

APRIL - MAY 2023 EDITION

FREE TO TAKE HOME!



Tennis Elbow



Coeliac Disease



Warts



Stress incontinence in women

● 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)
- Saturday** 9.00am – 11.00am
(Closed some Saturdays. Please check newspaper)

● 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).

● 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.

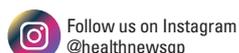
● APPOINTMENTS

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.

Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow.

It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting, gardening, and other racquet sports can bring it about, as can using a computer mouse. It can affect anyone and is most common in those aged 35-55.

Aside from pain at the elbow, it can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination. Typically, the bony point on the elbow's lateral (thumb) side is tender. The pain is often reproduced on the extension of the wrist against resistance. Sometimes imaging helps define the extent of the condition or if it is not responsive to treatment.

Initial treatment includes rest of the elbow, ice packs, and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed. Avoid activities that aggravate the situation. This can include changing technique, especially if sport or work-related. However, elbow exercises are important, and seeing a physiotherapist may be helpful.

Sometimes, a steroid injection and, in rare instances, surgery can be recommended. Your GP will advise you about treatment options.

Most people recover fully, and it is not in itself a recurrent condition nor a precursor to arthritis.



More info »

Coeliac Disease

Coeliac Disease is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley.

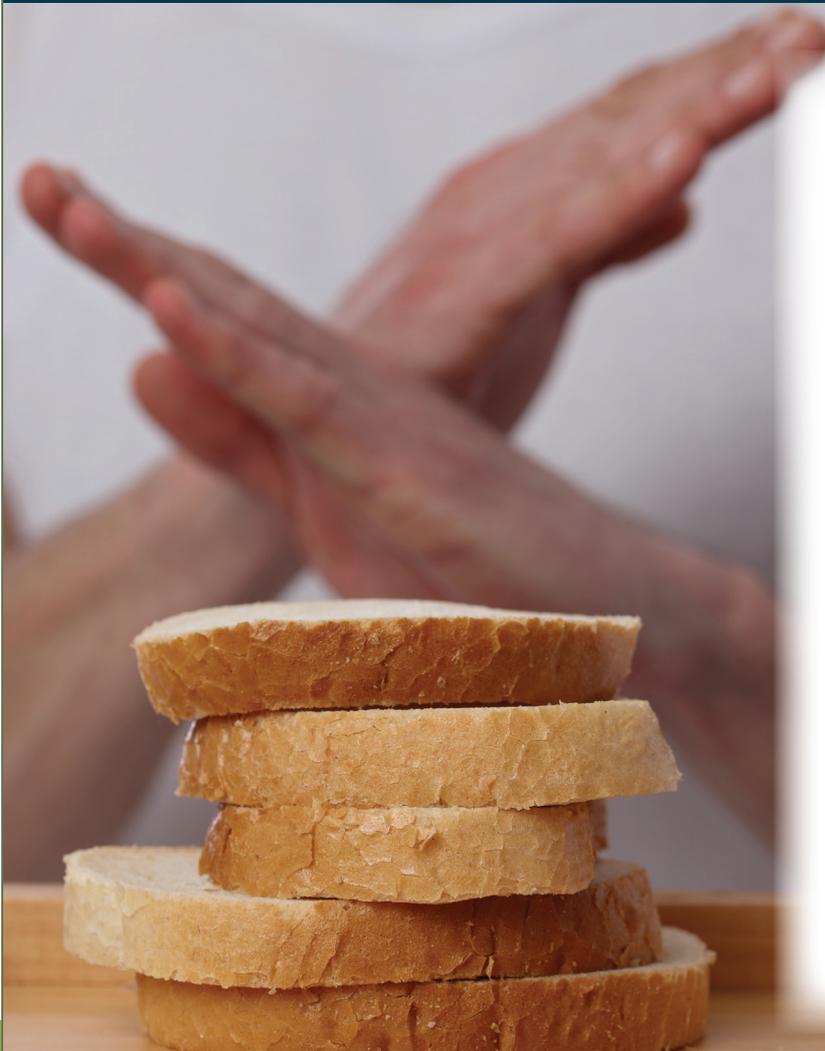
This can damage the small bowel and interfere with the absorption of nutrients. The symptoms vary from mild to severe, including tiredness, intermittent diarrhoea, abdominal pain, bloating, and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It is a genetic condition. It affects about 1% of the population, although many with it are unaware they have it either because the symptoms are mild or they have put the symptoms down to other causes. The main risk factor is having a first-degree relative with it.

Accurate diagnosis is important as it is very controllable. Your GP can do screening blood tests. A positive test is not absolutely diagnostic but a strong pointer. Definitive diagnosis is by a small bowel biopsy, but not everyone wants or needs to do this test. A gluten challenge is another useful test.

