

FREE TO TAKE HOME!

JUNE - JULY 2019 EDITION



Post-Traumatic Stress



Parkinson's disease



Headaches



Whooping cough

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 Rowena Bermudez**
- Dr Vaishali Bhalerao**
- Dr Colin French**
- Dr Edward Giam**
- Dr Manu Gilani**
- Dr Sathish Reddy Gutha**
- Dr Vidhula Mereddy**
- Dr Sione Sisifa**
- Dr Marianito Teng**
- Dr Esmaeel Mostafavi**

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

- PRACTICE MANAGER
- Leanne Puopolo**

● CLINIC HOURS

Monday – Friday **8.00am – 7.00pm**

Saturday **8.00am – 3.00pm**

Sunday **9.00am - 1.00pm**

● AFTER HOURS & EMERGENCY

For after hours medical advice & attention please call **DoctorDoctor** our Locum Service on **13 26 60**. All consultations will be Bulk Billed.

For emergencies like chest pain or collapse, it may be more appropriate to call an ambulance on **000**.

There is also a Doctor on duty at the Werribee Mercy Hospital Emergency Department, 300 Princess Hwy, 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 and Diabetic Educator appointments are now available.

● SPECIAL PRACTICE NOTES

Appointments. Doctors French, Gutha and Mereddy are now taking appointments as well as walk-in patients, appointments can now be made via our website: www.wyndhamvalehealthcare.com. No appointment is necessary for all other doctors. 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 to the doctor at hand. For non-urgent calls messages can be left for your treating doctor to answer.

Billing Arrangements. We are now a bulk billing clinic and no appointment is necessary. Please bring your Medicare card to your appointment. Payment can be made by cash, cheque or credit card for private accounts and non Medicare Card holders.

Out-of-pocket Expenses. Patients being referred by their General Practitioner to consult a Specialist or Allied Health Professional may need to pay an out-of-pocket fee. Please speak with your General Practitioner regarding any out-of-pocket fees.

Reminder system. Because our practice is committed to preventive 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. Tests results are not given over the telephone, you are requested to follow up with your doctor for all test results.

● OTHER SERVICES AVAILABLE

Obstetrician/gynaecologist. Dr Vaishali Bhalerao has over 20 years' experience in the field of obstetrics and gynaecology.

Dr Bhalerao manages all facets of obstetric and gynaecological care. Please speak with our Reception Staff or your General Practitioner for further details.

Physiotherapy. Domenic Salerno, Kate Sablich, Achille Maiotti, Patrick Vuong, Kelvin Ip and Danielle Robertson provide expert physiotherapy management for all musculoskeletal, spinal and sporting injuries. Special interest in Work Injury Rehabilitation, Hydrotherapy and Manipulation, as well as Dry Needling/Acupuncture, Core Stability, Pilates and Redcord training. Massage is available. Jessica Knaggs provides expert Exercise Physiology management. Special interest in Work Injury Rehabilitation. Call 9742 5148 to make an appointment.

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

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

Podiatry, Ultrasound and Dietitian appointments are now available at Wyndhamvale Health Care. For further details on these services please speak with our friendly staff.

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



Weblink www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd

Post-Traumatic Stress (War Veterans)

First described in the 1970's in Vietnam War Veterans, Post-Traumatic Stress Disorder (PTSD) is a reaction that people can develop after being through or witnessing a traumatic event which threatened life or safety of themselves or others. This includes war, natural disaster, assault or serious accident. It is estimated that 12% of Australians may experience it during their life. Risk factors, aside from trauma include a past history of other mental health problems and stress.

Symptoms include feelings of fear, flashbacks, sleep disturbances, anxiety, sweats, heart palpitations, being on high arousal, irritability, anger, emotional numbness and withdrawal from usual activities. They can start straight away or some weeks after the event and persist for weeks to years. PTSD can co-exist with other mental health issues such as depression or anxiety.

Diagnosis is by history (there are no specific examination findings or diagnostic tests). Bloods may be ordered to rule out other conditions.

Treatments mainly involve psychological

counselling of which there are different forms. Medication may be advised but not in the first four weeks of symptoms and usually not until psychological treatments have been started.

Lifestyle measures which can help include meditation and mindfulness, regular exercise, avoiding alcohol, getting adequate sleep (have a regular sleep routine). For most there will be improvement over time and full recovery. Some may have relapses and need further treatment. Some will need long term treatment.

