

FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2017 EDITION



Heat Rash v Urticaria



Carpal Tunnel Syndrome



When Periods Cease



Night Terrors

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 Nnaji Nwoko

Dr Nigel Chikolwa

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

Kelly & Michelle

● RECEPTION STAFF

Jane, Leanne, Caroline, Rachel & Sandra

● 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
- Visiting Podiatrist
- Spirometry

● SPECIAL PRACTICE NOTES

Flu vaccinations are now available

Facility Fees. Facility fees cover the costs of consumables used for patients of JPMC. Additional costs will be charged for the insertion and removal of Implanon and Mirena, infusions and dressing packs. Other consumables will be added over time. There is a list of fees at the front counter for your information. Please discuss these costs with staff so 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.

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.

● 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. 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, 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 see the Rear Cover for more practice information.

Heat Rash v Urticaria

Heat rash or prickly heat is caused by sweat being trapped under the skin. It is more common in children than adults with the neck shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itchy 'lumpy' rash. While uncomfortable, it is not serious.



First-line treatment is to change out of sweaty clothes after exercise. Try to find a cooler place when the weather is hot and wear loose-fitting clothing. Anti-itch creams can be applied as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy itchy red rash (sometimes raised) anywhere on the body (palms, soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure and

can last for minutes to days. In rare instances, it can be associated with auto-immune or other underlying conditions and can come on hours after contact with something (e.g. plant) you have a contact allergy to.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. You may be referred to an allergist for allergy testing if the problem is recurrent.

Treatment depends on severity. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. In more severe cases, short courses (3-5 days) of oral steroid may be prescribed. ■

 **Weblink** www.allergy.org.au/patients/skin-allergy/urticaria-hives



When Periods Cease

Menopause literally means cessation of periods. It happens as the ovaries stop releasing eggs. In theory, this makes menopause the day of the last period. In reality, it is not so simple. Some women may experience issues related to menopause for months and even years. Symptoms vary from minor to severe. It can be natural with age or occur prematurely.

The perimenopause is the time before menopause and often when symptoms start due to fluctuating and ultimately declining levels of oestrogen. Symptoms can include sweats, hot flushes, headaches, mood changes, nausea, low libido, vaginal dryness and dry skin.

Menopause is a normal part of a woman's life so treatment is aimed at alleviating symptoms. Women who don't have troubling symptoms don't need treatment.

For three decades till 2002, hormone replacement therapy (HRT) was the mainstay of treatment. This was recommended as

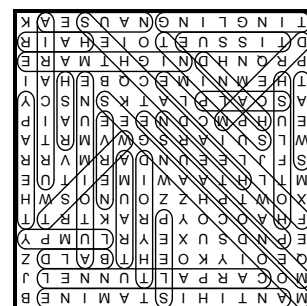
lifelong therapy. Following a major trial that showed increased risks of breast cancer and heart disease, many were scared off HRT. Today it is used but more judiciously and for shorter periods of time. Discuss this with your doctor.

Non-medical therapies include regular exercise, a regular sleep routine, dressing in 'layers' and a diet lower in sugar. Acupuncture and herbal treatments have their supporters but not much trial evidence. Massage can be therapeutic and specific symptoms such as dryness can be treated with creams or gels. Vaginal dryness can be treated with hormonal cream. ■



Questions for the 'Other Half'

- A weakened grip (e.g. screwing the lid off a jar) can be a sign of what?
- Vaginal dryness can come with menopause – true or false?
- Does 'where the rash is' tell us about a possible contact allergy (e.g. jewellery)?



Word Search Solution

 **Weblink** <https://jeanhailes.org.au>



Carpal Tunnel Syndrome

This is a painful condition caused by pressure on the median nerve running through a narrow space in the wrist (the carpal tunnel) into the hand. The nerve supplies the feeling sensation to thumb, index and middle fingers and aids thumb movement.

