

AUGUST - SEPTEMBER 2023 EDITION

FREE TO TAKE HOME!



Dry Eye



Telehealth



Sinusitis



Exercise in Childhood

● 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.

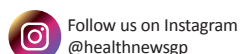
● APPOINTMENTS

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.**

Dry Eye

The eyes need constant lubrication, which is provided by the tear glands. Eyes become dry of tears for two main reasons.

Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air, or smoky conditions. It is temporary and is improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses and having low vitamin A levels. Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is mainly on symptoms and a thorough eye examination. Blood tests may be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air. Wear sunglasses when outside. Take breaks when using screens for long periods, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info >>



Telehealth

The term telehealth has generally not been used outside medical circles. It applies to the use of technology (video or phone) to deliver medical services.

At the start of the pandemic, the federal government, for the first time, allowed Medicare funding to support consultations with your doctor that are not in person. Consultations can be done through video conference or telephone.

Guidelines for the use of telehealth are being updated by the Medical Board as of September 1, 2023. These seek to balance the value to consumers of remote consultations whilst recognising there are limitations as to what can be done when a patient is not in the same room as the doctor. For example, one cannot listen to the lungs.

A requirement of a telehealth consultation is

that you understand that it may be necessary to follow up with a clinic visit.

An exchange of emails or text messages (even for a prescription renewal) is not considered adequate. There needs to be video or audio discussion in real-time. To be entitled to a Medicare rebate, there is a requirement that you have had a face-to-face consultation with the doctor (or another at the same practice) in the 12 months before the telehealth consult.

Telehealth consultations can be booked in a similar way to regular appointments. Prescriptions can be collected or sent electronically to yourself or a nominated. Referrals can also be collected or sent directly. Ask your practice staff about their procedures.

Varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue twisted cords on the legs. Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured, there can be significant bleeding. In more severe cases, there can be ulceration. However, they are not associated with deep vein thrombosis.

Treatment depends on the severity of the condition. There are no specific medications available to treat varicose veins. While painkillers may provide temporary relief from symptoms, they should not be solely relied

upon. In the past, formal surgical stripping procedures were performed, which required several days of hospitalization. However, surgical treatments have advanced, and the most common approach now involves injecting substances to close the affected vein. Since varicose veins are no longer functioning correctly, removing or closing them is not problematic. This can be done as an outpatient, and recovery is relatively rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you. Preventative approaches include maintaining a healthy weight, exercising regularly and changing position regularly.



More info >>

Sinusitis

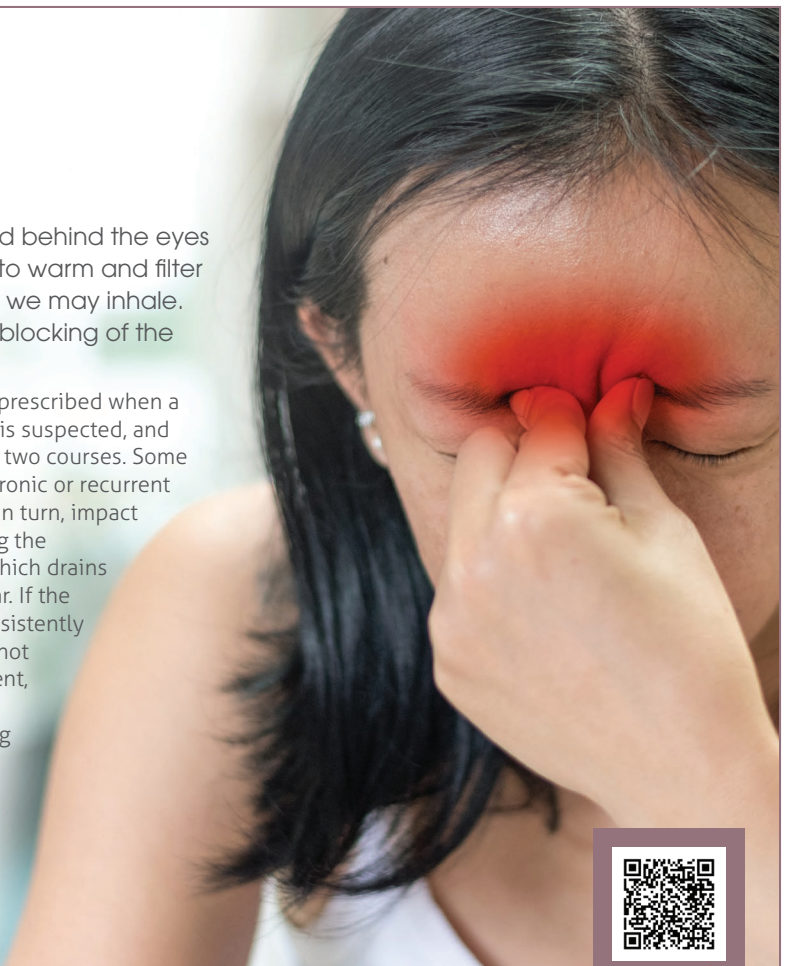
The body has several air-filled sinuses below, above, and behind the eyes in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap dust and other irritants we may inhale. Too much mucous production, swelling of the linings or blocking of the internal passages can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are viral illness, such as a cold, or allergy issues, such as hay fever. Sinusitis can also be of itself.

