



AUGUST - SEPTEMBER 2022 EDITION

FREE TO TAKE HOME!



Emphysema



Vaginal thrush



Common dental issues



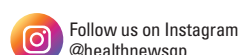
Malaria

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



● PRACTICE DOCTORS

Dr Jane Hampson

MB BCH, MRCP, FRACGP
 Family medicine, Migrant health, Sexual health/contraception, Antenatal share care

Dr Shadi Emamisdar

MD
 Women's Health & Dermatology

Dr Mahdi Vakili

MD
 Musculoskeletal issues, internal medicine and mental health.

● PRACTICE MANAGER

Jo Bean

● PRACTICE NURSES

Tiffany, Ally & Rebecca

● RECEPTION STAFF

Robyn, Kobi-Anne, Monique & Kurt

● SURGERY HOURS

Monday - Friday
 8:00am to 5:30pm

Public Holidays
 Closed

● AFTER HOURS & EMERGENCY

In the case of a medical emergency dial **000** and ask for an ambulance.

Contact the following services for after hours medical advice:

National Home Doctor Service:
13 74 25

The after hours medical service weekends and public holidays:
6331 4588

● BILLING ARRANGEMENTS

We are a private medical practice.

All patients required to pay for their consultations on the day. We accept cash or eftpos.

Medicare rebate is available on the day.

Bulk billing is available for patients under 16yrs, pensioners over 65yrs, DVA gold card holders, Ante-natal shared care, Medicare approved health assessments and chronic care plans. Please bring your Medicare card with you.

Fee schedule is available at reception.

● HEALTH CHECKS AVAILABLE

- 45 – 49 years full health checks
- 40 – 49 years type 2 diabetes risk evaluation
- Aboriginal & Torres Strait islander yearly health check
- Asthma reviews
- Diabetes cycle of care
- 75 years plus annual health assessment
- Mental health care plans
- Chronic disease management plans

● SPECIAL PRACTICE NOTES

Patient feedback. We welcome your comments and suggestions. We have a suggestion box in the foyer, feel free to drop your thoughts and ideas in the box.

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.

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Communication Policy. We welcome you to call the surgery with any queries or concerns you may have. Often our staff are able to help with your enquiry directly.

Test Results. Results are reviewed by your doctor and acted on in a timely manner. To protect confidentiality we can only give results to you personally. To obtain results and doctors comments please call between 12pm - 12:30pm or 4pm - 4.30pm.

Complaints. If you ever feel the service or care you have received was inadequate or inappropriate please talk to your GP or the practice manager. We take complaints and issues very seriously. If you prefer, you can contact Health Complaints Commissioner Tasmania:
 Phone - 1800 001 170
 Email - health.complaints@ombudsman.tas.gov.au,
 Web - www.healthcomplaints.tas.gov.au

● APPOINTMENTS

If you wish to speak with your Doctor, please leave a message with staff. They will return your call as soon as convenient. Consultations are by appointment only.

Emergencies will ALWAYS be given priority. Staff will inform you of unforeseen delays.

Longer consultation times are available. Please ask if you require extra time.

Please notify us well in advance if you unable to keep an appointment. All missed appointments are documented, a fee of \$40 may apply.

While we strive to accommodate every patient's needs, we are unable to make home visits.

If an Interpreter is required, please inform staff when making appointment.

If more than one person from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.



▷ **Please see the Rear Cover for more practice information.**

Emphysema

Emphysema is a form of chronic obstructive pulmonary disease.

It can be due to a genetic condition such as alpha-1-antitrypsin deficiency. However, most cases are related to smoking or long-term exposure to dust or pollutants which damage the air sacs in the lungs. This is where oxygen enters the bloodstream. The symptoms develop slowly, generally over many years, and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases, there can be cyanosis (a blue colouration) of the skin.

There is no cure for emphysema, but it is largely preventable. The most important one being not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. Even if you have failed before, it does not matter. Some people need multiple attempts before finally getting off cigarettes.

