

DECEMBER 2013-JANUARY 2014

Your next appointment:



> HPV Vaccination



> Child & Adolescent obesity



> Alcohol related diseases



> Travel Vaccination



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 Malcolm Altson

MBBS, DA, DipRACOG, FRACGP

Dr David Kelly

MBBS, Dipl Child Health RCP (Lond),
Dipl RCOG (Lond), FACRRM

Dr Jimmy Huang

MBBS

Dr Dong Dong

MBBS

Dr Wen Yu

MBBS

Dr Modise Modise

MBBS

Dr Frankson Cai

MBBS

● PRACTICE STAFF

Business Managers:

Nicola Hornby-King & Kristy King

Office Manager: Julie McMillan

Practice Nurses: Maree Beadle, Ros Doxey, Pam Walker, Jan Sheargold & Breanna Mackrell

Nurses: Margaret Kerlin, Vanessa Williams, Fiona Nation, Carol Brett & Leah Wynd

Reception: Kate Williams, Joanne Woolcock, Hilary Ford, Kerri Tunks, Jasmin Robison, Elsa Huang, Jeanette O'Connor, Willy Skinner & Nicole Saker

● SURGERY HOURS

Monday to Friday8.30am – 6.00pm

Saturday9.00am – 12md

● AFTERHOURS & EMERGENCY

Weekdays:

Monday – Friday 8.30am – 6.00pm

Weekends After Hours:

Sunday Emergency Clinic:

5795 0200

Euroa Hospital 9am – 11am

Shepparton Afterhours Clinic:

5831 8022

Mon – Fri from 6.00pm

Sat 11.30am – 4.30pm

& 6.30pm – 10.30pm

Sun 9.00am – 2.00pm

& 4.30pm – 10.30pm

Costs between \$61–\$70.85, out of pocket \$40.

OR for **emergencies call the Ambulance on 000.**

Please see Rear Cover for more practice information.

● PRACTICE NEWS

We have had a very busy couple of months with some **exciting new services** now being offered to our patients. To list a few of the new services – Dental, Community Education Programme, Travel Clinics, new automatic door (not sure that classes as a service but we are very excited about it!) and so much more!

Euroa Medical is excited to introduce **Dr Allen Aylett** and his staff to our practice. Dr Aylett has many years' experience in the dental industry, specialising in cosmetic dentistry, and is still as passionate as ever about helping patients with their oral health needs. Oral health plays an integral and important part in our overall general health and wellbeing, so make sure you give the surgery a call and make an appointment to have an examination. Dr Aylett will be operating 3 days a week from 8.30am – 5.00pm. Allen, Kerrie & Casey are looking forward to meeting many new people and establishing long, healthy relationships with you all.

We are also **starting monthly Community Education sessions** for our patients with the first session will be on 28th November with our Physio, Brent Davies. Brent will be going over Releasing Tension & Relaxation Techniques. Our December session will be held on 19th December. Please check out the notice board in the waiting room for more information or call the girls on reception to book in. We look forward to seeing many of you there!

Travel Clinics will also resume this month and will be running weekly, please feel free to call for information and to make your appointment. We are also trying to improve awareness of the **afterhours service** that we provide in conjunction with Euroa Health, please feel free to contact us should you have any queries at all regarding to process or service offered. In summary all after Hours calls will be dealt with according to the following protocol:

- For a medical emergency you will still call 000
- For other problems please call "Nurse on Call" on 1300 60 60 24, where your problem will be addressed. This service then has the ability to refer you onto Euroa Health and if necessary the local doctor on call.

Just an update on **our service to Avenel**. We have now increased this to Monday, Thursday & Friday afternoons with the plan in the pipeline to continue to increase the service to the town. All appointments to be made by calling reception on 5795 2011, please help support this service to ensure that we are able to continue. Also reminder for all parents with children turning 4 this year, to ring reception and make an appointment for the **"Healthy Kids 4yo Check"**. This is an important check up for your child as it includes a check of ears etc. – all extremely important with kids starting kindergarten etc.

