



FREE TO TAKE HOME!

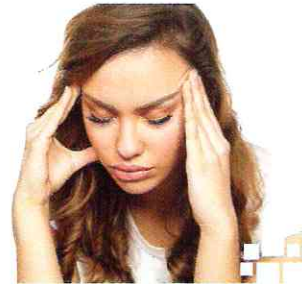
FEBRUARY - MARCH 2019 EDITION



Allergy to family pets



Living with Obesity



Migraine



Osteoporosis

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

● **PRACTICE DOCTORS**

- Dr Shabbir Ahmed**
- Dr Michael Cranney**
- Dr Boris Fretze**
- Dr Sally Kennett**
- Dr Phil Olgers**
- Dr Dominic Palan**
- Dr Robert Spark**
- Dr Mumtaz Uluhan**
- Dr Gerard Martin**
- Dr Alice Wu**
- Dr Shelley Bourne**
- Dr Ben Kostyrka**
- Dr Bhaskar Konduru**
- Dr Chi Ming Lau**
- Dr Nadia Low** (Locum)

● **Dr Peter McGimpsey**

Dr McGimpsey has left our practice. Please contact our reception staff for any questions about the continuation of your health care.

● **PRACTICE PRINCIPAL**

Dr Brad Cranney

● **GENERAL MANAGER**

Debra Smith

● **PRACTICE MANAGER**

Kelly Pearce

● **SURGERY HOURS**

Monday to Friday
8.00am – 6.00pm
Saturday
8.00am – Midday
Closed Sundays & Public Holidays

● **BOOK ON LINE 24/7**

Visit: www.toukleydoctors.com.au or download our free mobile app "high quality health care".

● **APPOINTMENTS**

The surgery operates on an appointment based system, however urgent cases will always have priority. Walk-ins will be accommodated on a priority basis. If you require a long consultation, please advise the receptionist. If you are unable to attend for your appointment please advise by calling **4352 8600**.

● **AFTER HOURS & EMERGENCY**

Our practice **Mariners Medical** is open for extended hours:

Mon – Fri 8am – 7pm

Saturday 1pm – 6pm

A doctor is available after hours for patients of this practice. Please call **0414 063 976** to speak to our Triage Registered Nurse, who will advise and contact a doctor if needed. Please note a fee is applicable and payable at the time of consultation for all home visits. Alternatively you can go to Bridges After Hours GP Clinic in the grounds of Wyong Hospital: **4394 7333**.

In an emergency call **000** and request an ambulance or go directly to the Accident and Emergency at either Gosford Hospital (**4320 2111**) or Wyong Hospital (**4394 8000**).

● **FEES**

This is a private billing practice, however many services are direct billed to Medicare, including children under 16 years of age, pensioners and health care card holders & Veteran Affairs. There is a small fee for repeat scripts without an appointment.

Please speak to our reception staff for a full list of fees.

● **RESULTS/RECALLS**

Due to medico-legal reasons, a follow up consultation is required to discuss your results. If results are urgent, the practice will contact you directly to arrange an appointment.

● **REMINDER SYSTEM**

We are committed to preventative health care. Our practice participates in National and State reminder systems and registers. From time to time you may be issued with a reminder notice offering preventative health services appropriate to your care. If you do not wish to participate in these systems, please notify your Doctor.

● **COMMUNICATION**

Telephone calls to Doctors will only be put through in the case of emergency. All other calls will be returned outside of consultation hours. Our staff are trained to triage the urgency of all calls and will contact a Doctor accordingly. Please note we do not send or receive patient information via email as this is not secure.

● **DO YOU HAVE A WOUND THAT JUST ISN'T HEALING?**

Do you have a wound that just isn't healing? Our Advanced Wound Care Services clinic is open for appointments, here at Toukley Family Practice, on a Tuesday and Thursday each week.

For enquiries or to book an appointment, please call: (02) 4352 8600.

● **FOLLOW OUR PRACTICE ON SOCIAL MEDIA**

We are thrilled to inform you that you can now follow us on social media. Please visit our FaceBook pages and feel free to follow, like and share with your friends

● **YOU CAN ALSO FOLLOW US ON INSTAGRAM**

www.instagram.com/highqualityhealthcare



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



What you do with pets depends on the strength of your allergy.

Allergy to furry family pets

Allergy to pet cats or dogs is something that runs in families – usually in people with an inherited tendency to asthma, hayfever or eczema. Of course, you have to live with an animal or have frequent contact with it for this to happen. Once allergy develops, what you do about it depends on the level of symptoms.

What part of pets cause allergies?

Furry animals make allergic protein (called allergen) in their skin's oily glands (called sebaceous glands). This oily allergen spreads to their fur and skin scales, especially when they groom themselves by licking. The saliva of dogs is also full of allergy protein.

As the animal sheds hair and skin scales throughout the house, more and more allergen collects over time so that anyone allergic to the pet ends up reacting to the whole house. Allergen from pets is so tiny it floats in the air, invisible, but small enough to get on to furnishings, clothing, walls etc and to be breathed in.

