

FREE TO TAKE HOME!

AUGUST - SEPTEMBER 2021 EDITION



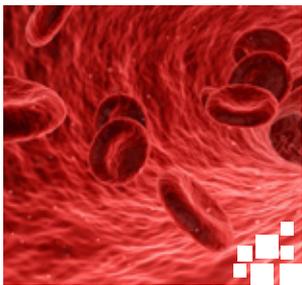
Febrile Fits



Covid vaccine update



Using an inhaler correctly



Iron intake for vegetarians

● **PRACTICE DOCTORS**

- Dr Marc Herington
- 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 Lisa Hong

● **REGISTERED PRACTICE NURSE**

Lorianna Marchese

● **ON SITE PROFESSIONALS**

- Loretta EganPodiatrist
- Jennifer Donnelly Dietitian

● **OTHER SERVICES**

Docklands Cosmetic Clinic

For all appointments phone:
0419 22 44 91

Dorevitch Pathology

Monday – Friday.....8am – 4.00pm
(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 via HealthEngine 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 and HealthEngine.**

● **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

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

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

Febrile Fits

These are seizures in children (generally between six months and five years) due to a rapid rise in temperature. Up to one in 20 children will have these. Whilst frightening to watch, they do not cause brain damage and are not a prelude to epilepsy.

The exact cause is unknown but is thought to relate to the young brain being more sensitive to fever and rapid rise in temperature. The underlying infection does not need to be severe. There are no specific preventative measures to prevent febrile fits, but the vast majority of children who have had one will not have another.

Typical symptoms are brief loss of consciousness, jerky movements and possibly redness of the face. Febrile fits usually last a few minutes and stop by themselves. Your child will likely be sleepy and irritable. If a fit continues for over five minutes, you must call an ambulance.

Immediate treatment is to lay your child on their side and remain calm. Do not try to restrain the child or place them in a bath while fitting. Other treatments are directed to lowering the fever with ibuprofen or paracetamol. Tepid bathing or sponging can help. Get your child checked by your GP to find the underlying cause of the fever. If, as is common, it is due to a virus, then no antibiotic will be needed.



 http://healthywa.wa.gov.au/Articles/F_/Febrile-convulsions

Male Hormone Deficiency

There is much controversy over low testosterone levels in men, also known as andropause or “male menopause”. It is not clear-cut, like in women where menopause is marked by the cessation of periods.

Full-page newspaper ads tell us that there is a market for male hormones. Some operators charge substantial amounts of money upfront for long-term treatment.

The symptoms of low testosterone include tiredness, irritability, and grumpiness, loss of focus and motivation and low libido. All these symptoms can be due to a range of conditions, so they are not unique to low testosterone.

Your GP can do a full assessment of your health if you have these symptoms. Blood tests can also help in determining the cause.

A few years ago, the diagnostic criterion for diagnosing age-related low testosterone was changed to being two morning blood samples with a reading below 6mmol/L in a man over the age of 40. Males who qualify on blood testing need to be referred to a urologist or endocrinologist for consideration of hormone supplementation treatment under the subsidised PBS system. The options include a cream or gel



applied to the skin daily or injections, which can be three weekly, or three monthly. Treatment can be prescribed privately. Weight loss, regular exercise, reducing stress and alcohol, together with better

sleep, can all help raise the body's production of testosterone. Talk to your doctor before launching into any self-treatment with hormones, as this can be costly and potentially dangerous.

Covid vaccine update

The vaccine rollout continues around the world at an unprecedented pace. There has been much publicity about potential side effects. There is a small (around 1 in 300,000) risk of blood clots. A joint statement by the Australian Technical Advisory Group on Immunisation (ATAGI) and the Thrombosis and Haemostasis society of Australia and New Zealand (THANZ) focussed on this.

The risk of blood clots has not been found to be increased in the following groups:

- History of blood clots in typical sites
- Increased clotting tendency that is not immune-mediated
- Family history of blood clots
- History of ischaemic heart disease or stroke
- Current or past thrombocytopenia (low platelet count)
- Those receiving anticoagulation therapy.

People in these groups can have the AstraZeneca vaccine.

The Pfizer vaccine is the preferred one in those with a history of idiopathic splanchnic (mesenteric, portal, splenic) vein thrombosis and antiphospholipid syndrome with thrombosis.

Of all medical treatments, from the humble

paracetamol purchased at the supermarket to chemotherapy, one always must look at the benefits versus the risks. The risks of Covid are clear, even though we have seen little in Australia compared to other countries. Like the flu vaccine, some will experience symptoms of aching, fever, headache and malaise the next day. The severity varies considerably. For some, there are no side effects at all.