Melbourne Pathology will now be offering a service at the surgery where no appointment is necessary so please feel free to stop in anytime for your test requirements and the pathology team will be happy to assist.

We are still running our **"Euroa Medical Star Performer" awards** quarterly. We welcome nominations from our clients as this is a wonderful opportunity for us to recognise staff members showing excellent customer service to our patients. Nomination forms can be found in the waiting room, or ask reception staff for a form and hand into a staff member.

Wishing you all a wonderful Christmas and New year!

Polycystic Ovarian Syndrome



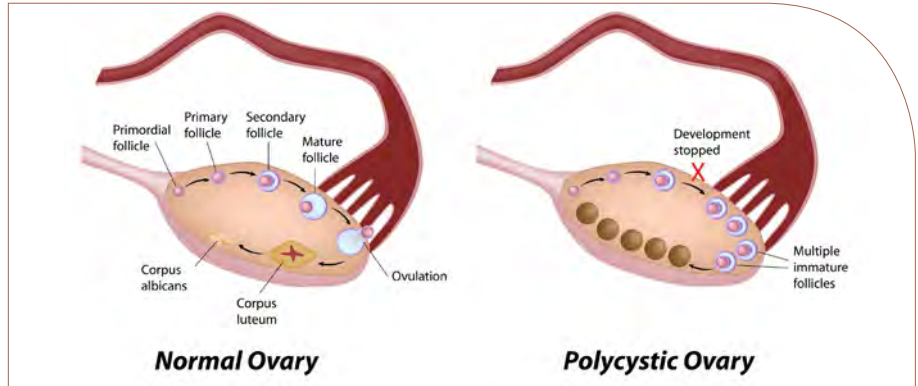
About 1 in 9 Australian women of childbearing age have this condition (PCOS). The basic problem is that egg production in the ovaries fails to progress normally, the eggs become trapped, and the small sacs in which they form (called follicles) produce hormones that differ to the normal female cycle (e.g. they are slightly male in character).

The symptoms of PCOS include:

- Irregular or absent periods
- Mood swings and depression
- Weight gain and difficulty losing weight, with high levels of insulin
- Extra hair growing in unexpected places – e.g. your face, your chest or your stomach.
- Adult acne
- Skin tags or brownish spots on your skin
- Hot flushes
- Trouble getting and staying pregnant

The problem will be masked in women who have been taking the contraceptive pill because the pill provides an artificial menstrual cycle. When the pill is ceased, irregular heavy periods may emerge for the first time, along with difficulties falling pregnant.

Diagnosis is by blood testing for hormone levels and an ultrasound of the pelvis. Not all women with PCOS will have ovarian cysts seen on scanning.



Polycystic ovarian syndrome is also associated with disturbances to metabolism that include increased chance of diabetes, high blood lipids (or fats), cancer of the uterus, high blood pressure and increased risk of heart attack or stroke.

There are simple lifestyle measures you can take to manage the condition.

Maintaining a normal weight appears to

be the single most important step towards relieving this disorder. It lessens the chance of diabetes and improves the menstrual cycle. In particular you should follow a low glycaemic index (GI) diet and cut down on processed and sugary foods. Regular exercise helps as does getting adequate sleep. For some women treatment with hormones or minor surgery to the ovaries may be needed.



Risk and Travel



In preparing for your trip of a lifetime, perhaps the last thing you want to think about is steps to prevent risk from an acquired infection. However, some countries make some preventive vaccinations mandatory (e.g. yellow fever vaccination for parts of Africa and South America). No vaccination, then no trip! Many countries carry other risks that are influenced by the destination, duration of travel, and the activities of the traveller. This is where advice from your doctor can come in handy.



For example, season as well as location affects the risk of malaria and other mosquito-borne diseases, as does care taken to avoid mosquito bite.

