

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

● PRACTICE DOCTORS

Dr Marianne Power

MBChB, FRACGP, PGDipSportMed

Dr Sean Scanlan MBBS, Dip MSM (Otago)

Dr Shelton Wabersinke MBBS

Dr Jim Williams

MBBS, FRACGP, FACRRM, Dip MSM

Dr Cass Wys MBChB, FRACGP

Dr Mike Barrett

MBChB, FRACGP, Dip Mid COG

Dr Anna Eakins MBBS (London), FRACGP

Dr Joanna Nathan

BM (Soton), FRACGP, MRCP, MRCPG, DCH, DRCOG

Dr Mark Bown MBChB, MRCPG, FRACGP

Dr Bernadette Dutton MBBS, FRACGP

Dr Merlin Winten MBBS, FRACGP

Dr John Matson

BPharm(Hons), MBBS, FRACGP

Dr Dominic Radford

MBChB, MRCPG, MSc Sports Med, FFSEM, FRACGP

Dr Jackie Garden

MBChB, FRACGP, DRANZCOG

● DIETITIAN

Stephanie Cronin

Accredited Practising Dietitian
B Nutr & Diet

● PRACTICE STAFF

Practice Manager: Laura Wilkinson

Practice Nurses: Melanie, Jacqui, Joanne, Lisa & Jo

Receptionists: Laura, Helen, Jackie, Sam, Jennie, Emily, Kauri & Sharene

● APPOINTMENTS

Consultation is by appointment.

Urgent cases are seen on the day.

Please tell the receptionist

should you require a longer appointment i.e. Complex health

problems, counselling, Insurance

Medicals and Women's health checks.

An appointment is required for scripts,

referrals and follow-up tests.

We kindly request that patients arrive

on time.

If you are unable to attend your

appointment please contact the

practice. Patients who arrive late may be asked

to reschedule.

● SURGERY HOURS

Monday to Friday **8am – 5pm**

● MY HEALTH RECORD

My Health Record is a secure online summary of your health information. You can control what goes into it, and who is allowed to access it. You can choose to share your health information with your doctors, hospitals and other healthcare providers.

Having a My Health Record means your important health information like allergies, current conditions and treatments, medicine details, pathology reports or diagnostic imaging scan reports can be digitally stored in one place. Healthcare providers like doctors, specialists and hospital staff can see these details online from anywhere at any time when they need to, such as in an accident or emergency.

If you would like to register for you own My Health Record and for your regular GP to upload your Shared Health Summary into your My Health Record please speak to our reception team.

● NOW OFFERING ON-LINE BOOKINGS

How to book your next appointment online:

- 1 Go to www.lkgp.com.au
- 2 Click on the orange button that says "Book An Online Appointment Now"
- 3 Select your doctor, date and time
- 4 Setup a simple account
- 5 Receive an automatic reminder

● AFTER HOURS

After hours home visits are available when the practice is closed. Bulk billing is available for our patients.

Phone **13 SICK (13 7425)** for after hours medical care. For more information about the Home Doctor Services please visit their website at: www.homedoctor.com.au.

However, should you require **EMERGENCY** medical attention please ring **000**.

● BILLING ARRANGEMENTS

To maintain and improve the quality of service, we have a policy of private billing. Full payment is required on the day of consultation. Scripts, referrals and follow-up test results may also require payment on the day.

Veterans and WorkCover billing remain unchanged. Some procedures and services attract a separate fee. Contact reception or talk with your doctor for more information.

Payment can be made by cash, credit card or EFTPOS.

● WELCOME DR JACKIE GARDEN

Dr Jackie Garden studied medicine at the University of Dundee and completed her general practice training in Scotland prior to emigrating in 2008. On arriving in Australia she took the opportunity to develop her interest in women's health, undertaking an 18 month position in obstetrics and gynaecology whilst obtaining postgraduate qualifications.

Jackie and her family moved to the Sunshine Coast in 2016. She enjoys the diversity of family general practice with particular interests in child health and women's health, antenatal/postnatal care and contraception including IUD insertion. New patients are welcome to book appointments with Jackie, her regular days of work will be all day on Tuesdays and Fridays plus some Wednesday mornings.



▷ **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.



● PRACTICE NOTES

Telephoning your doctor: While most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice. Our staff are experienced in helping you decide whether the matter requires an appointment, a return phone call from the practice, or urgent advice.

Specialist Appointments: Sometimes the doctor will recommend that you attend a specialist to obtain his/her opinion about your condition. It is extremely important that you attend the specialist appointment. If you cannot attend or are having difficulty obtaining an appointment, please contact the reception staff at this practice on **5493 3800**. It is also of the utmost importance that you return to your doctor after the specialist's appointment if requested to, so that the doctor can ensure any follow-up care is provided.

Privacy Legislation: Lake Kawana General Practice follows the policies set down by Privacy Legislation with respect to your personal health information. Please see notice in waiting room or speak to the receptionists.

Health Promotion: This practice actively participates in health promotion and disease prevention strategies.

If you do not wish to receive reminders when certain tests or check-ups are due please let the nurse or receptionist know.

Home Visits: For patients too sick or incapacitated to attend the surgery, their doctor may be able to attend to them with a home visit. Unless it is an emergency, the doctor will visit in their lunch break or at the end of their consulting day. A separate fee applies for home visits.

Your comments on our medical services are always welcome. Please feel free to talk to your doctor, Practice Manager or receptionist, write or use our suggestion box. We take your concerns or suggestions seriously. If you wish to discuss the matter outside the surgery you can contact the Office of the Health Ombudsman on: 133 OHO (133 646).



SUDOKU PUZZLE

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HAPPY EASTER!

