

FREE TO TAKE HOME!

JUNE-JULY 2018 EDITION



**Osteoarthritis**



**Flash burns to the eye**



**Tonsillitis – say argh!**



**Cold and Flu Prevention**

YOUR NEXT APPOINTMENT:

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**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](http://www.healthnews.net.au)

● PRACTICE DOCTORS MILDURA

**Dr John Dyson-Berry** MBChB, FRACGP, FACRRM, DCH, DipFP, DipObst RACOG, CertAvMed, DME (RCPI)

**Dr Robert Meyer** MBBS, FACRRM

**Dr Kenneth Neville** M.D.

**Dr Daniel Edge** MBBS, FRACGP, Dip CH, JCCA (Anaesthetics)

**Dr Amna Salman** MBBS

**Dr Deepa Venugopal** MBBS

**Dr Mandeep Kaur** MBBS

**Dr David Fang** MBBS

● PRACTICE STAFF MILDURA

**Practice Manager:** Hana Zoch

**Office Manager:** Esther

**Reception Staff:** Bronwen, Michelle, Tanya, Meridith, Joanne, Joanne G & Holly

**Nursing Staff:** Lisa, Pam, Cherie, Melissa, Melanie, Dianne, Julie & Jill

● SURGERY HOURS MILDURA

Monday – Friday ..... 8am – 5pm

Saturday Surgery ..... 9am – 11am

● BILLING ARRANGEMENTS

We expect the account to be settled at the time of consultation. If it is not, a normal account fee is added.

A small fee may be charged for procedures, to cover costs.

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

We are not a bulk-billing practice and the fees for a Standard Consultation are:

**Private**..... \$79

**Health Care Card Holders**..... \$70

**Pensioners** ..... \$59

For further information on the pricing of services within our Practice please enquire at Reception

● ALLIED HEALTH AT LIME MEDICAL CLINIC

**Lynette Flavel, Diabetes Educator** is available for consultation on Wednesdays at our Mildura Clinic.

**Psychology at Lime.** We are now fortunate enough to have two psychologists consulting at our Mildura Clinic for referred patients. These are Dr Mirabel McConchie and Dr Steven Carr. For more information please speak to your GP or enquire at Reception.

● APPOINTMENTS

**Consultation is by appointment.** Urgent cases will be seen on the day.

**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. Please bring relevant letters and test results from other doctors.

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.

**Telephoning your doctor.** Although 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 appointment, a return phone call from the practice, or urgent advice.

**Follow up of Results.** Patients are advised by their Doctor at the time of their consultation to follow up their test results by phoning the Clinic.

● PRACTICE DOCTORS WENTWORTH

**Dr John Dyson-Berry**

MBChB, FRACGP, FACRRM, DCH, DipFP, DipObst RACOG, CertAvMed, DME (RCPI)

**Dr Robert Meyer** MBBS, FACRRM

**Dr Amna Salman** MBBS

**Dr Kenneth Neville** MD

**Dr David Fang** MBBS

● PRACTICE STAFF WENTWORTH

**Practice Manager:** Hana Zoch (Off-site)

**Reception Staff:** Jo-Anne

**Practice Nurses:** Emma & Jill

● SURGERY HOURS WENTWORTH

Monday & Tuesday ..... 8.30am – 4.30pm

Wednesday..... 8.30am - 1.00pm

Thursday..... 8.30am - 2.00pm

Friday..... 8.30am - 1.00pm

● AFTER HOURS

Phone the clinic on 5023 5122.

You will receive a message advising of the "on-call" doctor and a contact number.



▷ Please see the Rear Cover for more practice information.



 Weblink <http://www.arthritisaustralia.com.au>

## Coming to grips with osteoarthritis

As we get older our joints show wear and tear. The cartilage (lining) of the joints is affected most, though bones, ligaments and muscles can also be involved. This is known as degenerative osteoarthritis. It affects almost everyone over 40 but the severity and the joints involved varies. Risk factors include age, being overweight, positive family history and injuries to joints. Knees, hips, hands and the spine are the most commonly affected areas.

Symptoms include pain and stiffness and swelling in the joint. It develops gradually over many years. Pain may be worse with activity although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on the clinical findings. X-rays can help assess the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces load on the joint. Heat packs help some people as does strapping or taping the joint. Regular exercise helps preserve function but needs to be

tailored for individual circumstances and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis but analgesics such as paracetamol can ease symptoms. Anti-inflammatory medications can be useful but may have side effects so talk to your GP, they are not suitable for everyone. Braces, walking aids and shoe insoles play a role too.

In more severe cases, injections into the joint can ease symptoms and surgery including joint replacement can be beneficial when non-surgical treatments have failed.

## Chickenpox is not child's play

Caused by the varicella-zoster virus, chicken pox is a highly contagious illness. It can affect any age but is more common in children. The number of cases has declined since the addition of a vaccine against chicken pox onto the childhood immunisation schedule in the early 2000s. Fortunately most cases are mild.