Some things remain in the hands of the tourist – consuming alcohol laced with methanol, getting injured, getting a tattoo using unsafe needles!

How we perceive risk is important. Doctors working in this field say travellers are more likely to seek advice on travel health if going to more remote or 'exotic' destinations, jungles, or high altitude trekking. On the other hand, complacency is a problem. Travellers often seem less cautious when returning to a destination (even though new threats may have emerged, such as Rabies in Bali after 2008). Food poisoning can result.

Dengue fever is becoming more widespread as the mosquito carrier has adapted. Brazil averages around one million cases per year so with the soccer World Cup and summer Olympics approaching, this is a concern.

Destinations in Asia such as Malaysia, Vietnam and Thailand are now readily accessible, often with trips booked on short notice, leaving little time for preparation. Yet travellers' diarrhoea and confirmed cholera infections are not uncommon.

Always listen to travel advice and read tour documentation, so vaccinations can be given in time to offer protection. And check your travel insurance, including the cost of flight evacuation!





HPV Vaccination for Boys and Girls?

The human papillomavirus (HPV) has 40 distinct 'genotypes' that affect the genital tract and 15 of these can cause cervical cancer, a spectrum of other anal and genital diseases (warts and cancers), as well as some cancers of the head and neck.

HPV genotypes 16 and 18 cause 70-80% of cervical cancers, while genotypes 6 and 11 cause 90% of genital warts. The hard thing to 'sell' to people is that cancer is caused by a sexually transmitted virus.

Since 2007, young girls have been vaccinated against all these serotypes, mainly in the hope of preventing cervical cancers, which occur years after genital infection. In fact, about 80% of sexually active people are exposed to the HPV virus, most (over 90%) overcome it without symptoms, but some go on to develop cancer of the cervix, vulva, vagina, penis, anus and nasopharynx (i.e. any mucous membrane involved in sexual activity).

For the moment, the only way of predicting who will get Cancer is the Pap smear for cervical cancer in women. For this reason, prevention by vaccination is considered the best option (and studies show this is still working strongly over 8 years later). Vaccine needs to be given before the first sexual contact with HPV.

The final results are not in yet but with around 70% of girls now vaccinated in Australia (3 doses), the government program is being extended to school-aged boys from this year, partly because if they are vaccinated at the same rate, new HPV infections in men and women are predicted to drop 24% (a thing called herd immunity).



Child & Adolescent Obesity

Did you know one in four Australian children are now overweight or obese? Wow! We can't turn back time and it is not all bad news. There is much you can do as a parent or guardian to help a child who is battling with weight.

There are two main drivers. First is the tendency for children to snack on high calorie foods and drinks. Second is the replacement of physical activity with time on electronic devices. What can parents or carers do?

- Substitute water for sweet drinks. This reduces the liquid calories without leaving the child hungry. A piece of fruit and a glass of water gives them more fibre and fewer calories.
- Distracted eaters eat more so ban the screen while eating. Did you know children who eat at the table with others are 40% less likely to be overweight? This is partly the "screen effect" and less convenience or snack foods.
- Teach your children about meal preparation. Children who get active in the kitchen will eat less junk food and learn about healthy eating.
- Get your child outside and active – an organised sport or play in the park or back yard; joining in a ball or Frisbee game is good exercise for parents too!
- Make up a healthy lunchbox for school or lobby the school canteen. Good habits in childhood set your child up for life.

Alcohol Related Problems in Men

Alcohol abuse or overuse affects about 5 in every 100 men, three times as much as women. The affects are both mental and physical, no matter the age.

Amongst teens, about 3000 hospital admissions each year are due to alcohol. Amongst 65-74 year olds, it's 6500, plus 600 deaths from alcohol-related injury or disease.

Those around a drinker can also be affected. One in four Australians have been subject to alcohol related abuse. Alcohol is a major factor in motor vehicle collisions, domestic violence and relationship breakdown. Plus it impacts on your ability to do your job.