Typical symptoms such as tingling, pins and needles or pain are subtle at first and worsen over time, especially at night. Later there can be weakening of the thumb muscles. Risk factors include a family history, being female, age between 40 and 60, under-active thyroid, previous wrist injuries, arthritis and overuse. Carpal tunnel can come on in pregnancy due to hormonal factors but generally resolves after giving birth.

Diagnosis is largely symptoms-based. Examination may reveal some change in muscle power or sensation, but these may not be present early on. The definitive test

is an electromyogram (EMG) or a nerve conduction study, which shows the electrical activity of the median nerve.

Conservative treatment includes resting, wearing a splint and avoiding aggravating activities. Anti-inflammatory medications and pain killers can alleviate symptoms but do not fix the problem. Injections of local anaesthetic and cortisone can be effective for some.

Surgery can be 'open' or increasingly these days laparoscopic (keyhole). The ligament tissues pressing on the nerve are cut to release the pressure. Recovery, usually full, is gradual over some months. ■

 **Weblink** www.betterhealth.vic.gov.au/health/conditionsandtreatments/carpal-tunnel-syndrome

Children's Night Terrors

Dreams are something we have no control over. They come from our subconscious and can be pleasant, neutral or frightening. Adults, when they awake, instantly realise they were dreaming. For young children, dreams can seem very real.

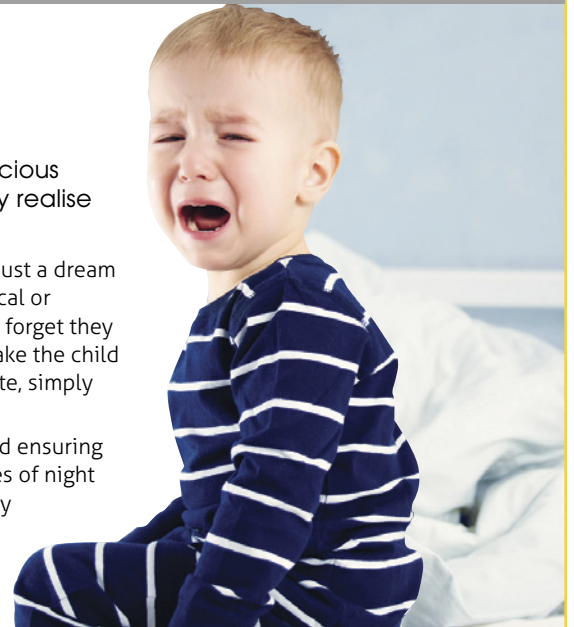
A night terror is a nightmare for a child. Although sound asleep, the child may roll around, cry or scream out in distress and in turn, it is distressing for parents.

There is no known cause. Foods are not thought to play a part. In school-age children, stress or worry may be a factor but not necessarily. A virus (especially if accompanied by fever) may make them more likely.

Night terrors usually last 5-15 minutes and then stop. They may occur multiple times a night and may go on for some weeks. They can be occasional.

There is no specific treatment. As it is just a dream it cannot cause any harm, either physical or mental. Once awake the child tends to forget they ever had the dream. However, don't wake the child and if they do wake in a distressed state, simply provide comfort and reassurance.

Having a regular night-time routine and ensuring adequate sleep can reduce the chances of night terrors. As children age, they effectively disappear. Talk to your doctor if you have concerns about any aspect of your child's sleep. ■



 **Weblink** http://raisingchildren.net.au/articles/night_terrors.html

Hair-Raising Symptoms

Nearly all men and 10% of women will suffer some head-hair loss. The commonest form is male pattern hair loss, which can start as young as 20 and sees the hairline gradually recede from the front. The main risk factors are being male and a family history.

There are other causes of hair loss (alopecia), including an under-active thyroid, trauma to hair follicles, some auto-immune conditions and side effects of some medications.

