

APRIL - MAY 2024 EDITION

FREE TO TAKE HOME!



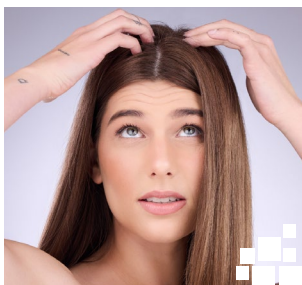
Heartburn



Sleep



Diabetes



Checking for Head Lice

● **DOCTORS AT THIS LOCATION**

Dr Lina Pacca
MBBS

Dr Leonie Nulsen
MBBS, DipRACOG

Dr Lynda Ashton
MBChB (Otago NZ), FRACGP

Dr Gabriel Hammond
MBBS, FRACGP

Dr Mania Yazdani-Zonozi
MBBS

Dr Jennifer Evans
MBBS, DipRACOG

Dr Brianna Manley
MBBS (WA), FRACGP

Dr Zoe Yang
MBBS, FRACGP

Dr Michael Joyce
MBBS, BMedSci, FRACGP

All Doctors are experienced in the broad range of general practice problems and the treatment of all age groups.

● **PRACTICE STAFF**

Practice Manager:
Narelle

Nursing Staff:
Emma, Kerryann, Helen, Brona, Louisa, Jacque, Catherine & Kelsey

Reception Staff:
Roxane, Vicki, Samantha, Julie, Yunelle, Melissa, Sherilee, Emmy & Carolyn

● **SURGERY HOURS**

Monday to Friday
8:30am – 5:30pm

Saturday
9:00am – 12noon

Despite our best intentions, the Doctors sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

We appreciate your constructive comments on our service. Please speak to the Manager or your Doctor if there is a matter you care to discuss.

● **AFTER HOURS & EMERGENCY**

Fiona Stanley Emergency Department - Robin Warren Drive, Murdoch
SJOG Private Emergency Department, Murdoch - Entrance off Barry Marshall Parade Murdoch

Health Direct for 24 hour health advice: **1800 022 222**

LOCUM SERVICE For a doctor to visit you at home: **1300 030 030**

● **BILLING ARRANGEMENTS**

The account is required to be settled at the time of consultation. Payment can be made by credit card or EFTPOS.

Most patients will pay a gap beyond the Medicare refund. This varies according to the complexity of service or if a procedure is performed.

Please ask reception staff for a guide to your doctor's fees.

A small fee may be charged for dressing and vaccines to cover costs.

● **SPECIAL PRACTICE NOTES**

Medical certificates for work – can be provided if you see the doctor during the illness. Certificates cannot be backdated.

Specialist referral. You will need to see your doctor prior to specialist referral. Backdated referrals are illegal. There may be out of pocket expenses when you are referred to a specialist or for tests. Please enquire with the referred provider the actual costs involved.

Repeat prescriptions require a consultation at the surgery.

Telephone calls – problems are best dealt with in consultation. Please advise our staff if the situation is urgent so the appropriate treatment can be arranged.

Interpreter Services are available through the National Relay Service (NRS) or Translation and Interpreter Service (TIS). Please ask our receptionist for further information.

Management of personal health information. Consistent with our commitment to quality care, this practice has developed a policy to protect patient privacy in compliance with privacy legislation. Please ask at reception if you would like a copy of our privacy policy or alternatively it can be found on our website: www.queensroadsurgery.com.au

This practice encourages patients to advise their GP of cultural background.

This practice has a no smoking policy.

Test results. Please telephone the surgery for your results.

● **APPOINTMENTS**

Consultation is by appointment. Urgent cases are seen on the day. This practice encourages you to see your preferred GP.

Home, Hospital or Nursing Home visits by special arrangement.

Book a long appointment – if you want an insurance or employment medical, full health check, review of complex or multiple health problems or counselling for emotional difficulties.

If your problem is not urgent, our staff will provide you with the next available appointment with your choice of doctor.

Please notify us well in advance if you are unable to attend an appointment.

● **TOYS**

Queens Road Surgery encourages parents to bring along a toy or book from home to help minimise the risk of cross infection.

▶ **Please see the Rear Cover for more practice information.**

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

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Heartburn

This is a burning pain in the chest or upper abdomen caused by acid “leaking” from the stomach into the oesophagus. It is also known as reflux and Gastro-oesophageal reflux disease (GORD).

It is very common and can affect all age groups, starting with infants, and ranges from mild to severe and occasional to daily. Not everyone with heartburn has GORD. Some with GORD may have a hiatus hernia, where some of the stomach “slips” above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people, but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits, but each person needs to find what “disagrees” with them.

Prevention includes avoiding known triggers and not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies like bicarbonate of soda or herbal teas help some people, and simple antacids can relieve symptoms. At night, it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often, the history is sufficient for diagnosis, but you may be sent for tests to rule out other causes.