The main symptoms are low-grade fever, and 'cold'-like symptoms of sore throat, headache and runny nose together with feeling generally unwell. The hallmark symptom is an itchy blistery rash which appears after a few days. This can be anywhere on the body but is mostly on the trunk and head. Some may get mouth ulcers.

Diagnosis is in the clinical appearance once the rash starts. If you suspect chicken pox,

inform your doctor's surgery as they may ask you to wait away from others. Newborn babies and those with weakened immune systems are at greater risk and pregnant women are also vulnerable as the virus can have a potential impact on her baby.

Anyone with chickenpox should stay home and away from others till the rash has dried out. The virus spreads by airborne droplets.

There is no specific treatment. General measures include bed rest, fluids and paracetamol or ibuprofen for symptoms. The rash, if scratched, can leave scars so use soothing creams. Antihistamine medications may ease the itch as can wearing mittens. Discuss this with your doctor.

Chickenpox is preventable via immunisation. Most children born after 2001 will have been immunised. Talk to your GP.



 Weblink <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/chickenpox>



# Flash burns to the eye

Flash burns occur when a strong light burns the surface of the eye (cornea). Causes include skiing without glasses or sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes, and blurred vision and can start up to 12 hours after exposure.

Diagnosis is on the history and examination of the eye. Investigations are not needed. Fortunately, most cases are mild and will resolve over a few days with no permanent damage. Treatment can include pain killers, use of antibiotic and anaesthetic eye drops, dilating drops to relax eye muscles and padding the eye. If you have contact lenses these will need to be removed. Artificial tear drops can be soothing.

You should not drive or operate machinery while being treated and you need a follow-up examination after 24-48 hours.

We only get one set of eyes so if there is any concern about your sight, seek immediate medical attention either at your GP or at an emergency department.

Flash burns can be prevented. Protect your eyes in the snow by wearing dark glasses with both UVA and UVB protection. When working use safety goggles that are made to Australian Standards. Most importantly, remember to wear them.

Weblink [http://healthywa.wa.gov.au/Articles/A\\_E/Eye-injury-corneal-flash-burns](http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns)

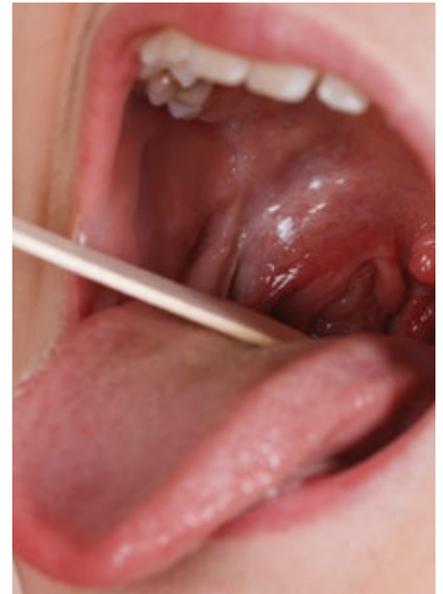
# Tonsillitis – say argh!

The tonsils are located half way to the back of the throat and help 'trap' infections. They are particularly important for young children with less-developed immune systems. Unless they became enlarged or infected, we generally don't even know they are there.

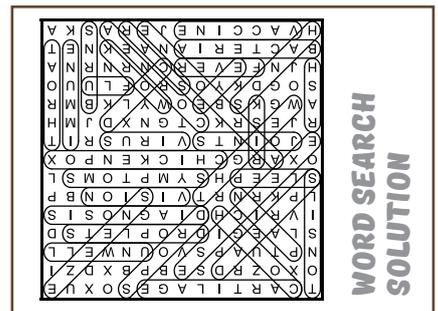
Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a 'coated' appearance.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible) or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually a streptococcus) will be treated with antibiotics. Penicillin is first choice but there are other options for those allergic to it.

Some people get recurrent tonsillitis, which is when the question of having tonsils removed arises. Tonsillectomy is performed far less frequently than in the past. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work are also factored in. You may be referred to an ENT surgeon, so talk to your GP.



Weblink <http://www.mydr.com.au/respiratory-health/tonsillitis>



# Cold and Flu Prevention

Viruses are present all year round but more people get unwell with them in winter. It could be a case of less sunshine and spending more time indoors but, whatever the reason, we can do a lot to reduce the spread. Viruses spread by airborne droplets so covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. AND washing hands is imperative.

Many people try to soldier on with a virus even though staying at home not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioning makes it easy for viruses to spread, so don't contribute yours to the office pool.

Many workplaces offer flu vaccination

for employees and certainly is something to consider but it will not prevent a cold. Regular exercise has been shown to strengthen the immune system but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation and herbal teas) has been shown to benefit immunity as does having adequate vitamin D.

It is worth repeating, if you get sick, stay home, the world will keep spinning.





