

FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2019 EDITION



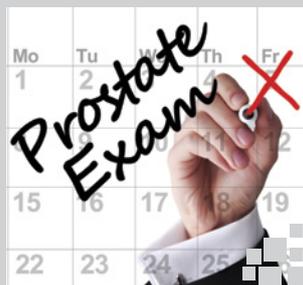
Memory loss



Vaccination in children



Fibroids



Prostate enlargement

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 Marc Herington
- Dr Michelle Wellington
- Dr Kirsten Scott
- Dr Damien Polioudakis
- Dr Bree Latta
- Dr Leah Watts
- Dr Christopher Kearney
- Dr Jane Karmouche
- Dr Gillian Porter
- Dr Timothy Johnston
- Dr Tina Ling
- Dr Pavani Kurra

● REGISTERED PRACTICE NURSE

Lorianna Marchese

● ON SITE PROFESSIONALS

Amy Hawker Podiatrist
Jennifer Donnelly Dietitian

● OTHER SERVICES

Docklands Cosmetic Clinic

For all appointments phone:
0419 22 44 91

Dorevitch Pathology

Monday – Friday 8am – 4pm
(No appointment required)

● SURGERY HOURS

Monday – Friday

8am – 6pm
(by appointment)

Saturday

9am – 12 midday
(by appointment)

● AFTER HOURS & EMERGENCY

If you require medical attention outside of normal surgery hours, Victoria Harbour Medical Centre provides out-of-hours care via the National Home Doctor Service. They can be contacted on:

13 SICK (13 7425) or call **9629 1414** for a recorded message.

If an extreme emergency dial: **000 (triple zero)**

● BILLING ARRANGEMENTS

Fees are payable at the time of consultation by cash or credit card. The AMA fee structure forms the basis of our billing policy and is displayed in the reception area of the surgery. Repatriation patients will be bulk billed.

● RECALL SYSTEM

Our practice is now using a secure mobile phone messaging service called HotDoc SMART Recalls.

Instead of receiving a letter in the mail, you will now receive a SMS recall or reminder notification on your mobile device.

Please contact the practice for more information.

● APPOINTMENTS

We run by appointments, but emergencies will always be given priority. We request that all come to the reception desk on arrival. If you have a complex problem or are new to the practice, please request a double appointment. Unfortunately at times your doctor may be delayed due to emergencies or complicated medical problems. We realize your time is valuable and always endeavour to minimize waiting times.

● ON-LINE APPOINTMENT BOOKING

For existing and new patients our practice offers on-line appointments. **This service is available via our website, app, HealthEngine or Hot Doc.**

● HOME VISITS

Victoria Harbour Medical Centre home visits can be arranged within normal opening hours if a patient is too ill to attend the Medical Centre and where it is safe and reasonable. The patient must be a regular patient of the practice and live within a 5km radius of the practice.

All home visits will only be booked at the discretion of the doctor, whose decision will be final.

● TELEPHONE AND ELECTRONIC COMMUNICATION

Doctors in this practice may be contacted during normal surgery hours. If the doctor is with a patient, a message will be taken. Your call will always be put through in the event of an emergency.

Communication via email is kept to a minimal and is conducted with appropriate regard to the privacy and confidentiality of the patient's health information. The GP will determine that this is clinically safe and that a face-to-face consultation is unnecessary for that patient.

● PATHOLOGY TESTS AND INVESTIGATIONS

Test results are generally available within 2-3 days of the test being performed. Some blood tests can take considerably longer. Results are downloaded electronically to our doctors by our preferred pathology and imaging providers. Attending other pathology or imaging providers can cause further delays.

Urgent results will be notified to you by your doctor as soon as possible. Other results are available by arrangement with the ordering doctor. Each of our doctors have their own preferred methods for notifying results.

