

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

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

● 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.



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**

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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.



 Weblink 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.



 Weblink 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

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● 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.