There is no medication to take or "cure". However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free options, and many who do not have coeliac are also choosing to eat these. Neither adults nor children need to feel they are "missing out" on foods they like.

There are many causes of the symptoms of coeliac disease, so it is important to talk to your doctor and not rely on self-diagnosis or "unorthodox" testing.





Warts

Warts are extremely common small eruptions on the skin caused by the Human papillomavirus (of which there are at least 70 types).

They are more common in children and, whilst they can appear anywhere, are most often found on the hands, knees and feet. They are almost always pain-free and do not itch. They may be single or in clusters, are usually raised and have a rough appearance whilst having (usually) the same colour as surrounding skin. The exception is plantar warts (also called verrucae) on the feet, which may be flat on the surface. The main problem caused is the cosmetic appearance, although on the soles of the feet, they can be painful due to the pressure from weight bearing on them. They can be spread by direct contact with other people or to other parts of your own body.

Left alone, most will disappear after months to years. However, many do not want to wait. Treatment is relatively simple and involves burning the wart. This can be done chemically (with ointments or paints), by freezing (with liquid nitrogen or dry ice) or via cauterly with a hot wire under local anaesthetic.

Freezing is the most popular method. It may need to be done a few times over some weeks. The wart may swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with regards to treating or leaving warts nor with treatment methods. Chat with your GP about the options before deciding.



Psychedelic medicine

In a move taking most by surprise, the Therapeutic Goods Administration (TGA) has announced that "from 1 July this year, medicines containing the psychedelic substances psilocybin and MDMA (3,4-methylenedioxy-methamphetamine) can be prescribed by specifically authorised psychiatrists for the treatment of certain mental health conditions".

These substances were researched for medical use in the 1960s but became tied into the counterculture and subsequently banned through the war on drugs. Over the last decade, there has been renewed interest in the use of MDMA to treat Post Traumatic Stress Disorder (PTSD) and psilocybin for treatment-resistant depression. The TGA notes that these are the only conditions where sufficient evidence exists for potential benefits in certain patients.

The medications will not be able to be prescribed by any doctor and will be limited to psychiatrists. Furthermore, they must be approved under the Authorised Prescriber Scheme by the TGA following approval by a human research ethics committee.

Currently, no specific medication treats PTSD, even though medications are used for associated problems such as depression and anxiety. There remain a not insignificant number of people with depression who do not respond to the plethora of available medications.

MDMA and Psilocybin are not "miracle drugs" and are suitable only in certain situations. However, in North America, research and limited use have been encouraging. Given the issues with mental health in Australia, additional treatment options are to be welcomed.



Stress incontinence in women

Urinary incontinence is the inability to voluntarily stop the flow of urine. It is far more common in women than men affecting up to 50%, and whilst not age-specific, it is more frequent in later years.

The two forms are urge (where one can't hold on when feeling the need to pass urine) and stress (where coughing, sneezing, or movement can cause urine flow).

The exact cause is unknown, but damage to the pelvic floor muscles (e.g., pregnancy) is a factor. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to maintain a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing, which assesses the workings of the bladder.

In days gone by, women were often told, "don't worry about it, dear". Today we know better. There are many treatment options. Losing weight (if overweight) helps, as does quitting smoking (if a smoker). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication, and, in some cases, surgery is recommended. This has been controversial in recent years. There are options aside from mesh surgery.

The key is discussing the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.

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

- **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.

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

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.



CARROT CAKE

Ingredients

- ¾ Cup (100g) gluten-free plain flour
- ½ Cup (65g) gluten-free self raising flour
- ¼ cup (20g) gluten-free baby rice cereal
- 1 tsp mixed spice
- ½ cup chopped walnuts (optional)
- 2/3 Cup (150g) brown sugar
- 1 ½ cups grated carrot
- 2 Eggs
- ½ cup (125ml) vegetable oil
- 60g butter, softened
- 1 cup (160g) pure icing sugar
- 1tbsp lemon juice

Method

1. Preheat oven to 180°C. Grease an 18cm x 28cm slice pan and line the base and 2 long sides with baking paper, allowing the sides to overhang.
2. Place the combined flour, rice cereal, mixed spice and sugar in a large bowl. Stir to combine. Add the carrot, walnuts, egg and oil and stir until just combined.
3. Spoon the mixture into the prepared pan. Bake for 25-30 mins or until a skewer inserted in the centre comes out clean. Set aside in the pan to cool.
4. Place the butter and icing sugar in a small bowl. Stir to combine. Stir in enough lemon juice to make a spreadable paste.
5. Transfer the cake to a board. Spread the top of the cake with lemon icing and top with some chopped walnuts. Cut into pieces.



**EASTER
COLOUR
FUN!**