Diagnosis is based on the history and examination of the chest. You will likely be referred for imaging of the chest (x-ray or CT scan) and lung function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle), and in advanced cases, oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.



More info »

It is worth restating that whilst there is no cure for emphysema, it can be largely prevented by not smoking. If you do smoke, talk to your doctor about quitting.



Vaginal thrush

Thrush is caused by the fungus *Candida Albicans*.

Whilst it is part of the normal vaginal flora and sits there, causing no problems, in certain circumstances, it can multiply, leading to an overgrowth and typical thrush.

It is estimated that 75% of women will experience thrush at some stage, whilst some get it frequently.

Risk factors include being on an antibiotic, wearing tight-fitting clothes like jeans, and wearing synthetic underwear. The contraceptive pill can also be a risk factor. Conversely, preventative factors include wearing cotton underwear and using a probiotic.

Symptoms are a thick white discharge from the vagina, itchiness and redness at the vagina and vulva and sometimes burning with passing urine and pain with intercourse.

Many women self-diagnose and seek treatments without prescription. Whilst this can work, it is important to remember that the symptoms are not always typical or specific to thrush. If there is a possibility of having a sexually transmitted infection (STI), it is vital to see your doctor and have the necessary tests done.

Treatment for thrush is with anti-fungal creams or pessaries for between one and seven days. There are also anti-fungal tablets, which can be taken orally. Some of these are available without a prescription.

Self-help treatments like yoghurt, vinegar, tea tree oil and garlic are popular but are of questionable benefit and can cause irritation.

If symptoms do not resolve with over-the-counter treatment or if you have recurrent thrush, it is important to see your doctor.



Common dental issues

Getting a tooth knocked out is painful and is also a dental emergency.

A permanent tooth that can be re-implanted within 30 minutes has the highest chance of success. Baby teeth are not re-implanted. Where a tooth has been knocked out -touch only the crown (top part) of the tooth, not the root. Rinse the tooth carefully and only if necessary. Do not scrub or scrape, and do not apply alcohol. If possible, put the tooth in its socket but don't force it. Control any bleeding with sterile gauze and apply a cold compress to reduce swelling.

Plaque builds up on the teeth daily, damaging the tooth enamel. Gum disease can arise from poor dental hygiene. This



can lead to infection and, in severe cases, teeth falling out. If mouth bacteria enter the bloodstream, it can lead to a more serious infection.

Poor dental hygiene has been associated with conditions like diabetes, Alzheimer's and some forms of cancer, although the causative mechanism has not been determined.

Take good care of your teeth by brushing twice daily and flossing. Minimise sugary food as these increase tooth decay. Keep an eye on your mouth for signs of any problem, such as sores not healing or irritated gums and have an annual check-up with your dentist.

Malaria

With borders opened up, travel is on the agenda again for many - visiting family and friends and for a holiday. With this comes the potential for infections.

Mainland Australia is malaria-free, although found on the Torres Strait Islands. Malaria is a potentially fatal infection caused by a parasite transmitted by mosquito bites. Five types of parasites (called plasmodium) cause the infection. Travellers to tropical and sub-tropical countries are at risk. Typical symptoms include fever, chills, headaches, sweats, nausea, vomiting, and joint pains. These start 7-14 days after being bitten. The fever is often intermittent.

Diagnosis is based on history and blood tests. The parasite may be seen under the microscope, although more than one sample may be needed. Treatment is with specific anti-malarial medication, and some may require hospitalisation. In third-world countries, the infection is often fatal, whereas, in Australia, treatment generally

means this is not the case.

The key is prevention. Talk to your doctor before you travel. Certain areas are classed as "malarial zones". You may be recommended preventative medication. Other measures include avoiding being outside at dusk and wearing loose-fitting long-sleeved shirts and long pants outdoors. The use of mosquito repellents is important. Stay and sleep in screened or air-conditioned rooms. Avoid swamps and other areas where mosquitos are more likely to be found.