If you have been subjected to any trauma or have any concerns talk to your GP.

Parkinson's disease

A progressive degenerative condition that affects body movements, Parkinson's disease affects around 40,000 Australians. It is more common in men and it is more common in older people. It is caused by a loss of dopamine production in the brain but why this happens is not known. Genetic factors, some toxins and head trauma may be involved.

The condition may start six years before the onset of symptoms, which typically are trembling of the hands and arms, stiffness of the muscles, a shuffling with walking and loss of facial expression. Not all symptoms are present in all people and they don't all start concurrently.

Diagnosis is based on history and examination. There is no specific diagnostic test to diagnose Parkinson's. However, you may be sent for tests to exclude other causes of tremor. Most instances are referred to a specialist neurologist for an opinion. It can take some time to diagnose as in mild cases the diagnosis is not clear. Paradoxically this does not matter



Weblink <https://brainfoundation.org.au/disorders/parkinsons-disease/>

as use of medication is generally delayed till symptoms are severe enough to warrant them. This is because effectiveness can wane over time.

Lifestyle measures such as not smoking, maintaining a healthy weight and exercise can help. Physiotherapy can play a role. There are a number of potential medications which can be used and surgery is an option in selected cases. There is no one size fits all treatment regime.

**SUDOKU
SOLUTION**

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

Headaches

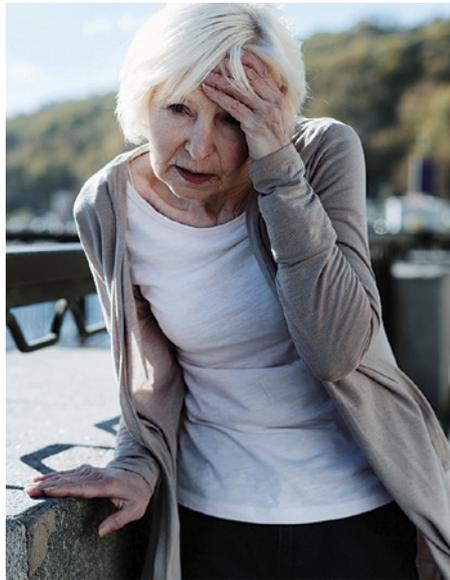
Headache is one of the commonest symptoms we experience. Virtually everyone will get a headache at some stage, but some people get them often. Whilst there are serious causes, the vast majority are not and treatments are generally successful.

The commonest form of headache is the "tension type headache" felt as a band around the head. It can last from half an hour to an entire day, occur rarely or be as often as 15 days per month. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Eye strain can lead to headache. They will come on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain can cause headaches as can arthritis of the neck. Heat treatments on the neck and physiotherapy may help.

Sinuses can cause headaches due to infection or congestion. It can be seasonal. Treatment depends on cause.

Migraines are a particular type of headache, more common in females and usually one sided, and which can be associated with nausea or vomiting and sometimes an aura. Avoiding known triggers helps.



Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history, examination and in some instance's investigations. Treatment is directed towards the underlying cause so is variable.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.



 www.mydr.com.au/respiratory-health/whooping-cough-overview

Whooping cough

Whilst rare these days due to vaccination, there are still over 1000 cases of the infection "whooping cough" in Australia each year. It is caused by the bacteria *Bordetella pertussis* spread from person to person. The infection causes irritation of the lining of the airways and increased mucus.

Although any age group can be infected, the elderly and those under age one, are at particular risk of secondary pneumonia. Symptoms start about a week after exposure and may be non-specific with runny nose, low grade fever and cough. The paroxysmal stage starts 7 to 14 days later with the hallmark cough on spasms ending with the "whoop". Later vomiting may also occur.

Diagnosis is not always straight forward. In the early stages there are no specific features. Swabs from the nose or throat can be diagnostic. Blood tests are not always reliable and can take some weeks to turn positive.

Treatment is directed to easing the cough and other symptoms. Steam inhalation helps. A course of antibiotics may be needed. Young children may need to be hospitalised. Those with infection need to stay away from school or work. Exclusion times vary according to circumstances.

Prevention is the key so make sure you and your family are fully vaccinated. The whooping cough vaccine is part of the childhood schedule and is also recommended for pregnant women between weeks 28 and 32.

