



57 Williams Road
 (cnr Williams Road & Scott Street)
 Narrogin 6312
 Tel: 9881 1100. Fax: 9881 4301
 Website: jpmedical.com.au



FREE TO TAKE HOME!

APRIL-MAY 2017 EDITION



Teething Babies



Influenza Vaccination



Thyroid Tests



Sports Drinks

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

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

VISITING PROFESSIONAL

Kane D Nankiville

Narrogin Podiatry

Tuesdays 9am – 5pm

Appointments made at reception or phone **9881 1100**. Home visits on request.

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 follow-up referrals will require 5 days notice and may incur a charge.**

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 16 years are eligible to be bulk billed.

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.



Teething Babies

During teething an infant's first teeth (the deciduous teeth, often called "baby teeth" or "milk teeth") sequentially emerge or 'erupt' through the gums. They typically arrive in pairs, the lower two incisors come first at 6-8 months of age, before all 20 teeth take a few years to erupt. This is sometimes called "cutting teeth", but emerging teeth don't in fact cut through the gums but hormones released cause some cells in the gums to die and separate, allowing the teeth to come through.

The level of pain varies remarkably. Some babies are not even bothered by teething. Some appear to suffer more than others - soreness and swelling of gums before a tooth comes through, starting 3 to 5 days before the tooth shows, and disappearing as soon as the tooth breaks through.

Common symptoms include drooling or dribbling (perhaps causing a rash around the mouth), increased chewing, mood changes, and irritability. Babies might also refuse to eat or drink due to the pain. Crying, restless sleep, and mild fever may come with teething, especially when the first larger molars erupt around age 14 months.

Symptoms generally fade on their own.

Teething may cause a slightly elevated temperature but does not cause high fever (temperature over 38.3 °C) or diarrhoea. Think about other illness, particularly infection by human herpes viruses.

Find out what is going on. Rub a finger gently along the gums in search for swollen ridges or the feel of a tooth below the gums.

If unsure, see your doctor or child nurse for guidance.

A teething ring or a wet washcloth in the freezer for a few minutes can help as can drawing water into a pacifier and freezing it. The cold pressure on the gums gives relief without making the child's fingers cold. Some children respond well to chilled foods like applesauce, yoghurt, and pureed fruits. Perhaps something firm like a sugar-free rusk

In cases where the infant is in obvious pain your doctor or pharmacist can help by prescribing a numbing or teething gel or suchlike.

About half of all 6-year olds have decay in their baby teeth. Use a soft cloth or infant tooth brush at least twice a day (but no toothpaste until after 18 months). Healthy eating and drinking also reduces tooth decay. Keep sugary food and drinks like fruit juice and biscuits out of the diet. And don't put your baby to bed with a bottle and never give a dummy dipped in honey or sugar. ■

Helping with Learning Difficulties

There are many possible reasons why your child may fall behind in their schoolwork—anything from not getting on with the class teacher to ADHD or a hearing problem. Learning problems need to be detected and remedied early.

Here is a useful checklist for any child experiencing learning problems:

- Have a meeting with the class teacher or year coordinator to get their ideas on your child's problem.
- Get your child formally tested (e.g. by the school psychologist) to find out their strengths and weaknesses for learning (in literacy and numeracy skills).
- Get your child checked over by your GP, especially if they have physical complaints. Arrange an eyesight and hearing test.
- If your child is unusually impulsive, easily distracted, has poor attention or communication (at school and home), consider a formal assessment for ADHD or autism.
- If your child shows signs of distress, anxiety, insecurity or uneasiness about going to school, take time to talk to them about the things that are happening in the classroom, playground and around home. ■



Body Facts...

- Skin cells only last about a week before they die. Red blood cells live for about 4 months. Bone cells last 10-30 years.
- Hair is very strong. A rope made from just 1000 hairs could lift the average adult.

