

FREE TO TAKE HOME!

OCTOBER-NOVEMBER 2018 EDITION



Tinnitus



Asthma in children



Managing stress



Baby teeth

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](http://www.healthnews.net.au)

## Online Appointment Bookings

You can now book appointments online 24/7. Go to our website: [jpmedical.com.au](http://jpmedical.com.au) and follow the links to book your appointment.

### PRACTICE DOCTORS

Dr Alan Kerrigan

Dr Peter Beaton

Dr Mariet Job

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, Caroline, Sandra, Ty & Margaret

### 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

**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.

### 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](mailto: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.



# When head noises get in the way – tinnitus

About one in five people have 'head noises' or tinnitus that annoys them. Most of us have noise in our hearing system, so it is how we focus on the problem that gets us in strife. This is a real dilemma for those helping – focus on what to do to overcome the problem, and if you can't overcome it, risk increasing someone's distress by increasing their focus on their tinnitus!



 Weblink: [www.tinnitus.asn.au](http://www.tinnitus.asn.au)

*Tinnitus only drives a minority of sufferers mad!*

About 30-40% of people with tinnitus suffer socially and in the workplace. Negative thoughts and emotions can create a vicious cycle that accentuates tinnitus symptoms. Your doctor will probably want to know if you are curious, concerned or distressed about your tinnitus or if you have associated dizziness.

We know tinnitus is more common in people with a hearing loss or other ear problems. Your doctor may refer you to someone with specialised equipment or expertise. They may provide information and look at self-directed treatment options.

Alternatively, information may be provided by an audiologist who will ask if the problem is intermittent or persistent, if dizziness is associated with it or if there is hearing loss. The situation may be simple or complex, and it may take multiple investigations by different clinicians to get to the bottom of it. Fortunately, symptoms

are not usually a sign of severe disease, such as a brain tumour.

How an individual thinks and feels about tinnitus is important. It would be negligent if anxiety, depression and sleep problems were not asked about.

Often nothing gets rid of it. However, patients can successfully manage their tinnitus using different treatments to the point where it is no longer a concern. Common suggestions for management include avoiding silence, doing things to keep calm and relaxed, and limiting caffeine. Removing excessive earwax can also help.

From the doctor's perspective, some medications can cause or worsen tinnitus – aspirin, quinine, some antibiotics, diuretics and some anti-cancer drugs are the most well-known.

We are told celebrities that have suffered from tinnitus include Liza Minelli, Bob Dylan, William Shatner and Barbara Streisand.

## Asthma in children

It is estimated that as many as one on five children will be diagnosed with asthma. It can range from mild to severe. Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or when exposed to irritants like dust or grass).

Uncontrolled asthma can be fatal. However, asthma can be successfully managed and controlled through use of medication. Children with asthma can live a completely normal life and do not need to be restricted in their sporting or other activities.

Typical symptoms include a wheeze and cough. In more severe cases there may be chest tightness and shortness of breath. Diagnosis is by the history of symptoms and examination of the lungs. Lung function testing is helpful but can prove normal when asthma is dormant.

Asthma is generally treated with inhalers of which there are two mainstays – preventer and symptom relievers. The former is used on a regular basis to treat the underlying inflammation in the airways and the latter to improve symptoms as needed. In severe cases oral steroids may be used in short bursts.

The treatment rationale is to use the lowest dose necessary to control the condition, so doses will not be constant through the year.

For parents, the key is to recognise the pattern on your child's asthma – its triggers and symptoms. So it is important to have an asthma plan (available from the National Asthma Council) and to have your child checked regularly by your GP.

Most importantly, seek urgent medical attention if there is any worsening of the condition.