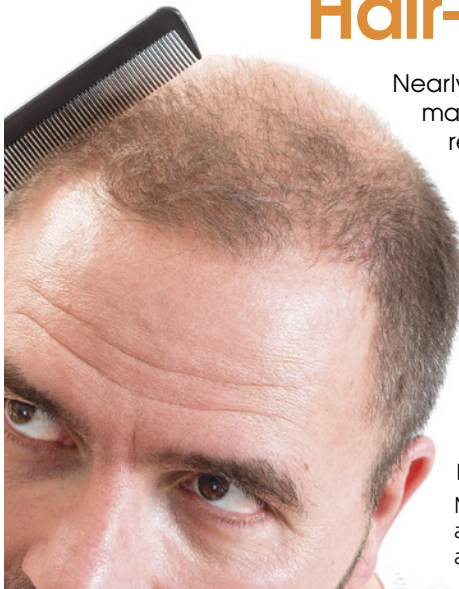
By the age of 50, 50% of men will have some degree of hair loss. The follicle growth cycle begins to weaken making the hairs thinner and eventually the follicle stops producing new hairs. This is influenced by the male hormone, testosterone. The condition isn't harmful and doesn't affect hair elsewhere on the body or face.

No tests are needed unless there is concern about other causes of hair loss. There are many different and well-advertised

treatments available. The most commonly used treatment is a tablet which blocks the effects of testosterone and is prescribed by your doctor. It does not work in everyone and only works while taken. A lotion rubbed into the scalp can also be used.

Hair transplant is a definitive treatment but can be expensive. Laser treatment is controversial.

While upsetting for some, there is nothing abnormal with going bald. Treating hair loss is big business and treatments vary in their degree of success, so be wary of advertising claims. ■



**Ingredients: Serves 4**

500g chicken breast fillets, fat trimmed, halved horizontally
 400g can cannellini beans, rinsed, drained
 2 Roma tomatoes, chopped
 1 medium avocado, chopped
 1 Lebanese cucumber, chopped
 1 red onion, finely chopped
 1 fresh corn on the cob – husks and silk removed.
 ½ cup chopped fresh coriander or Italian parsley if preferred
 1 tbs olive oil
 1 tbs lemon juice or lime juice
 1 tsp crushed garlic
 Optional: 1 red chilli seeded and chopped finely

Method:

1. Lightly spray a chargrill or barbecue with oil and heat on medium-high. Season the chicken with salt and pepper and chargrill for 4-5 minutes each side or until cooked through. Alternatively cook in a large frypan.
2. Combine the beans, tomato, corn, avocado, cucumber, onion, coriander and chilli (optional) in a medium bowl. Whisk the oil, lemon juice and garlic in a small bowl until combined. Season with salt and pepper. Add the dressing to the salsa and toss to coat. Serve the chicken with the salsa.

WORD SEARCH

M	A	N	T	I	H	I	S	T	A	M	I	N	E	B
M	O	C	A	R	P	A	L	T	U	N	N	E	L	J
Q	E	O	I	Y	K	O	E	H	T	B	A	L	D	Z
E	P	N	D	S	U	X	E	Y	R	L	U	M	P	Y
F	H	A	O	C	O	Y	P	R	A	K	T	R	T	T
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P	R	Q	N	H	D	N	I	G	H	T	M	A	R	E
D	T	I	S	S	U	E	T	O	I	E	H	A	I	R
T	I	N	G	L	I	N	G	N	A	U	S	E	A	K

Antihistamine	Nightmare
Auto-immune	Pattern
Bald	Rash
Carpal tunnel	Scalp
Dream	Sleep
Follicle	Splint
Hair	Sweat
Hand	Therapy
Headaches	Thyroid
Hot flush	Tingling
Lumpy	Tissue
Menopause	Trauma
Mood changes	Urticaria
Nausea	Wrist
Nerve	

See inside for the solution



● **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.

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: 1800 813 583, E: mail@hadsco.wa.gov.au

This Medical Centre is Telehealth enabled.

This practice has a no smoking policy.