

JUNE - JULY 2023 EDITION

FREE TO TAKE HOME!



Gallstones



Osteoarthritis



Fainting



Headaches

● PRACTICE DOCTORS

Dr A R Jeri
MB BS (Hon), Adv Dip Obst RANZCOG, FRACGP
Special Interests: Obstetrics and Women's Health

Dr R W Lehmann (OAM)
MBBS, MRCP(UK)
Special Interests: Diabetes, Heart Disease & Gastroenterology

Dr R Christmas
MB BS, FRACGP, DRANZCOG
Special Interests: Obstetrics & Women's Health

Dr J Smith
BMed (Dist) FRACGP
Special Interests: Women's Health & Mental Health

Dr D Read
BSc (Hons), PhD, MBBS, FACRRM
Special Interests: Musculoskeletal

● REGISTRARS

At times there will be registrars working at the practice. A registrar is a fully qualified Doctor training to specialise in general practice.

● VISITING SPECIALISTS & HEALTH SERVICES

Hearing Aid Specialists Riverina
.....Audiologist/Audiometrist

Active Foot Clinic Podiatry

Mrs Stacey Derrick Podiatry

Mrs Melanie Fuller Dietician

Ms D Hann Diabetes Educator

Mr Martin Alster Psychologist

Mr Lee Seary Psychologist

Dr M Payne Surgeon

Dr S Sowter Urologist

Dr R Thomas Urologist

Dr A Bradshaw Orthopaedic

Dr M Howard Orthopaedic

Active Physiotherapy Physiotherapy

Healthy Sleep Solutions Sleep Apnoea

Paediatric Outreach Clinic Paediatrics

Cardiac Outreach Clinic Cardiology

● PRACTICE STAFF

Practice Manager: Jenny Alchin

Practice Nurses: Mark Lugtu, Christina Harper, Leeanne Whittaker, Vicky Doughty, Catherine Chalmers & Kerin O'Connor

Reception Staff: Kim Lynch, Gail Dahlenburg, Leeanne Reardon, Sharee Derrick, Leanne Von Mengerson & Bianca Crawford

● SURGERY HOURS

Monday to Friday 9.00am – 5.00pm
(Consulting from 9.30am)

● AFTER HOURS & EMERGENCY

The Doctors in Temora share after hours service for urgent medical problems.

This service is provided through Temora and District Hospital.

The telephone number is **6980 0200**. The doctor on-call will attend to your needs. In the event of an emergency dial **000**.

● SPECIAL PRACTICE NOTES

Flu Vaccination. Please check the local newspaper for details of our upcoming influenza vaccination clinics.

Medical Students are frequently present at a time from University of Sydney, UNSW, Wagga Rural Clinic School, Albury Clinical School or John Flynn Scholarship Program. Your GP will ask for your consent to have the student present before he sees you. If you prefer not to have a student present at your consultation please say so.

Our Practice Nurses provide basic nursing care including immunisations, wound care and other nursing duties. They attend regular professional development updating courses.

Patient Health Information. TMC has comprehensive policies on the management of patient health information. All patient health information is kept strictly confidential by our Practice. All staff have signed confidentiality statements and are aware of, and fully comply with, the Australian Privacy Principals. A copy of our Privacy Policy is on display at Reception. Should you wish to discuss privacy and confidentiality of your health information please talk to your GP.

Repeat Prescriptions. 1 WEEK is required for repeat prescriptions, and a fee of \$5.00 is charged. However, an appointment for a consultation with the doctor may be necessary

Disabled Access. Wheelchair and disabled access is available at each entrance/exit and ambulance access is available from the car park, second entrance/exit at the side of the building. **Toilet facilities are provided for patients using wheelchairs.**

Test Results. Your GP will advise when they expect the results to arrive at the practice. Due to the demand on our GP's time, patients will only be contacted if results require further action. If you wish to check your results please call between 2:30pm & 4:30pm (weekdays).

Children & Babies. A small play area is provided for children. A change table for parents with babies is also available.

● BILLING ARRANGEMENTS

For consultation fees refer to notice at reception desk.

We expect payment at the time of the consultation. You may pay by cash, cheque or credit card. If you have any financial hardship please discuss this with the doctor at the time of consultation.