What allergic symptoms are caused?

Usually, respiratory symptoms such as irritated itchy eyes and nose, with sneezing and wheezing. Over time, these acute symptoms are replaced by chronic congestion of the lungs,

nose or sinuses. This can lead to complications such as sinus infections or headaches, worsening asthma or bronchitis, as well as sleep problems and fatigue. Some people develop eczema in response to pets, usually more noticeable on exposed skin.

Why is pet allergy so hard to recognise?

First, people allergic to pets are often also allergic to pollens and dust mite so it can be difficult to recognise that the family pet is also a problem. Second, allergy comes on slowly and is hard to recognise. Last, reaction to animals can vary with the breed (particularly with dogs), and because reactions across all cats or dogs seems inconsistent, people prefer to put it down to something else rather than their furry companion!

If a household pet is causing symptoms you can:

- **Put up with it.** You can take medications to control symptoms but this is not recommended.
- **Yourself or the pet goes!** It takes 2-3 months of normal cleaning to rid pet allergen from the house.

A word of caution: once you have shown a tendency to react to one type of furry animal, there is a strong likelihood you will develop allergy to another you live or work with (e.g. rats in an animal laboratory).

Living with Obesity

Over the last 40 years, there have been an increase in the number of people overweight or obese, helped by a reduction in body mass index (BMI) classifying overweight from 27.5 to 25 in the late 1980s. This has significantly inflated the statistics.

Another little known fact is that in over three million people, studies have demonstrated there is no effect on life expectancy up to a BMI of 30.

Many people find reducing weight difficult. Their cause is not helped by the judgmental ways they can be treated. Overweight children may be subject to teasing and bullying in the playground. Many overweight adults are uncomfortable going to the beach or to the gym (notwithstanding that exercise can help). Purchasing clothes and swimwear can be traumatic.

Media of these days, social media (think Instagram), can portray images of "perfect" bodies (often photoshopped) which adds to the pressure.

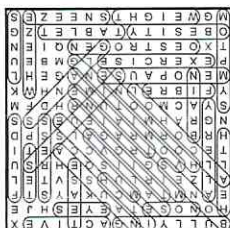
So, is there a solution? Each person needs to consider their health in total. Overweight is just one aspect. Being overweight is not synonymous with being unhealthy. It is also important to be comfortable with who you are. Each of us is different so there is no single correct shape or size.

It is important not to compare yourself to others especially the media images that are usually unrealistic. If you want to reduce weight talk to your doctor about it and avoid offers of a quick fix.



Overweight people can get fit.

WORD SEARCH
SOLUTION



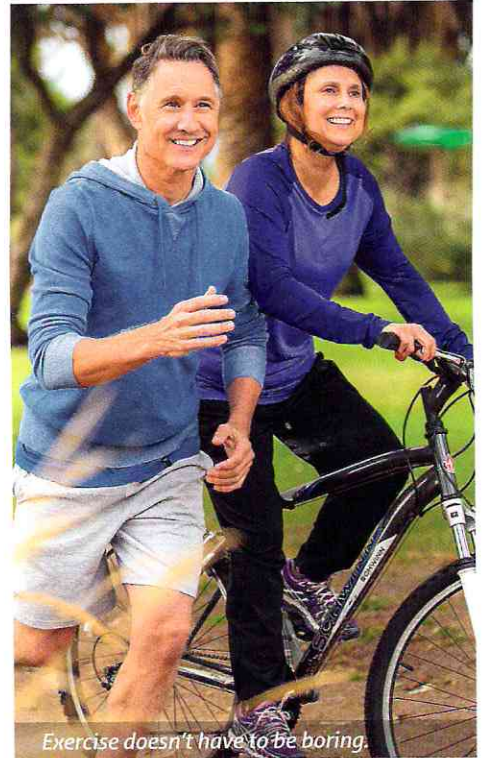
Exercise for You

The human body was designed to be active and for most of human history it has been.

Till modern times, work was often physical as was the means of getting from 'A' to 'B'. Even as recently as the 1970s we got out of our chairs to change TV channels. The estimated incidental movement taken over by labour-saving devices between the mid-1960s and today is around 2000 calories per week (or a day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the chance of falls and has been shown to be positive for the immune system. Sleep improves as well. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. The key is being consistent. However, that does not mean it has to be every day or 'set in stone'.



Exercise doesn't have to be boring.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it while you build up. The benefits of exercise are many. Just do it!



Webblink www.headacheaustralia.org.au

Migraine

A typical migraine headache affects one side of the head, is throbbing in nature, is often accompanied by nausea or vomiting and perhaps sensitivity to light, and can last up to days.

Warning of an impending headache is sometimes given by unusual sensations, such as flashes of light (aura) or tingling in the skin. The migraine is often severe.

The exact cause is not known. Theories revolve around blood circulation to the brain and changes in hormone levels within the brain. Both genetics and the environment play a role. Around 90% of sufferers have a family history of migraines. Generally they start before age 40. Women are three times more likely to have migraines, often more so around the time of periods.