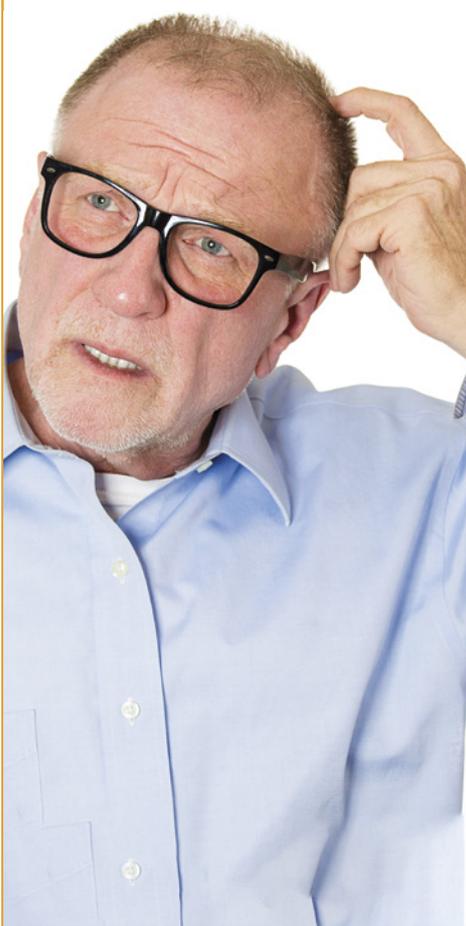
If you urgently require results it is advised to make an appointment with the ordering doctor.

● PATIENT FEEDBACK

Your satisfaction is important to us. If you feel you have an idea of areas where we can improve, please complete our patient feedback form and place it in the suggestion box which is located at reception. If you have a complaint, please discuss this with your Doctor or Practice Manager. If your complaint was not resolved please take the matter to the Health Complaints Commissioner:

Phone: 1300 582 113 or email: hsc@health.vic.gov.au

▷ Please see the Rear Cover for more practice information.



Memory loss

The prospect of memory loss is one of the major concerns of people who are getting older. The 'good news' is that while the total number of people with dementia is increasing, the percentage of the population with dementia is declining.

Work over the past three decades shows that as each cohort gets older, a smaller number of people are being diagnosed with dementia.

There are a number of causes. Alzheimer's disease is the most common. Risk factors include a family history, past trauma to the head (especially repeated concussions), smoking and alcohol consumption.

The condition generally comes on slowly. It is worth noting that occasionally forgetting where you put your keys is not the first sign. Diagnosis

is largely on assessing mental state through a questionnaire.

A CT or MRI scan may be done to assess the brain. Certain changes are typically seen in people with Alzheimer's.

Blood tests are done to rule out treatable conditions that can impact memory (e.g. underactive thyroid, certain infections, kidney or liver diseases). Any underlying secondary cause can be treated accordingly.

There is no treatment, as such, for Alzheimer's. Available medications only slow progression and not always even that. The key is practical support for the individual and carers.

Talk to your GP about available support services.

The World Health Organisation recommends physical exercise, adequate sleep and sensible diet to keep the brain active. Avoiding smoking and consuming only moderate alcohol, controlling blood pressure and blood sugar all help.

Vaccination in children

Over the course of the 20th century there was a steep decline in deaths from infectious disease. One of the main reasons for this has been the advent of vaccinations. In simplest terms, this involves exposing an individual to a protein (or other recognizable part) of a bacteria or virus and "tricking" the body into mounting an immune response. We know that once antibodies are produced on one exposure that we become immune to the particular bug. Thus, a vaccine allows us to develop immunity without actually contracting the illness.



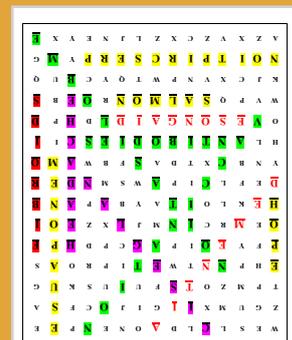
Conditions like tetanus and polio are extremely rare in Australia today as a result. However, success can breed complacency and we have seen cases of disease preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations which applies nationally. This covers a number of diseases including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in hospital before discharge with the next one at six to eight weeks. At each visit your GP will advise when the next set is due.

Some children may get a fever after vaccination- talk to your doctor about this and use paracetamol or ibuprofen. Also raise any questions- sadly there is mis-information out there but your doctor has the facts.