The risk of injury travelling to the surgery to have a vaccine is far greater than the risk of serious side effects from the vaccine. If you are eligible and have not had your shot yet-talk to your doctor.



<https://www.health.gov.au/news/joint-statement-from-atagi-and-thanz-on-thrombosis-with-thrombocytopenia-syndrome-tts-and-the-use-of-covid-19-vaccine-astrazeneca>



Common mistakes people make in using an inhaler

Asthma affects up to one in five people throughout their life, and inhalers are the mainstay of treatment. They are classified as symptom relievers (which are used as needed to relieve symptoms) and preventer in-halers (which are used on a regular basis to reduce symptoms and attacks).

Inhalers are most commonly metered-dose inhalers (MDI) or dry powder inhalers (DPI). More recently, a number of new devices have come to market. Whilst not difficult to use, there are simple mistakes people make, and this reduces the effectiveness of treatment. If not used correctly, the effectiveness is diminished or may even be negated completely.

Here are some of the common errors we make- each has a simple remedy.

- Not checking the mouthpiece for foreign matter
- Failing to shake the device well before use
- Not exhaling fully before using the device
- Holding the inhaler in the wrong position
- Not coordinating pressing the device with inhaling (for MDI's)
- Inhaling too quickly and/or not deeply enough
- Breathing out too quickly after inhaling and
- Not cleaning the device after use

The other critical error made is not using inhalers as prescribed. In other words, not using them when we should. And now, with different devices, it is also important to make sure the right capsule goes in the right DPI. Good technique enables you to get the most benefit from your treatment. Talk to your doctor, practice nurse, or pharmacist about the correct use of your inhaler. The asthma foundation is another good source of information.

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 causes 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 the iron in animal-based foods. Eggs, vegetables and other foods have more non-haem iron, which is less readily absorbed.

However, there are plenty of foods you can include in a vegetarian diet that contain 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 (e.g. sunflower seeds and tahini).

Absorption of iron is enhanced by vitamin C, so combining the above foods with foods such as citrus fruits, kiwi fruit, tomatoes, or capsicum is a good idea. Spinach cabbage and broccoli are good sources of both iron and vitamin C. Calcium and zinc can impair iron absorption.

If you have any concerns about iron levels, see your doctor. You may need blood tests to assess your levels. Despite eating foods with iron, you may need a supplement (liquid or tablet form). Some who are severely iron deficient may need an infusion of iron directly into the vein.

<http://www.mydr.com.au/nutrition-weight/iron-intake-for-vegetarians>

• **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 Jane Karmouche, Dr Gillian Porter & Dr Tina Ling are accredited Maternity Care Affiliates 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.



WINTER VEGETARIAN CURRY

Ingredients

- 3 tablespoons vegetable oil
- 10 ounces butternut or other winter squash, peeled and cut into 1/2-inch pieces and pre roasted in the oven for 10 minutes.
- 1 can (400g) of Chickpeas
- Kosher salt and black pepper
- 1 or 2 small green chiles, such as jalapeño or serrano
- 3 medium shallots or 1 small onion, finely diced
- ½ teaspoon black mustard seeds
- ½ teaspoon cumin seeds
- ½ teaspoon garam masala
- Handful of fresh or frozen curry leaves (optional)
- 2 garlic cloves, minced
- 1 teaspoon ground coriander
- Pinch of ground cayenne
- ½ teaspoon ground turmeric
- 500g mushrooms, preferably a mix of cultivated and wild, trimmed and sliced 1/8-inch thick
- ¾ cup coconut milk

- 2 tablespoons lime juice
- Coriander sprigs, for garnish

Preparation

1. Add shallots to hot oil, salt lightly and cook, stirring for approximately 1 minute. Add mustard seeds, cumin seeds and curry leaves and let sizzle for 30 seconds.
2. Add garlic, coriander, cayenne, turmeric, garam masala and chiles. Stir well and cook for 30 seconds more. Leave chilies whole for less heat.
3. Add mushrooms, season with salt and toss to coat. Cook, stirring, until mushrooms begin to soften, about 5 minutes.
4. Return squash cubes to skillet, add chickpeas and stir in coconut milk. Bring to a simmer. Lower heat to medium and simmer for another 5 minutes. If mixture looks dry, thin with a little water. Taste and season with salt.
5. Before serving, stir in lime juice. Transfer to a warm serving dish and garnish with Coriander.

A J A G C L R R M P G T P L V
E A X L G D V O J O G O P R S
L S W V T X K I L V W H N O Y
W T U A L I T S T L R Z S Y M
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WORD SEARCH

- tiredness
- inhaler
- vitamin
- symptoms
- vaccine
- covid
- febrile
- rollout
- iron
- hormone
- asthma
- haem