If you become unwell after returning from travel, see your doctor promptly. Take out travel insurance as if you become unwell overseas, you may need treatment before return which can be expensive.



Iron intake for vegetarians

Iron deficiency is a potential problem for those on a vegetarian or vegan diet. This is particularly the case for women whose daily iron requirements (especially in reproductive years) are greater than for men.

Iron is essential for red blood cells, which carry oxygen around the body. Iron deficiency leads to anaemia, which in turn can cause fatigue, headache and weakness.

There are two forms of dietary iron in food, haem and non-haem. The former is more easily absorbed and makes up 40% of iron in animal-based foods. Eggs, vegetables, and other foods have more non-haem iron, which is less readily absorbed.

However, you can include plenty of foods in a vegetarian diet that have iron. These include tofu, legumes (lentils, kidney beans), broccoli, Asian greens, spinach, kale, cabbage, nuts

(especially cashews and almonds), dried fruits (especially apricots) and seeds (like sunflower seeds and tahini).

Iron absorption is enhanced by vitamin C, so combining the above foods like citrus fruits, kiwi fruit, tomatoes, or capsicum helps. Spinach cabbage and broccoli are good sources of both.

If you have any concerns about iron levels, talk to your GP. You may need blood tests to assess your levels. Despite eating foods with iron, you may need a supplement. These come in both liquid and tablet form. Some who are severely iron deficient may need an infusion of iron into a vein.





PORK & GINGER DUMPLINGS

Ingredients

2 x 3cm pieces of ginger
3 spring onions plus extra for garnish
¼ cup soy sauce plus extra for serving
1 ½ tbsp sesame oil
1 tsp caster sugar
300g pork mince
275g of your favourite dumpling wrappers
2 tbsp peanut oil
1 long red chilli

Method

1. Peel, then finely grate 1 piece of ginger into a large bowl. Thinly slice onions, add half to ginger and reserve remaining half for stir-fry. Add 2 tablespoons soy sauce, 1 tablespoon sesame oil, sugar and pork to ginger mixture and combine.

2. Place 20 dumpling wrappers on a work surface. Top each with 2 teaspoons pork mixture. Run a wet finger around edge of wrappers, fold in half, then press edges together firmly to seal. Position dumplings so the join is on top. Crimp join, if desired.

3. Heat 1 tablespoon peanut oil in a frying pan over medium-high heat. Pack dumplings in pan. Cook for 5 minutes. Add 125ml (½ cup) water and cover. Reduce heat to medium and cook for 10 minutes. Uncover and, if necessary, cook for a further 3 minutes or until water has evaporated.

4. Serve dumplings hot with remaining spring onion and soy sauce

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

SUDOKU

@mm

Mowbray Medical

**WE PRIDE OURSELVES
ON BEING:**

A Youth friendly practice.

**A Culturally & Linguistically diverse
friendly practice.**

A LGBTI friendly practice.

• SPECIAL PRACTICE NOTES

Ante-natal care. We provide shared ante-natal care. These appointments are Bulk billed.

Aboriginal or Torres Strait Islander?

Let us know and we can register you with the government funded Closing the gap programme (CTG), entitling you to cheaper and sometimes free prescriptions. Conditions do apply so please speak to reception staff.

We are a training practice. We pride ourselves in giving positive training and support to junior Drs.

We provide placements for Medical students via the Tasmanian Universities.

With your permission these students may sit in during consultations

We are a training post for registrars via General Practice training Tasmania (GPTT) as they work toward their fellowship.

• SERVICES AVAILABLE

- Family Medicine
- Emergency care
- Children's immunisations
- ECG
- Migrant health
- Skin Checks
- Sexual Health
- Women's health
- Adolescent health
- Family Planning
- Contraception advice
- Cryotherapy
- Mirena fittings and care
- Wound care
- Antenatal share care
- Medicals
- Ear syringing
- Mental health care
- Minor surgery