Typical symptoms are a blocked nose, headache or facial pain, postnasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

Treatment depends on the cause. If allergy-related, antihistamines and steam inhalation with or without eucalyptus can help. Avoid decongestant sprays. Over-the-counter steroid sprays may help, but talk to your doctor before self-medicating. Simple analgesics like paracetamol or ibuprofen can ease symptoms.

Antibiotics will be prescribed when a bacterial infection is suspected, and some people need two courses. Some people develop chronic or recurrent sinusitis. This can, in turn, impact hearing by blocking the Eustachian tube, which drains from the middle ear. If the sinuses remain persistently congested and do not respond to treatment, they may require drainage or clearing through a hospital procedure.



More info »



Relevance of Exercise in Childhood

Once upon a time, children didn't require "exercise" as a separate activity because they led active lives by walking to and from school and engaging in outdoor play rather than spending excessive time in front of screens.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumption of more processed foods higher in fats and sugars and reduced physical activity.

We cannot turn back time, but we can make changes moving forward to promote the health of our children. The Australian government recommends that children over the age of five engage in one hour of physical activity each day. This should consist of a combination of moderate and vigorous exercises. Examples include walking, running, bike riding, participating in suitable sports, and engaging in outdoor play. This activity doesn't need to be completed in one continuous block of time.

Do not fret if you can't manage this amount every day. Any amount of physical activity is better than none.

There are many benefits to your child from being active. It reduces childhood obesity. It improves motor function. It improves their circulation, strengthens the bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, where regular exercise reduces the chances of many diseases, including heart disease, stroke and some forms of cancer.

A bonus is when you encourage your children to exercise, it may encourage you to do the same.



More info »

- **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
- Telephone Consults
- Management Plans/Team Care Arrangements

- **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.



CHINESE STYLE – CHICKEN & SWEET CORN SOUP

Ingredients (serves 6)

- 2 cups (500ml) chicken or vegetable broth/stock
- 1 can creamed corn
- 1 tsp soy sauce (all-purpose or light)
- 1 tbsp Chinese cooking wine OR Dry Sherry
- 1 tsp minced ginger
- 1 minced garlic clove
- 1 tsp cornflour/cornstarch, mixed with a splash of cold water into a slurry
- 1 egg, whisked
- 1 ½ cups of shredded cooked chicken
- Salt and white pepper, to taste
- 2 chopped Spring Onions

Method

1. Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour/water mixture in a saucepan over high heat.
2. Bring to a boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Adjust seasoning with salt, turn off the heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
4. Add the chicken, season with white pepper, and serve, garnished with spring onions.

WORD SEARCH

M	E	G	A	N	I	A	R	D	M	I	I	G	E
I	T	T	E	L	E	H	E	A	L	T	H	S	E
S	T	R	E	A	T	M	E	N	T	I	A	M	E
A	I	E	A	C	T	I	V	E	S	N	E	C	S
S	Y	M	P	T	O	M	S	S	E	F	E	E	S
I	E	V	I	S	I	O	N	T	L	E	L	X	G
H	A	M	T	O	N	E	H	A	T	C	A	E	L
A	D	E	M	S	P	E	X	N	E	T	M	R	A
S	I	N	U	S	I	A	E	D	M	I	E	C	N
O	E	N	I	E	V	E	S	I	H	O	F	I	D
O	T	E	A	R	S	S	E	N	E	N	T	S	S
H	E	A	D	A	C	H	E	G	N	E	R	E	L
X	I	D	O	C	T	O	R	R	R	G	A	D	O
A	I	R	E	A	M	E	D	I	C	A	L	E	D

DRAINAGE
STANDING
DOCTOR
MEDICAL
INFECTON
SINUS
VISION
FEMALE
EXERCISE
HEADACHE
GLANDS
ACTIVE
TELEHEALTH
TEARS
VEIN
TREATMENT
SYMPTOMS