Most states have no jab- no play policies (day care and school) so make sure your child is up to date. This is also important for certain family benefit payments.

<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>



WORD SEARCH SOLUTION

Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them but most will not have any symptoms or need treatment.

They rarely grow before puberty or after menopause. Their cause is unknown. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger fibroids can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed especially in the case of heavy bleeding.

Treatment depends on

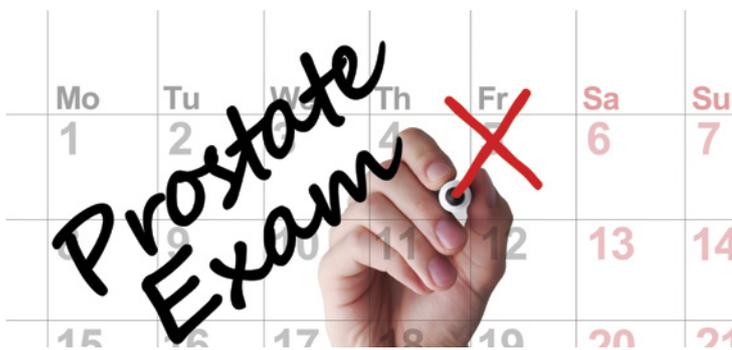
symptoms. If they are mild and not troublesome, then it may be as simple as analgesia for period cramps. If iron levels are low, due to menstrual loss, then an iron supplement or infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolisation can restrict blood supply to the fibroid, causing it to shrink.

Definitive treatment is surgery, most commonly, laparoscopic. The fibroids may be removed or in severe cases a hysterectomy may be necessary.



<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/fibroids>



Prostate enlargement

The prostate gland sits beneath a man's bladder and produces semen fluid. It gets larger as men get older and some can experience side effects. Benign, (non-cancerous) enlargement or hypertrophy of the prostate (BPH) is far more common than prostate cancer and, to some degree, affects all men as they age.

It is thought testosterone (the male sex hormone) causes the enlargement over time and family history is also a risk factor.

As the prostate enlarges, it can squeeze the urethra, which can lead to difficulties urinating. Men can suffer from a poorer stream, difficulty getting flow starting and stopping, passing urine at night (or more frequently at night), and feeling a regular need to pass urine.

Diagnosis starts with history. A digital examination of the prostate through the rectum may be done. Other investigations include blood and urine test and an ultrasound. The prostate specific antigen (PSA) test gives an indication as to whether enlargement is more likely benign or cancerous. Depending on results, you may be referred to a specialist for biopsy.

Treatment depends on diagnosis. Lifestyle measures such as weight loss and managing fluid intake later in the day helps. Medications can improve flow. Some men may require surgery.

<https://www.mydr.com.au/cancer-care/prostate-enlargement>

Alcohol & drug abuse

Alcohol is a major factor in many diseases, violence and family disruption. Illicit drugs also cause major problems but, despite headlines, on a smaller scale. Prescription drugs lead to more deaths each year than illicit drugs.

While we may have preconceptions on what an addict looks like, most people manage to camouflage their substance use/misuse and they come from all walks of life. What is usually common is substance misuse can devastate individuals and families.

Warning signs include changes in mood, appearance or behaviour, with some withdrawing from social contact, and a deterioration in work performance.

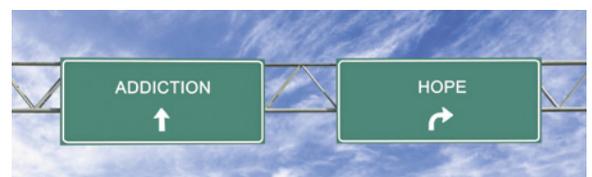
People may get recurrent nausea or headaches and they may lose weight and appear withdrawn. None is unique to substance misuse.

The most critical thing if you or someone you care for has a substance misuse problem is to seek help.

In each state there are dedicated services and support lines. Many with substance issues may also have mental health problems and this will need treatment too. Seeing your GP is the first step.

Some people may require medications and/or counselling. In some cases, admission to a rehab facility is needed.

Ignoring the problem will not make it go away. Don't be afraid to seek help or advice.



