

FREE TO TAKE HOME!

FEBRUARY - MARCH 2019 EDITION



Allergy to family pets



Living with Obesity



Migraine



Osteoporosis

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

● 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. 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.

This Medical Centre is Teleheath 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. 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.

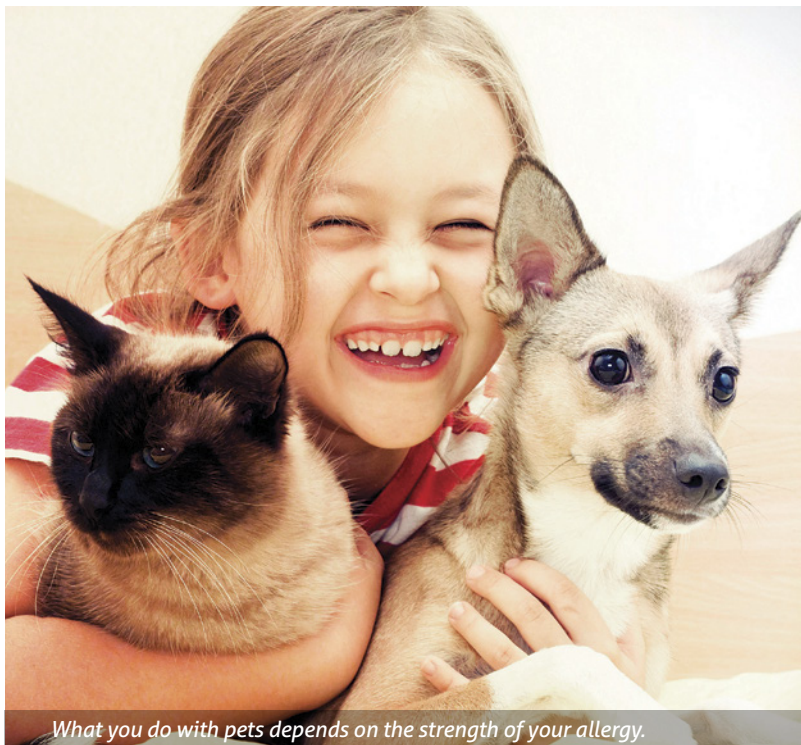
Payment can be made by cash, cheque, credit card, EFTPOS or direct debit.

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

▷ Please see the Rear Cover for more practice information.



What you do with pets depends on the strength of your allergy.

Allergy to furry family pets

Allergy to pet cats or dogs is something that runs in families – usually in people with an inherited tendency to asthma, hayfever or eczema. Of course, you have to live with an animal or have frequent contact with it for this to happen. Once allergy develops, what you do about it depends on the level of symptoms.

What part of pets cause allergies?

Furry animals make allergic protein (called allergen) in their skin's oily glands (called sebaceous glands). This oily allergen spreads to their fur and skin scales, especially when they groom themselves by licking. The saliva of dogs is also full of allergy protein.

As the animal sheds hair and skin scales throughout the house, more and more allergen collects over time so that anyone allergic to the pet ends up reacting to the whole house. Allergen from pets is so tiny it floats in the air, invisible, but small enough to get on to furnishings, clothing, walls etc and to be breathed in.

What allergic symptoms are caused?

Usually, respiratory symptoms such as irritated itchy eyes and nose, with sneezing and wheezing. Over time, these acute symptoms are replaced by chronic congestion of the lungs,

nose or sinuses. This can lead to complications such as sinus infections or headaches, worsening asthma or bronchitis, as well as sleep problems and fatigue. Some people develop eczema in response to pets, usually more noticeable on exposed skin.

Why is pet allergy so hard to recognise?

First, people allergic to pets are often also allergic to pollens and dust mite so it can be difficult to recognise that the family pet is also a problem. Second, allergy comes on slowly and is hard to recognise. Last, reaction to animals can vary with the breed (particularly with dogs), and because reactions across all cats or dogs seems inconsistent, people prefer to put it down to something else rather than their furry companion!

If a household pet is causing symptoms you can:

- **Put up with it.** You can take medications to control symptoms but this is not recommended.
- **Yourself or the pet goes!** It takes 2-3 months of normal cleaning to rid pet allergen from the house.

A word of caution: once you have shown a tendency to react to one type of furry animal, there is a strong likelihood you will develop allergy to another you live or work with (e.g. rats in an animal laboratory).

Living with Obesity

Over the last 40 years, there have been an increase in the number of people overweight or obese, helped by a reduction in body mass index (BMI) classifying overweight from 27.5 to 25 in the late 1980s. This has significantly inflated the statistics.

Another little known fact is that in over three million people, studies have demonstrated there is no effect on life expectancy up to a BMI of 30.

Many people find reducing weight difficult. Their cause is not helped by the judgmental ways they can be treated. Overweight children may be subject to teasing and bullying in the playground. Many overweight adults are uncomfortable going to the beach or to the gym (notwithstanding that exercise can help). Purchasing clothes and swimwear can be traumatic.

Media of these days, social media (think Instagram), can portray images of "perfect" bodies (often photoshopped) which adds to the pressure.

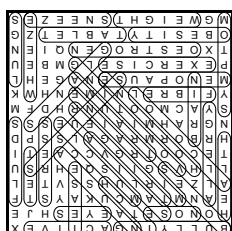
So, is there a solution? Each person needs to consider their health in total. Overweight is just one aspect. Being overweight is not synonymous with being unhealthy. It is also important to be comfortable with who you are. Each of us is different so there is no single correct shape or size.