*Younger children often are not frightened by a spacer mask, if it is introduced as a toy and the parents are involved.*

### SUDOKU SOLUTION

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

 Weblink: [www.asthmafoundation.org.au](http://www.asthmafoundation.org.au)

# Managing stress in busy lives

It doesn't seem to matter who you talk to, everyone feels stressed at some stage of their lives. Relationships, money and work are consistently shown in polling to be the big three worriers. Our body reacts to stress today as it did in caveman days. It goes into fight or flight mode with the release of hormones such as adrenalin and cortisol which were helpful when the threat had a physical solution and would end (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress, starting with regular exercise. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful as well. There are many digital apps available to help people deal with stress and many are free. Drinking herbal tea helps some people as does keeping a journal. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short vacation, if possible, may help.

Ultimately dealing with what stresses you is the key. Remember you don't always have to do this alone. For many, chatting with your GP or a counsellor can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



## Baby teeth – what you need to know

When one considers that the average life expectancy is over 82 years, it seems odd that we get two sets of teeth but the first set lasts only until we are 10 or so. Baby teeth develop while still in the womb and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months and in any order, though the central ones are usually first.

Teething gets a bad rap and, to be fair, it can be distressing. Equally, much gets blamed on teething which has nothing to do with them. Typical symptoms of teething are crying, dribbling and pulling on ears. Some babies may put their hands in their mouths. If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be very helpful. You can also use paracetamol, ibuprofen and teething gels. Be prepared to do some trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only, and start baby toothpaste at 18 months.

Sugar is bad for teeth so minimise this and you can start regular dental checks from 12 months.

 Weblink: [http://raisingchildren.net.au/articles/dental\\_care\\_babies.html](http://raisingchildren.net.au/articles/dental_care_babies.html)  
[www.ada.org.au](http://www.ada.org.au)

## Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease – a progressive degenerative neurological condition which affects the control of body movements. Typical symptoms are trembling of the hands, arms, legs and face, together with slowing of movement, instability, tiredness and difficulty walking. It comes on gradually and early signs may be very subtle.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical which sends message between cells. When those messages are blocked, muscle control is impeded. Why this happens is not clear. Family history is one risk factor as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms it can take some time for an exact diagnosis to be made.


Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy, to establish and guide an exercise program that includes daily stretching, helps. Medications can control the condition but not cure it. As time goes by their effectiveness can lessen

and dosages need to be increased. Side effects can also be a problem for some.

No two people will have the exact same experience, so treatment is always individualised. There are state and national support groups to assist.



*A late sign is the smile. It is replaced by an expressionless stare.*

 Weblink: <http://www.parkinsons.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 sometimes 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

**This Medical Centre is Telehealth enabled.**

**This practice has a no smoking policy.**



## ROASTED ROOT VEGETABLE & FETA SALAD (SERVES 6)

**Preheat oven 200 C**

### **Ingredients**

- 2 x Bunches Baby Carrots – trimmed and washed
- 6 x Medium Beets – peeled & cut into wedges
- 4 x Parsnips – peeled and cut into wedges
- 2 x Spanish Onion – cut into wedges
- 2 x Large Sweet Potatoes – Peel & cut into ¾ inch cubes
- 1 x Celeriac – Remove skin & cut into small wedges. Place in a bowl of water with lemon wedges to prevent browning
- 6 x Cloves garlic – peeled
- 1 x Lemon cut into wedges
- 1 x 75gms Baby Spinach leaves
- 1 x 200g Greek-style feta, cubed

### **Method**

- Put all prepared vegetables in a bowl and toss with 3 tablespoons olive oil.
- Place in a single layer on a baking tray.
- Sprinkle with salt and pepper.
- Bake for approx 30 minutes or until just tender.
- Let cool completely.
- Toss the vegetables with baby spinach leaves and feta cheese.

### **Dressing**

- Whisk together 1/3 cup olive oil, 3 tablespoons balsamic vinegar, 1 clove crushed garlic & 1 teaspoon brown sugar.
- Serve salad drizzled with dressing.

## SUDOKU

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6				4	2	8		
							5	

## QUIZ

- What two things can tinnitus be associated with?
- A spacer is the best way of delivering puffer spray to young children - check with your doctor if one is needed.
- One of the late signs of Parkinson's Disease can be an expressionless stare - True or False?
- What is meant by "deciduous" teeth - an older term?