There are many treatment options. Losing weight (if overweight) helps, as does quitting smoking (if a smoker). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication, and, in some cases, surgery is recommended. This has been controversial in recent years. There are options aside from mesh surgery.

The key is discussing the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.



## CARROT CAKE

### Ingredients

- ¾ Cup (100g) gluten-free plain flour
- ½ Cup (65g) gluten-free self raising flour
- ¼ cup (20g) gluten-free baby rice cereal
- 1 tsp mixed spice
- ½ cup chopped walnuts (optional)
- 2/3 Cup (150g) brown sugar
- 1 ½ cups grated carrot
- 2 Eggs
- ½ cup (125ml) vegetable oil
- 60g butter, softened
- 1 cup (160g) pure icing sugar
- 1tbsp lemon juice

### Method

1. Preheat oven to 180°C. Grease an 18cm x 28cm slice pan and line the base and 2 long sides with baking paper, allowing the sides to overhang.
2. Place the combined flour, rice cereal, mixed spice and sugar in a large bowl. Stir to combine. Add the carrot, walnuts, egg and oil and stir until just combined.
3. Spoon the mixture into the prepared pan. Bake for 25-30 mins or until a skewer inserted in the centre comes out clean. Set aside in the pan to cool.
4. Place the butter and icing sugar in a small bowl. Stir to combine. Stir in enough lemon juice to make a spreadable paste.
5. Transfer the cake to a board. Spread the top of the cake with lemon icing and top with some chopped walnuts. Cut into pieces.



**EASTER  
COLOUR  
FUN!**

### ● HEALTH ASSESSMENTS

#### ● 75 plus Health Assessment

If you are aged 75 or older, then you may be eligible for a comprehensive health assessment to ensure all your medical needs are being met. A member of the nursing staff will complete the health assessment and your regular general practitioner will review and discuss your results with you.

#### ● 45-49 Health Assessment

If you are aged between 45-49 years, make an appointment with one of the caring nursing staff for a health assessment. Once completed, your regular general practitioner will discuss your results with you.

#### ● Diabetes Risk Assessment

When in the Clinic for your next consultation, why not complete a "Diabetes Risk Assessment Tool".

#### ● Pre-Employment Medicals

Please discuss this with your doctor to ensure you are aware of the fees involved. Medicare Australia will not cover pre-employment medicals.

### ● PATIENT FEEDBACK

Your comments and suggestions on our service is always welcome. Please discuss any concerns you have with your doctor or you may ring/write to the practice manager who can follow up any problem on your behalf. If you want to take it any further you can ring the Health Services Commissioner 8601 5200. We will also be happy with any positive feedback.

### ● INTERPRETERS

If you require an interpreter, the reception staff will call the Translating and Interpreter Service (TIS) for over-the-phone assistance when you arrive at the clinic. If you require an on-site interpreter, we can arrange an on-site interpreter in advance.

### ● LANGUAGES SPOKEN

At Wyndhamvale Health Care we have doctors, staff and allied health professionals that speak languages other than English including: Cantonese, Chinese, Filipino, Hindi, Hokkien, Italian, Kannada, Malay, Marathi, Persian, Tagalog, Tamil, Telugu, Tongan, Vietnamese