

FREE TO TAKE HOME!

APRIL - MAY 2019 EDITION



Otitis Media



Sleep deprivation



Warts and all



Hepatitis C

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

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 Rhona Marques

Dr Brendon Parmar

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

● PRACTICE MANAGER
Heather

● PRACTICE NURSE
Michelle & Bonnie

● RECEPTION STAFF
Jane, Caroline, Sandra & Ty

● 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
- Spirometry
- Mental Health Care Plans
- GP Management Plans
- 45 to 49 Health Assessments
- 75+ Health Assessments
- Assessment and Management of Diabetes
- Registration for Closing the Gap
- Skin Checks
- Cervical Screen
- Asthma action plans

● SPECIAL PRACTICE NOTES

Facility Fees. Please speak to Reception or your Doctor before agreeing to a procedure at JPMC. The charge covers the cost of consumables used for the procedure at the practice.

It is important that you make sure 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 lost referrals or follow up referrals will incur a charge, please ask at reception for information.**

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.

This Medical Centre is Telehealth enabled.

This practice has a no smoking policy.

● 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. All home visits are at the Doctors discretion, please phone the surgery 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 the age of 16 are eligible to be bulk billed at the discretion of the Dr.

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 put your invoice number in the Payee description when paying by online banking.

▷ Please see the Rear Cover for more practice information.

Warts and all

Warts, extremely common, especially among children, can appear anywhere and are most often found on the hands, knees and feet. These small eruptions on the skin are caused by the Human Papilloma Virus (of which there are at least 70 types).

Warts are almost always pain free and do not itch. They may be single or in clusters, raised, have a rough appearance and the same colour as surrounding skin.

The exception is plantar warts on the feet, also called verrucae, which may be flattened. The main problems on the soles of the feet are cosmetic (appearance), and pain due to the pressure from weight on them. Warts can be spread by direct contact to other people or to other parts of your own body.

Left alone most warts will disappear after months to years. The immune system overcomes the infection which can remain dormant in the skin for many years. However, many people do not want to wait months to years. Treatment is simply burning the wart. This can be done chemically with ointments or paints, by freezing with liquid nitrogen or dry ice, or via cautery with a hot wire under local anaesthetic.

Freezing is the most popular method, done a few times over weeks. The warts 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 otherwise harmless warts. Chat with your GP about the options before deciding.



 Weblink www.mydr.com.au/skin-hair/warts



Hepatitis C – Avoiding Damage

Hepatitis C virus was first "discovered" in 1989. Catching the virus was associated with blood transfusions before 1990 but today the main risk factors are sharing intravenous drug needles, tattooing and body piercing (if not sterile). Hepatitis C is no longer officially classed as a sexually transmissible disease but its spread via sexual contact is still possible if there are cuts or open wounds. Needle stick injuries carry a very small risk. The virus is not spread by hugging or through sharing food.

At the end of 2017 it was estimated that 200,000 Australians had Hepatitis C.

There may be no symptoms of infection. Symptoms include tiredness, fatigue, nausea, fever, itchy skin and loss of appetite. Some people only get symptoms many years after contracting the virus.

Long term the virus can damage the liver leading to cirrhosis and /or liver cancer.

Diagnosis is by blood testing. A liver scan

may also be advised. Since 2016 there have been new and successful treatments for hepatitis C that can cure the condition in 95% of cases, with few side effects. Treatment before 2016 was less effective and side effects were a major problem for many people.

If you think you are at risk of Hepatitis C talk to your doctor. If diagnosed, treatment can be through your GP or a specialist.

 Weblink www.hepatitisaustralia.com/how-do-you-get-hep-c/



 Weblink www.thewomens.org.au/health-information/continence-information/urinary-incontinence

Urinary Incontinence

Urinary incontinence means no amount of voluntary effort stops the flow of urine. The two main forms of incontinence are *urge* where one cannot hold on when feeling the need to pass urine and stress where coughing, sneezing or movement can cause urine flow. Incontinence is far more common in women than men (affecting up to 50% of women) and while not age-specific, it is more frequent in later years.

The exact cause of incontinence is not always known but damage to the pelvic floor is a factor e.g. after childbirth. 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 record 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 treatments options. Losing excess weight and quitting smoking can help (if relevant to you). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication and, in some cases, surgery is recommended. Surgery has generated controversy lately but there are options.