Bulk billing is available for people who hold a current Health Care Card, Veterans' Affairs Card, Pensioners and children under 16.

● APPOINTMENTS

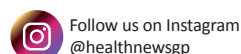
Consultation is by appointment. Urgent cases will be seen on the day. Appointments for longer consultations can be made at the desk.

Home visits are provided when necessary/possible.

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.



Gallstones

Gallstones are hard stones made of cholesterol, calcium and bile, which form in the gallbladder. This is the pouch under the liver, which stores bile. In turn, bile is released into the intestine after meals to help absorb fats.

Gallstones are found in up to 30% of people, most of who don't know they have them. It is only when they cause symptoms that treatment may be required. Risk factors include being female, being overweight, increasing age and family history. The stones can be as small as grains of sand or as big as golf balls.

Symptoms commonly occur if a stone blocks the bile duct (biliary colic) or the gallbladder gets infected (cholecystitis). Pain in the abdomen (or back), nausea and or vomiting and fever are typical symptoms. Pain is generally worse after a fatty meal. Some may develop yellow jaundice. If you have abdominal pain, see your doctor, as there are many potential causes.

Diagnosis may be obvious on history and examination. The standard test is an ultrasound, which will show if stones are present.

Sometimes stones pass through the duct, and the symptoms resolve. If there is an infection, antibiotics will be needed. In severe cases, urgent hospitalization is required. The simplest treatment is analgesics and reducing fat intake in the diet.

Surgery to remove the gallbladder (and stones) is standard treatment. This is now generally done via the keyhole (laparoscope), and you are home in a few days. Medication to dissolve stones is not very effective. Sound wave treatment to "shatter" stones is useful in only 20% of cases.



More info »



Osteoarthritis

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

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 clinical findings. X-rays can help assess severity and see the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces the load on the joint. Heat packs can help, as does strapping the joint. Regular exercise helps preserve function. This needs to be tailored to the individual, and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis, but analgesics (e.g. Paracetamol) can ease symptoms. Anti-inflammatory medications can be used but may have side effects and are not suitable for all. Talk to your GP about this. Braces, walking aids and shoe insoles can have 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.



More info »



[More info](#) »

Acne

Acne is a skin infection. Under hormonal (mainly testosterone) influence, sebaceous glands in the skin produce excess oil, which can block the pores allowing bacteria to multiply. It is most common in the teenage years but can also affect adults. Males are more prone, and there are genetic tendencies too.

The face, chest, back and neck are the most affected areas. Acne can be made worse by stress, oily cosmetics and some medications. For women, it may be worse with periods. Although an infection, it is not contagious. There are many myths about food causing acne – but no specific foods have been shown to make a difference. Eating sensibly and drinking plenty of water will help but not cure acne.

Basic treatments include keeping the skin clean and using good quality skin cleansers. The next step is more specific anti-acne creams or gels on the affected areas. Most are available without a prescription. If this

is not helping, your doctor can prescribe antibiotics. The length of the course depends on how long it takes to improve. For some females, a hormonal treatment doubles as a contraceptive.

In the most severe cases, you may be referred to a dermatologist. Severe cystic acne can be treated with more potent medications, which must be carefully monitored, as side effects can be problematic.

Fortunately, most acne resolves by the late teens or early twenties. Scarring can occur, although not frequently. This can be treated increasingly successfully.

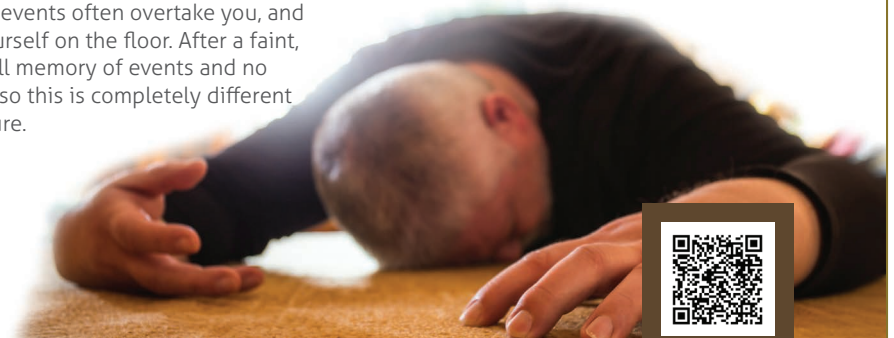
Fainting

There are numerous reasons why people may feel dizzy or pass out. A true faint (vaso-vagal episode) is a brief episode of unconsciousness caused by a drop in blood pressure. In turn, this can be due to a change in the blood vessels or the heart rate. When we faint, the blood vessels typically widen, causing the pressure inside them to drop.