Some triggers include certain foods rich in biogenic amines (alcohol, cheese, chocolate, pate), food additives glutamate (e.g. MSG) or nitrate (processed meats), stress, certain medications (e.g. the contraceptive pill), disturbed sleep patterns, bright lights, strong smells and sudden changes in atmospheric pressure. However, for many people there are no identifiable 'triggers'.

There is no specific test for migraine. It is diagnosed on the story. Where tests are done, it is to exclude other causes of headaches.

Treatment is with pain killing medications, whether milder over-the-counter tablets or prescription painkillers. Some specific medications taken on script can prevent migraine if taken early, while for the frequent migraine sufferer, some preventive daily medications can help. They do not work for everyone. Again, there is no absolute cure.

Simple measures that can help are drinking plenty of fluids to prevent dehydration, getting enough sleep, managing stress and avoiding known triggers. To find out your triggers, a diary might help. Others say certain herbs, acupuncture, magnesium supplements and diet help, particularly around the time of periods.

Osteoporosis

Osteoporosis is a thinning of the bones, so they are weak and more likely to break, even with minor trauma. The problem develops over a long time, usually without symptoms (although some do describe soreness in the bones). If spinal vertebrae become thin and crushed, a stooped posture results.

Women get osteoporosis more so than men, probably due to lack of oestrogen, often reaching crisis point in menopause. Asian or Caucasian background, along with a positive family history, all increase

risk. So does a sedentary lifestyle, alcohol excess, smoking, low intake of calcium and vitamin D and some other health problems. Some medications such as steroids also increase the risk.

Diagnosis is by a bone density scan, a simple investigation that takes 15 minutes, and may be covered by Medicare or your private health fund (ask them). It is best done in women or men aged over 50 with known risk factors.

Prevention starts at an early age – don't smoke, avoid excess alcohol, do regular weight bearing exercise, and ensure your diet has enough calcium and vitamin D – particularly for women.

The main complication of osteoporosis is bone fracture following a fall. Fractured wrist or hip is typical.

Preventing falls by using non-slip mats, hand rails and walking aids is important in the elderly. For some, medication is a good idea. Discuss options with your doctor.



Webblink www.osteoporosis.org.au

Toukley Medical Complex

● OUR SERVICES INCLUDE

- Wyong Shire Skin Cancer Clinic
- Women's Health
- Chronic Disease Management
- Childhood / travel vaccinations
- On site – Pathology Pharmacy Allied Health services

For a full list of services please visit our website.

● PRACTICE POLICIES

The practice is committed to providing comprehensive care to all patients. Our doctors are trained and experienced in the broad range of problems dealt with in general medical practice. We believe your health is best managed by continuous care from the same source rather than taking different problems to different places. We will refer you for specialist opinions, investigations and treatment when necessary and advise you of any out of pocket costs.

● PRIVACY

This practice is committed to maintaining the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

● PATIENT FEEDBACK

We would like to know of any concerns you may have about the care you receive. Please feel free to talk to your doctor or our reception staff. Ask our reception staff for a Patient Feedback / Complaint Form which will be passed on to the Practice Manager for action. Alternatively you may wish to contact the Health Care Complaints Commission on 02 9219 7444.



QUICK & EASY HONEY MUSTARD CHICKEN & RICE

Ingredients

- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 1 medium sized red capsicum sliced
- 1 medium sized leek, white part only, thinly sliced
- 500g Chicken Breast Fillets, cut into 3cm pieces
- 175g pkt MasterFoods Honey Mustard Chicken Recipe Base
- 1/2 cup (125mls) light thickened cream
- 100g stringless green beans, halved
- 3/4 cup frozen peas
- 1 cup Medium Grain White Rice, steamed
- 2 tablespoons chopped fresh parsley

Instructions

Cook the rice.
 Whilst the rice is cooking, heat oil in a large deep frying pan over medium-high heat. Cook the garlic and leek, stirring, for 3-4 mins or until softened. Add the capsicum to the pan and cook for 1-2 minutes. Add chicken and cook, stirring, for 5 mins or until the chicken is browned. Add the Honey Mustard Chicken Recipe Base, cream and beans. Bring to the boil. Reduce heat to low and simmer uncovered for 5 mins. Add the peas and simmer uncovered for 2 mins or until chicken is cooked through and the vegetables are tender. Season with salt and pepper. Serve the honey mustard chicken and vegetables on the rice, sprinkled with fresh parsley.

WORD SEARCH

- | | |
|-----------|-----------|
| Active | Nausea |
| Alcohol | Nose |
| Allergy | Obesity |
| Bones | Oestrogen |
| Brain | Saliva |
| Bullying | Sinuses |
| Exercise | Sneeze |
| Eyes | Stress |
| Fibre | Symptom |
| Fluids | Tablet |
| Glands | Tease |
| Health | Test |
| Hormone | Trauma |
| Itch | Trigger |
| Lungs | Vomiting |
| Menopause | Weight |
| Migraine | Wheeze |
| Muscle | |