## VEGIE SOUP WITH SPINACH & PARMESAN DUMPLINGS

### Ingredients

- 1 tablespoon Extra Virgin olive oil
- 1 large leek, trimmed, thickly sliced
- 4 garlic cloves, peeled
- 2 teaspoons mixed spice
- 2 teaspoons sweet paprika
- 2 Desiree potatoes, peeled, cut into 2cm pieces
- 1 medium size sweet potato cut into 2cm pieces
- 2 parsnips, peeled, thickly sliced
- 2 small white turnips
- 2 baby fennel, trimmed, cut into wedges or 2 medium size onions cut into wedges
- 2 sprigs fresh sage
- 400g can whole peeled tomatoes
- 3 cups vegetable stock
- 500g Kent pumpkin, cut into 3cm pieces

### Spinach and parmesan dumplings

- 1 ½ cups self-raising flour
- 250g packet frozen spinach, thawed
- ½ cup grated parmesan
- ⅔ cup milk
- 50g butter, melted

### Method

Heat oil in large heavy-based saucepan over medium-high heat. Add leek and garlic. Cook, stirring, for 4 minutes or until leek

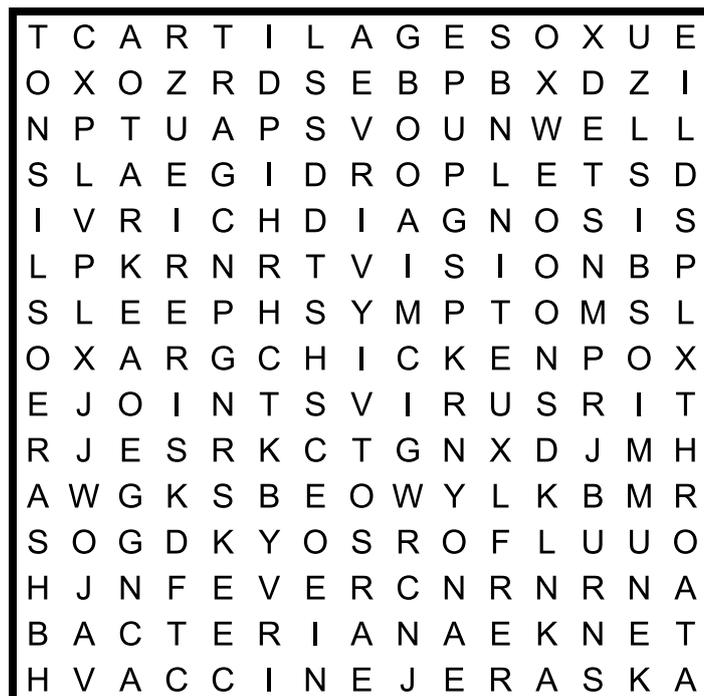
has softened. Add mixed spice and paprika. Cook, stirring, for 30 seconds or until fragrant. Add potato, parsnip, fennel and sage. Stir to combine. Add tomatoes, stock and 1 cup water. Bring to a simmer. Cook covered for 10 minutes. Add pumpkin. Cook for a further 5 minutes or until vegetables are almost tender. Remove and discard sage sprigs.

### Spinach and parmesan dumplings

Sift flour into a bowl. Make a well in the centre. Squeeze excess moisture from the spinach. Add spinach, parmesan, milk and butter to flour. Stir to form a soft dough. Roll into 12 balls. Top soup with dumplings. Reduce heat to medium. Cook covered for 20 minutes or until dumplings are cooked through. Serve.



## WORD SEARCH



Airborne  
Bacteria  
Burns

Cartilage  
Chickenpox  
Cold

Cornea  
Cough  
Diagnosis

Droplets  
Drops  
Exercise  
Eye  
Fever  
Flu  
Hands  
Immune  
Joints  
Pain  
Rash  
Risk  
Scar  
Sleep  
Sneeze  
Spread  
Symptoms  
Throat  
Tonsils  
Unwell  
Vaccine  
Virus  
Vision  
Weight  
Work



### ● SPECIAL PRACTICE NOTES

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.

### Our Community Practice Nurse.

The Lime Medical Clinic offers the service of a Community Practice Nurse who can make home visits in coordination with your Doctor for Health Assessments, GP Management Plans, as well as Comprehensive Medical Assessments within Aged Care Facilities.

**Pap Nurse Clinic.** Our Mildura Clinic is running **Pap Clinics** every Thursday morning. One of our Practice Nurses will conduct these clinics. Please ask at Reception if you wish to make an appointment.

**Your medical record is a confidential document.** It is 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 members. The Privacy Act from the 12th of March 2014 requires our Practice to abide by the 13 Australian Privacy Principles and these are on display within our Reception areas and can be provided to you in hard copy at your request.

**Complaints** are immediately directed to the practice manager – who will try to sort out the problem. If this is not satisfactory, the Doctors will speak to the person, and hopefully come to a satisfactory outcome to suit all parties involved. If preferred in writing to the Doctors – who will treat this confidential and act accordingly. If there is no satisfactory outcome or if you prefer you can write to the Health Services Commission.

For our Mildura Clinic in Victoria:  
Health Services Commissioner, Level 26, 570 Bourke Street, Melbourne VIC 3000 Ph 133 582 113

For our Wentworth Clinician NSW:  
Health Care Complaints Commission, Locked Mail Bag 18, STRAWBERRY HILLS, NSW, 2012.  
Ph: 02 9219 7444