When blood pressure to the brain is not maintained, we lose consciousness and fall to the ground. Usually, the episode is rapid and may last a few seconds. You may feel unwell for a time afterwards. Some people will go through life never fainting, whereas others are a bit prone.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea, and a lightheaded feeling. At this point, it is best to sit or lie down, but realistically events often overtake you, and you find yourself on the floor. After a faint, you have full memory of events and no convulsing, so this is completely different from a seizure.

It is important to consult your GP if you have suffered a faint. Whilst the condition is harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests.



[More info](#) »

Headaches

Headaches are one of the commonest symptoms experienced. Virtually everyone will get a headache at some stage. Some get them often, and others rarely. Whilst there are serious causes, the vast majority are not. The most typical form of headache is the “tension-type headache” felt as a band around the head. It can last from half an hour to an entire day. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Treatment depends on the cause. Eye strain can lead to headaches coming on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain and neck arthritis can cause headaches. Heat treatments on the neck and physiotherapy may help. Sinuses infection or congestion can cause headaches which can be seasonal.

Migraines are a particular type of headache, more common in females and usually one-sided, which can be associated with nausea

or vomiting and sometimes an aura.

Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history examination and, in some instances investigations. Treatment is directed towards the underlying cause.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.



- **OTHER SERVICES OFFERED**
- Home Visits
- Vaccinations
- Teleconferencing
- Medical Reports
- Pregnancy Test
- Pilot Medicals
- Treatment for Sun Spots
- Recalls/Reminders
- Treatment for Skin Cancers
- Health Assessments
- Workers compensation
- Medicals for licenses
- Telephone Consults
- Management Plans/Team Care Arrangements
- Minor Surgery
- Family Planning
- Counselling
- Cardiograms
- Nutrition Advice
- Pap Smears

- **SPECIAL PRACTICE NOTES**

Confidentiality. The practice is committed to providing comprehensive general practice to all individuals and families in this community. All patient consultations and medical records are kept strictly confidential. Signed consent forms are essential before any patient health information will be transferred. All electronic information is encrypted. A privacy brochure is available upon request.

Sterilisation of Equipment. All equipment used in the surgery is either disposable or is sterilised in an autoclave (as used in hospitals).

Telephoning your doctor. Although most problems are best dealt with in consultation, a nurse 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.

Electronic communications. Electronic communications with patients is not standard procedure. When necessary, patient consent is obtained and documented in accordance with the RACGP standards.

Certificates. Medical certificates are legal documents. They are available only if you present for a consultation with one of our doctors. We cannot issue certificates without you actually seeing a doctor. We are not allowed to issue certificates that are back dated.

Your comments on our medical services are always welcome. If there is any way we can improve for your benefit, we will. Direct any queries to our Practice Manager. If you prefer, you can contact the Health Care Complaints Commission on 1800 043 159 or email: hccc@hccc.nsw.gov.au.



QUICK AND EASY FRENCH ONION CHICKEN POTATO BAKE

Ingredients (serves 6)

- 30g Butter
- 1 cup thinly sliced button mushrooms
- 3 spring onions finely chopped
- 120grams baby spinach
- 2 x 200 gram tubs of French Onion Dip
- ½ Cup pouring cream
- 500 grams cooked chicken – shredded
- Potatoes – enough to cover the base of your cooking dish
- 2 cups of your favourite grated cheese blend

Method

1. Melt butter in frying pan and add mushrooms and ¾ of the spring onions. Cook until softened stirring occasionally.
2. Add spinach and stir until wilted
3. Add French Onion dip and Cream and stir in well, then add the chicken.
4. Bring to the boil and season to taste.
5. Add the sliced, par boiled potatoes to the bottom of a baking dish and top with the chicken mixture. Sprinkle with the cheese blend.
6. Grill in a preheated oven for 2-3 minutes until the cheese is melted and garnish with the remaining spring onion.

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SUDUKO