It is important not to compare yourself to others especially the media images that are usually unrealistic. If you want to reduce weight talk to your doctor about it and avoid offers of a quick fix.



Overweight people can get fit.

WORD SEARCH
SOLUTION





 Weblink www.headacheaustralia.org.au

Migraine

A typical migraine headache affects one side of the head, is throbbing in nature, is often accompanied by nausea or vomiting and perhaps sensitivity to light, and can last up to days.

Warning of an impending headache is sometimes given by unusual sensations, such as flashes of light (aura) or tingling in the skin. The migraine is often severe.

The exact cause is not known. Theories revolve around blood circulation to the brain and changes in hormone levels within the brain. Both genetics and the environment play a role. Around 90% of sufferers have a family history of migraines. Generally they start before age 40. Women are three times more likely to have migraines, often more so around the time of periods.

Some triggers include certain foods rich in biogenic amines (alcohol, cheese, chocolate, pate), food additives glutamate (e.g. MSG) or nitrate (processed meats), stress, certain medications (e.g. the contraceptive pill), disturbed sleep patterns, bright lights, strong smells and sudden changes in atmospheric pressure. However, for many people there are no identifiable 'triggers'.

There is no specific test for migraine. It is diagnosed on the story. Where tests are done, it is to exclude other causes of headaches.

Treatment is with pain killing medications, whether milder over-the-counter tablets or prescription painkillers. Some specific medications taken on script can prevent migraine if taken early, while for the frequent migraine sufferer, some preventive daily medications can help. They do not work for everyone. Again, there is no absolute cure.

Simple measures that can help are drinking plenty of fluids to prevent dehydration, getting enough sleep, managing stress and avoiding known triggers. To find out your triggers, a diary might help. Others say certain herbs, acupuncture, magnesium supplements and diet help, particularly around the time of periods.

Exercise for You

The human body was designed to be active and for most of human history it has been.

Till modern times, work was often physical as was the means of getting from 'A' to 'B'. Even as recently as the 1970s we got out of our chairs to change TV channels. The estimated incidental movement taken over by labour-saving devices between the mid-1960s and today is around 2000 calories per week (or a day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the chance of falls and has been shown to be positive for the immune system. Sleep improves as well. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. The key is being consistent. However, that does not mean it has to be every day or 'set in stone'.



Exercise doesn't have to be boring.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it while you build up. The benefits of exercise are many. Just do it!

Osteoporosis

Osteoporosis is a thinning of the bones, so they are weak and more likely to break, even with minor trauma. The problem develops over a long time, usually without symptoms (although some do describe soreness in the bones). If spinal vertebrae become thin and crushed, a stooped posture results.

Women get osteoporosis more so than men, probably due to lack of oestrogen, often reaching crisis point in menopause. Asian or Caucasian background, along with a positive family history, all increase

risk. So does a sedentary lifestyle, alcohol excess, smoking, low intake of calcium and vitamin D and some other health problems. Some medications such as steroids also increase the risk.

Diagnosis is by a bone density scan, a simple investigation that takes 15 minutes, and may be covered by Medicare or your private health fund (ask them). It is best done in women or men aged over 50 with known risk factors.

Prevention starts at an early age – don't smoke, avoid excess alcohol, do regular weight bearing exercise, and ensure your diet has enough calcium and vitamin D – particularly for women.

The main complication of osteoporosis is bone fracture following a fall. Fractured wrist or hip is typical.

Preventing falls by using non-slip mats, hand rails and walking aids is important in the elderly. For some, medication is a good idea. Discuss options with your doctor.



 Weblink www.osteoporosis.org.au

● 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.



QUICK & EASY HONEY MUSTARD CHICKEN & RICE

Ingredients

- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 1 medium sized red capsicum sliced
- 1 medium sized leek, white part only, thinly sliced
- 500g Chicken Breast Fillets, cut into 3cm pieces
- 175g pkt MasterFoods Honey Mustard Chicken Recipe Base
- 1/2 cup (125mls) light thickened cream
- 100g stringless green beans, halved
- 3/4 cup frozen peas
- 1 cup Medium Grain White Rice, steamed
- 2 tablespoons chopped fresh parsley

Instructions

Cook the rice.
Whilst the rice is cooking, heat oil in a large deep frying pan over medium-high heat. Cook the garlic and leek, stirring, for 3-4 mins or until softened. Add the capsicum to the pan and cook for 1-2 minutes. Add chicken and cook, stirring, for 5 mins or until the chicken is browned. Add the Honey Mustard Chicken Recipe Base, cream and beans. Bring to the boil. Reduce heat to low and simmer uncovered for 5 mins. Add the peas and simmer uncovered for 2 mins or until chicken is cooked through and the vegetables are tender. Season with salt and pepper. Serve the honey mustard chicken and vegetables on the rice, sprinkled with fresh parsley.

WORD SEARCH

Active	Nausea
Alcohol	Nose
Allergy	Obesity
Bones	Oestrogen
Brain	Saliva
Bullying	Sinuses
Exercise	Sneeze
Eyes	Stress
Fibre	Symptom
Fluids	Tablet
Glands	Tease
Health	Test
Hormone	Trauma
Itch	Trigger
Lungs	Vomiting
Menopause	Weight
Migraine	Wheeze
Muscle	

B	U	L	L	Y	I	N	G	A	C	T	I	V	E	X
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