- Scattered throughout the skin are millions of nerve endings which can detect pain, touch, heat, cold and pressure. The most sensitive part of the body as far as touch is concerned is the lips; the least sensitive is the small of the back. The most sensitive

for pressure is the fingers, and the least sensitive is the bottom. This is rather important; otherwise it would be agony to sit down!

- The average brain is 80% water. The average adult has about 75 km of nerves throughout the body.

Influenza Vaccination: Key Points

Annual vaccination prevents influenza and its complications and is recommended for any person ≥ 6 months of age who wishes to reduce the likelihood of becoming ill with influenza.

Quadrivalent influenza vaccines (QIV) only are available in 2017. They protect against one completely new virus strain.

Vaccines are free on the National Immunisation Program in 2017 for:

- Aboriginal and/or Torres Strait Islander children aged 6 months to <5 years and persons aged ≥ 15 years
- Everyone aged ≥ 65 years
- All persons aged ≥ 6 months at risk of influenza complications; e.g. severe asthma, lung or heart disease, low immunity or diabetes.
- Pregnant women (any stage of pregnancy).

Influenza vaccination is also strongly recommended, but not funded, for other groups who are at increased risk of influenza and its complications.

People with egg allergy can be safely vaccinated, with precautions taken in some cases. ■



Thyroid Tests Serve a Function

The thyroid gland in the front of the neck controls the metabolism of the whole body. Sometimes the gland becomes overactive or underactive. This happens most often in women over 50 who have a family history of thyroid problems or pernicious anaemia (vitamin B12 deficiency).

Failure of the thyroid to produce enough thyroid hormone usually comes on slowly. Symptoms are excessive tiredness, coarse or dry skin, hair loss, weight gain, poor memory and intolerance of cold weather.

An overactive thyroid speeds up the body—anxiety, rapid heartbeat, weight loss, trouble sleeping, and menstrual changes.

All these symptoms can be mimicked by other health disorders, so it can be hard for a doctor to spot thyroid problems. If you feel it may be a problem for you, discuss it with your doctor.

The problem shows up on blood test. Any lack of thyroid hormone can be easily replaced with a daily tablet. After that, the correct dose is monitored with regular blood tests.

Unfortunately, thyroid problems cannot be remedied with a change in diet or lifestyle. The problem comes about because the body, by some quirk of Nature, produces antibodies against the thyroid gland, slowly destroying its function. Taking kelp or iodine supplements can make the problem worse. ■

Profile: Sports Drinks

Highly fashionable sports drinks offer improved sports performance and recovery but is this at the expense of your teeth!?

Athletes who regularly sip on sports drinks are bathing their teeth in sugar and mild acid, just the recipe for dissolving tooth enamel and promoting tooth decay. The risk is greater if a mouth guard is used after consuming a sports drink.

To prevent this problem, rinse the mouth with water immediately after your sports drink.

And you can make your own sports drink, as well as the commercial ones.

During strenuous exercise, especially in hot

weather, the body needs more than just water replacement. After an hour of heavy exercise, taking some carbohydrate helps the body conserve glycogen stores in muscle, maintain blood sugar levels and delay fatigue. A little sodium and potassium is also beneficial.

Try this recipe. Dissolve 1 tablespoon of sugar and a pinch of salt in a little hot water. Add 1 tablespoon of 100% orange or lemon juice. Add 250 ml of iced water. Bingo!—your own effective sports drink. ■



ANZAC BISCUITS

Ingredients

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125 g butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda

Method

- Sift the flour into a bowl. Add the sugar, rolled oats and coconut.
- Melt the butter in a saucepan and add the golden syrup and water.
- Stir the bicarbonate of soda into the liquid mixture.

- Add the liquid to the dry ingredients and mix thoroughly.
- Place walnut-sized balls of mixture on a greased tray and bake at 175C for 15-20 minutes.
- All biscuits to cool a little to harden before transferring to a wire rack to cool completely.



SUDOKU PUZZLE

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HAPPY EASTER!



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.