Haemorrhoids

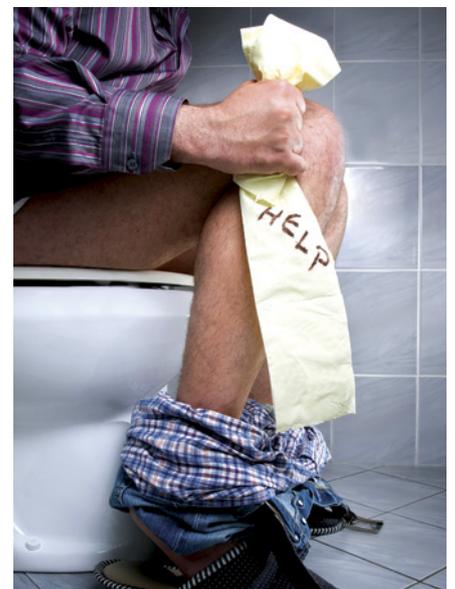
One of the most common health problems are haemorrhoids, affecting about 300,000 Australians each year. Haemorrhoids are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk relates to repeated pressure in the abdomen which may be from pregnancy, constipation or heavy lifting. Sitting on hard surfaces for prolonged periods is another risk factor. There may be a genetic tendency.

Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination of the area. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience bleeding (haemorrhoids usually cause fresh blood on the toilet paper) consult your GP.

Treatment is about relieving symptoms while waiting for things to resolve, which often takes a few days. There are a number of ointments and suppositories, most of which do not require prescription. Some people find sitting in a lukewarm bath helpful. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. In rare cases the haemorrhoid may need lancing and if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



 www.betterhealth.vic.gov.au/health/conditionsandtreatments/haemorrhoids



THICK VEGETABLE SOUP – PERFECT DISH FOR A COLD DAY

Cook time: approx 35 mins.

Serves 6-8

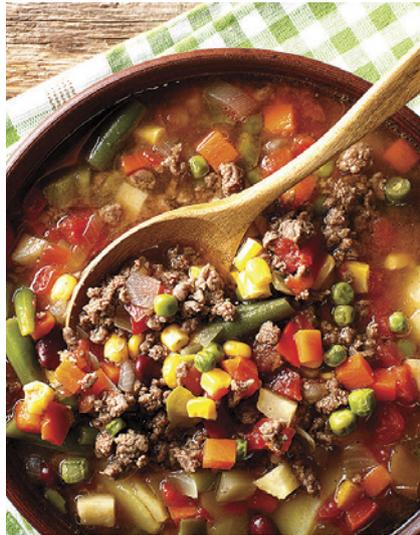
Ingredients

- 1/4 cup olive oil
- 1 large brown onion (diced)
- 3 stalks celery (diced)
- 3 cloves garlic (minced)
- 1 tspn kosher salt or salt of your choice
- 1/2 tspn coarse ground black pepper
- 2 large potato (peeled and diced)
- 2 carrots (sliced)
- 1 cup corn
- 1 cup peas
- 1 cup green beans (chopped)
- 2 vine tomatoes (diced) or 1 can drained diced tomatoes
- 4 cups chicken broth
- 2 cups vegetable juice (V-8) or use the juice from drained can tomatoes - add brown sugar to help with the acidity.
- Fresh oregano, parsley & thyme or add 1 tspn Italian seasoning

Add a dash of Tabasco or Chilli sauce if you like your spice.

Instructions

In a large stock pot add the olive oil over medium heat and sauté the onions, celery and garlic for 4 -5 minutes until translucent. Add the remaining ingredients and bring to the boil. Then reduce and simmer for about 30 minutes. Can cook in a slow cooker on low for around 8 hours, just put all ingredients in and stir to mix together. Top the bowl with a little shredded or Parmesan cheese. Serve with toasted garlic bread. This recipe is great for using up leftover veggies



from the night before or use whatever veggies are in season.

Other ideas –

- Add a pkt of frozen vegetables if you don't have sufficient fresh vegetables.
- Add browned ground beef, left over chicken etc!
- Add some al-dente pasta shells right before serving if you are wanting some carbs.
- Add 1 can coconut milk for a creamy vegetable soup or a sachet of tomato puree (3-4 tablespoons)
- If you're going to add leafy greens to the soup, like kale or spinach, add them about 20 minutes before you're ready to serve.

SUDOKU

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

- **HEALTH ASSESSMENTS**
- **4 Year old health assessments**
Please make an appointment with one of our nursing staff for your child's 4 year old health assessment.

- **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 medicals 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.

- **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.