Alcohol excess can lead to liver disease, diabetes, heart disease, and cancers of the

liver and bowel as well as depression, anxiety and self-harm. What is excess? It depends on whether you are male or female and what you drink – so, see the chart at the website listed below.

It is not all doom and gloom. Alcohol in moderation can be enjoyed. Stay within the drink safe limit of two standard drinks per day and have some alcohol free days each week. Drink with meals rather than without. When going out, alternate alcoholic drinks with non-alcoholic ones. Talk to your GP or an alcohol advisory service.



New Year Resolution - Quit

Smoking is a killer, we all know that – cancers of various sorts as well as heart disease, stroke, and chronic airways disease. Against these risks and reduced enjoyment of life is the physical addiction to nicotine, which is hard to overcome. Fortunately, there are a lot of things available to help people Quit, once they have 'psyched' themselves up.

New Year may be a great time to do this. Set a Quit date and get some help. Plan ahead. Talk to your GP about supports and 'stop smoking' aids.

Tell your friends and family and get their support. Avoid places where you usually smoke. To satisfy 'munchies' have a ready supply of carrot or celery sticks. Keep a water bottle handy for the same reason.

Within days of quitting your body is starting to repair the damage, your risks of illness is reducing, and the physical craving gives way to lesser psychological craving. Worried about weight gain? This can happen temporarily so try not to substitute eating for smoking.

Most importantly, if you fall off the wagon and have a cigarette, tomorrow is a new day. It's not the end of your quest. Draw a line in the sand. No human is perfect but you can get back on the non-smoking track. Multiple attempts at quitting are OK, you just learn from experience.



**MERRY
CHRISTMAS
BOYS & GIRLS!**



Laughter the Best Medicine

■ Two men are walking through the bush when they spot a vicious wild pig.

The first man immediately gets his sneakers out of his backpack and starts putting them on.

The second man says, "You're crazy! You'll never be able to outrun that pig!" "I don't have to," the first replies. "I only have to outrun you."

QUICK & EASY BOILED MANGO CHRISTMAS CAKE

PUT IN A SAUCEPAN:

- 1 x 425ml can sliced mango in syrup
- 500gms mixed dry fruit
- 1 cup water (or ½ cup water & ½ cup lemon juice)

Bring to boil then simmer till soft – allow to cool.

Fold together into mixture:

- 1 ½ cups Plain Flour
- 1 ½ tsps Bi-Carb Soda

Pour into lined cheese cake tin. Bake in preheated oven 180 degrees for 50 mins – 1 hr. Test with skewer



Euroa Medical

● MELBOURNE PATHOLOGY

Monday to Friday.. 8.30am – 4.45pm
All pathology visits require an appointment. For appointments phone **5795 2011**.

● PRIVACY POLICY OF THE PRACTICE

In the interests of providing quality health care this practice has developed a privacy policy that complies with the privacy legislation and the NPPs (National Privacy Principles). The Practice ensures the confidentiality of all patients' Personal Health Information according to the RACGP code of practice for the management of health information in General Practice. This means that a person must give consent before information about them is released.



Healthful Hint

THREE IMPORTANT TIPS FOR TRAVELLERS.

(1) Check the latest travel advice for your destination at www.smarttraveller.gov.au and subscribe there to receive free email updates. (2) Take out appropriate travel insurance to cover hospital treatment, medical evacuation, and your particular activities (e.g. adventure sports). (3) Before travelling overseas register your travel and contact details online at <https://www.orao.dfat.gov.au> or when you get there, at the local Australian embassy, high commission or consulate.

SUGGESTED TODDLER ACTIVITIES (AGE 1 TO 2).

These will support your child's development: toys with knobs and buttons to press; simple puzzles; toys that link, such as stacking toys and hammer and peg sets; picture books, if you name the pictures; games where the child gets to say no a lot, such as 'Is Daddy under the bed?'; dress-up and role play; and play alone, so that they learn to entertain themselves.