The key is to discuss 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.

● 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.

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.

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: 1 800 813 583, E: mail@hadsco.wa.gov.au

Email Policy. We encourage our patients to call the practice for any communication as our emails are not checked regularly and are not used for medical advice, sending or receiving results and making appointments etc.

THAI CHICKEN SALAD – SERVES 4

Ingredients

- 2 x 180gms Chicken Breast Fillets – halve the chicken breasts lengthways to create 4 fillets
- 1 tsp sesame oil – for basting chicken
- 2 Lebanese cucumbers – thinly sliced into ribbons
- 2 carrots – thinly sliced into ribbons
- 200gm punnet Perino tomatoes - halved
- ½ red onion thinly sliced
- ½ cup coriander leaves
- ½ cup basil leaves
- 1 long red chilli, thinly sliced diagonally
- ½ cup roasted peanuts, coarsely chopped

Dressing - combine the following

ingredients:

- ¼ cup lime juice (60ml)
- 2 tbs brown sugar
- 1 ½ tbs fish sauce
- 2 tsp soy sauce
- 1 lemongrass stem finely chopped (pale section)
- 1 tbs finely grated ginger
- 1 garlic clove – crushed

Instructions

Marinate the chicken fillets with half the dressing and put in fridge for 30 mins.

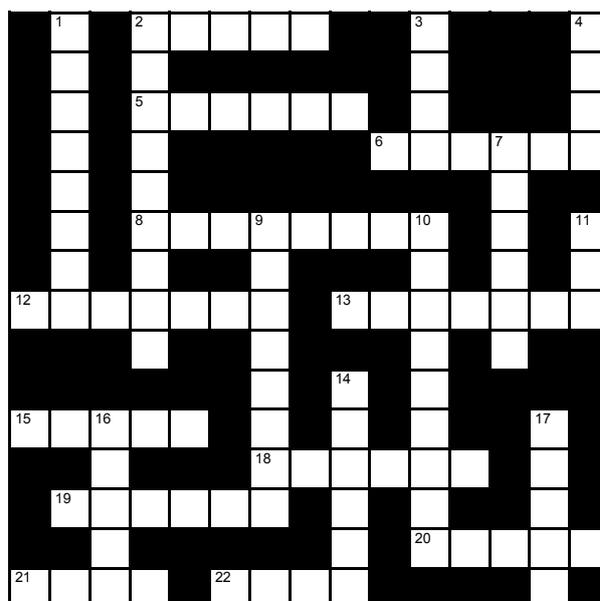


Heat a barbeque or chargrill pan on medium. Drain chicken and discard marinade. Brush chicken with sesame oil. Chargrill chicken until golden brown and cooked through. Once cooked, set aside to rest. Combine the cucumber, carrot, tomato, onion, mint, coriander, basil and chilli in a bowl. Drizzle with the remaining dressing and toss to combine. Place salad on a large platter. Thinly slice the chicken and arrange on the top of the salad. Sprinkle with peanuts to serve.

CROSSWORD

Across:

2. Warts are mainly found on ____, knees and feet (5)
5. Elvis Presley made this part of the body famous (6)
6. Shedding excess ____ can help sleep problems (6)
8. ____ ears can cause pain (8)
12. Extreme tiredness (7)
13. Urge incontinence is due to an overexcited ____ (7)
15. A ____ can be the first sign of mesothelioma (5)
18. Strain felt by someone (6)
19. Otitis media affects what part of the human ear? (6)
20. Deprivation of ____ can send you crazy (5)
21. Footballers and netballers get ____ pain often (4)
22. Caused by the Human Papilloma virus (HPV) (4)



Down:

1. Disease of old age (8)
2. Inflammation of the liver (9)
3. Bottom of the foot (4)
4. They take 215 million steps by the time we are 80 (4)
7. An ear infection can enlarge ____ in the neck (6)
9. ____ is good for you in so many ways (8)
10. Identification of an illness (9)
11. Hearing sense organ (3)
14. At the top of the windpipe (6)
16. Waste fluid made by the kidneys (5)
17. Human organ that can lose 90% before it fails (5)