Prescription medications can reduce acid production for ongoing problems. Some people need short courses of these, and others need them long-term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



More info »

Sleep



It is estimated that at the turn of the 20th century, the average person slept for nine hours each night. By the turn of the 21st century, this had shrunk to seven and a half hours.

A century ago, we did not have a 24/7 society complete with computers and smartphones. Even one generation ago, TV stations closed overnight. However, our need for sleep has not disappeared, and it must not be seen as optional.

The human body can go far longer without food than without sleep. The impairment in judgment and coordination after being awake for 20 hours was estimated by NASA to be the equivalent of a blood alcohol level of over 0.05% (the legal cut-off for driving).

Lack of sleep is associated with higher rates of obesity, type two diabetes, high blood pressure, depression, stress and even Alzheimer's. We feel we can “get away” with inadequate sleep because the symptoms are not always immediate nor clearly linked.

Many people find getting enough sleep difficult. Sleep patterns can be changed, but you must allow at least four months. Regular exercise helps, as does not eating within two hours of bedtime. Switch off screens 45 minutes before going to bed and have a regular routine. Have a comfortable bed and pillow and consider guided relaxation or meditation before bed. Some people find herbal teas relaxing. Avoid sleeping tablets, as regular use causes addiction. Above all, do not stress about sleep. Relax and let the body do its thing.

Diabetes – differences between Type 1 & Type 2

There are two types of diabetes, broadly divided into insulin-requiring (type 1) and non-insulin-requiring (type 2). This is not absolute, as some people who do not need insulin at the start may go on to do so.

Type one occurs when the body cannot produce insulin, often starting in childhood or adolescence. There are genetic tendencies, although the exact inheritance pattern is not known. Type two comes about when the body's cells become resistant to the effects of insulin, generally occurring later in life. Weight and consumption of refined carbohydrates play a bigger role, although there are genetic tendencies here, too.

Diabetes is diagnosed by testing for glucose and glycated haemoglobin (HbA1c) in the bloodstream. A further test known as a

glucose tolerance test may also be done. This involves "challenging" the body with a sugar load and monitoring how the body handles it.

Managing diabetes includes lifestyle changes and possibly medications. Those with type one will need lifelong insulin. A low-sugar diet is vital for diabetics. Losing weight can help control glucose levels. Regular exercise is also beneficial. Blood glucose monitoring allows people with diabetes to control their blood sugar and live in relative freedom. Regular review and blood tests through your doctor are also important.



More info >>

Checking for Head Lice - signs & symptoms



More info >>

Lice are annoying but not serious. Head lice are tiny, wingless insects that are common in school-age children but can potentially affect anyone.

Lice can only live on humans (they die within 24 hours if not on the body) and they feed on minuscule amounts of blood drawn from the scalp. They cannot jump or fly but only crawl. Hence, they are spread by direct hair-to-hair contact. The typical symptom is an itchy scalp. A note from school saying head lice have been found will often first alert parents.

Adult lice are grey or tan insects the size of a sesame seed on the scalp. Nits (lice eggs) are tiny white or brown dots usually attached to hair near the scalp. Although they look like dandruff, they can't be "shaken" off.

To find them, comb hair with any conditioner and use a fine tooth comb. Wipe the conditioner from the comb onto a paper towel. Look for eggs or lice. Do this through all the hair a few times.

Treatment is removing lice and nits from the hair. You can use the conditioner method (described above) every other day till none have been found for ten days. There are also specific head lice treatments (both synthetic and organic) that can be used. Follow the directions on the pack. Wash pillowcases in hot water. Family members need only be treated if lice or nits are found on them.

Managing sun-damaged skin

After summer is a good time to have a skin check. Australia has the highest rates of skin cancer in the world.

A step before skin cancer (this applies to basal and squamous cell cancers, not to melanoma) is the development of solar keratoses, commonly known as sunspots. These cause redness and roughness on the skin. Due to this and the potential to become cancerous, solar keratoses are usually treated.

The most typical treatment is cryotherapy, better known as freezing. This involves applying liquid nitrogen (or dry ice) in a "freeze-thaw" sequence to the area. Although it can cause redness and some loss of pigment, it is usually successful, and most people have no complications. It can be used on most keratoses and is particularly good for scattered individual spots.

Several creams can also be used to treat solar keratoses. These are available on prescription. Which one and the duration of treatment depend on the individual case. They are most suited to areas on the skin where there are multiple spots.

Salicylic acid applied topically can reduce roughness and retinoid creams can help rejuvenate skin.

Laser resurfacing and photodynamic (light) therapy are newer options, but they are less widely available and more expensive.

The key remains prevention. Remember to always slip on a shirt, slap on a hat, and slop on sunscreen in the summer sun. See your doctor about any skin spots of concern and ask your doctor about an annual skin check.