<https://au.reachout.com/tough-times/addiction>

● **SPECIAL PRACTICE NOTES**

Victoria Harbour Medical Centre is located at 850 Collins Street with the entrance via Merchant Street next to Victoria Harbour Pharmacy and opposite Woolworths. Providing a full range of General Practice services, the Victoria Harbour Medical Centre is committed to providing Melbourne's waterfront community with quality and friendly medical care.

Victoria Harbour Medical Centre offers a range of services to our wider community including:

- General Medicine
- Women's Health
- Men's Health
- Chronic Disease Management
- Mental Health
- Minor Surgery
- Travel Medicine

Our doctors are fully qualified Gps and fellows of the Royal Australian College of General Practitioners. The practice also serves an important teaching function, as a placement for Registrars in their final year of Specialists and General Practice training.

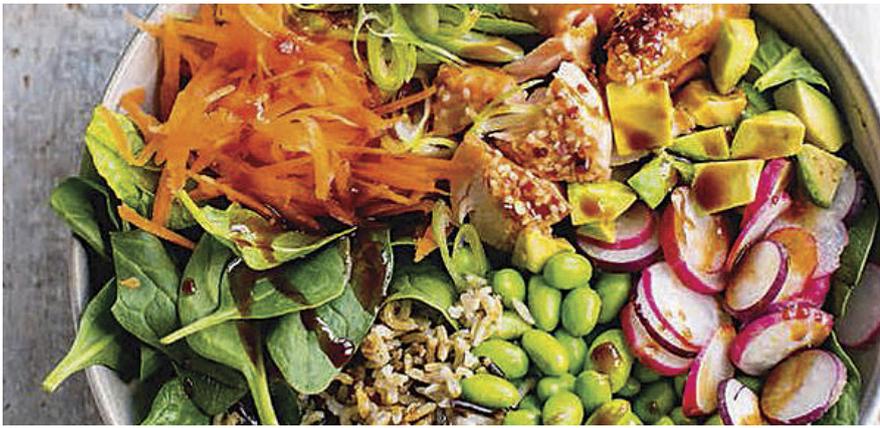
● **ANTENATAL SHARED CARE**

Dr Kirsten Scott
Dr Michelle Wellington & Dr Jane Karmouche are accredited Maternity Care Associates who work in collaboration with The Royal women's Hospital for Antenatal Shared Care.

For more information on this service, please visit our website or contact the practice.

● **PRACTICE PRIVACY POLICY**

Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised staff.



SALAD BOWL WITH SALMON – SERVES 2

Ingredients

- 25 g brown rice, or brown and wild rice mix
- 75 g frozen peas
- 2 small salmon fillets,
- 1 tsp sesame seeds
- 2 large handfuls young spinach leaves or mixed baby salad leaves
- ½ medium avocado, chopped
- 1 medium carrot, trimmed and coarsely grated
- 2 spring onions, trimmed and finely sliced
- 4 radishes, trimmed and sliced
- lime wedges, to serve

Dressing

Combine the soy sauce, sesame oil, lime juice, and honey in a small bowl and whisk well.

Instructions

1. Preheat the oven to 200°C/fan 180°C and line a small baking tray with foil.
2. Half fill a small saucepan with water and bring to the boil. Add the rice and cook for about 20 minutes, or until tender. Add peas and return to the boil, stirring. Drain immediately.
3. Place the salmon, skin-side down, on the prepared tray and drizzle with 2 teaspoons of the dressing. Sprinkle with the sesame seeds. Bake for 10–12 minutes, or until just cooked. (It is ready when the salmon flakes into large pieces easily when prodded with a fork.)
4. Divide the leaves, rice and beans or peas between two bowls. Add the leaves and arrange the avocado, carrot, spring onions and radishes alongside. Flake the salmon into the bowl (leaving behind the skin), drizzle with the rest of the dressing and serve with lime wedges.

WORD SEARCH

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A	Z	X	V	Z	C	X	Z	L	J	N	E	Y	X	E

- Analgesic
- Antibodies
- Dementia
- Fibroids
- Headache
- Hope
- Menopause
- Prescription
- Salmon
- Symptoms
- Thyroid
- Vaccination