QUEENS ROAD SURGERY

www.queensroadsurgery.com.au

● SERVICES

All doctors are fully trained and experienced in all aspects of general practice including minor surgery. In addition to general medicine, the Doctors working from this location offer the following services:

- Shared Antenatal Care
- Cryotherapy
- Minor Surgery
- Spirometry
- ECG's
- Child and Adult Vaccinations
- Travellers Vaccinations
- Preventative Health Checks
- Chronic Disease Management
- Orthopaedics
- Short Term Counselling
- Women's Health
- Men's Health
- Children & Teen Health
- Iron Infusion
- Skin Checks
- Mole Removal
- IPL & Laser Skin Treatments

We provide a comprehensive family medical service.

● IN-HOUSE ALLIED HEALTH SERVICES

- Charlotte Bowyer
Clinical Psychologist
- Sascha McMeekin
Accredited Practising Dietician

● FEEDBACK AND COMPLAINTS

To give feedback or make a complaint, please ask to speak to the Practice Manager. Alternatively a feedback form can be obtained from the reception staff. The Health and Disability Services Complaints Office can be contacted on: (08) 6551 7600 or, Country Free Call: 1800 813 583.

● REMINDERS

The surgery operates a reminder system for certain conditions. Please update your contact details with reception staff regularly including your emergency contact.

If you wish to opt out of the reminder system please advise your GP or one of our reception staff.



CARAMELISED ONION TART

INGREDIENTS

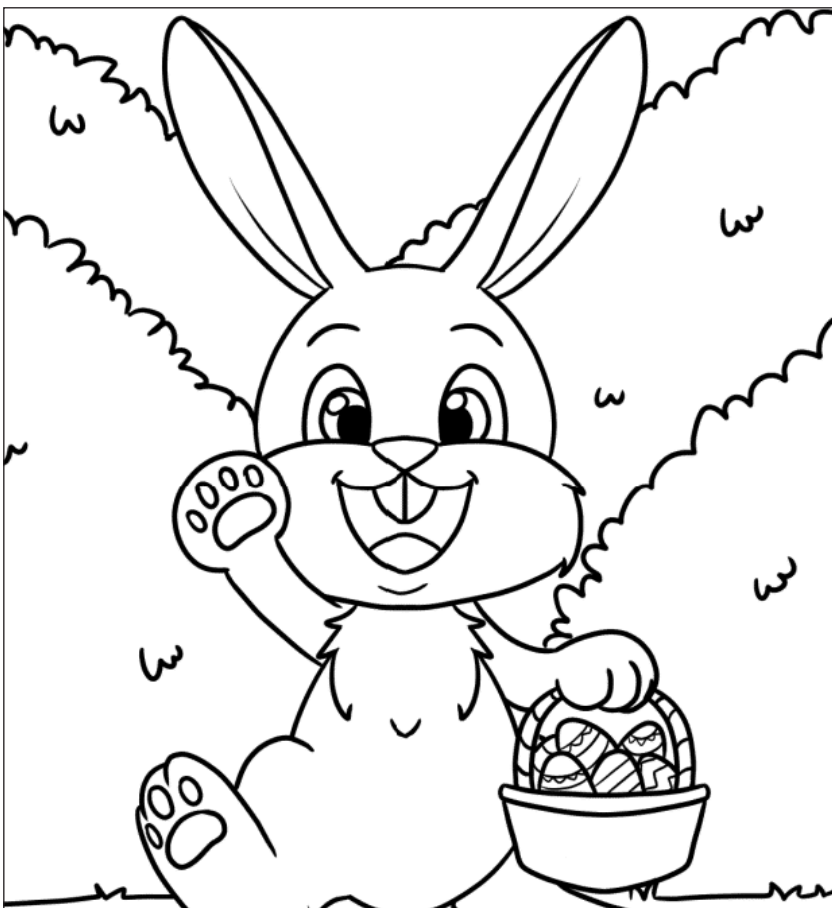
- 20g butter
- 1 tsp olive oil
- 2 red onions, thickly sliced lengthways
- 1 garlic clove, thinly sliced
- 2 tbsp caster sugar
- 1 1/2 tbsp red wine vinegar
- 2 sheets frozen puff pastry, just thawed
- 50g goat's cheese, crumbled
- 25 grams chopped walnuts

DIRECTIONS

1. Stir Fry the onion and garlic on a medium heat, for 10 mins or until the onion softens. Sprinkle with sugar and drizzle with vinegar. Season. Cook for 3-5 mins or until the sugar dissolves

and mixture thickens slightly. Remove from heat.

2. Preheat a 20-25cm ovenproof pan in the oven and grease with butter. Transfer the onion mixture to the pan.
3. Place 1 pastry sheet on a clean work surface. Top with the remaining pastry sheet. Use a small sharp knife to trim to a 25cm disc. Place the pastry over the onion mixture in the pan, carefully tucking the edges into the pan.
4. Bake for 20-25 mins or until pastry is golden and puffed. Cool in the pan for 5 mins. Place a serving plate over the pan and invert tart onto the plate. Sprinkle with goat's cheese and chopped walnuts



EASTER COLOUR FUN!