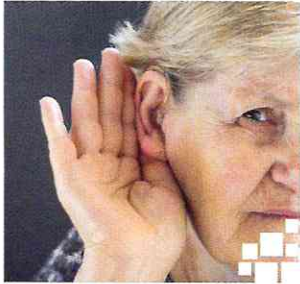




FREE TO TAKE HOME!

DECEMBER 2018 - JANUARY 2019 EDITION



Hearing Loss in Adults



Heart Attack Alert!



Beating Christmas Stress



Plantar Fasciitis – Heel Pain

● PRACTICE DOCTORS

- Dr Shabbir Ahmed
- Dr Michael Cranney
- Dr Boris Fretze
- Dr Sally Kennett
- Dr Peter McGimpsey
- 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

● 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**.

▷ Please see the Rear Cover for more practice information.

● AFTER HOURS & EMERGENCY

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

Mon – Fri 8am – 7pm
Saturday 1pm – 6pm
Sunday 10am – 4pm

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



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

Hearing Loss in Adults

Our senses become less acute as we get older. An estimated half of Australians aged 60-70 years have some hearing loss, and this increases to 80% for those over age 80. Severity, of course varies. Hearing loss can be 'sensorineural' (affecting the cochlea and/or nerve), 'conductive' (blockage in the middle ear) or a mixture of the two. Generally, age-related loss is sensorineural and other risks include past noise exposure, a family tendency (genetics), ear trauma and chemical exposure.



With a nifty hearing aid the grandchildren's demands are heard!

Weblink: www.healthdirect.gov.au/hearing-loss

As we age the hair cells in the inner ear become less effective. This change cannot be reversed. Typical symptoms are difficulty hearing voices, usually picking up speech in a crowded room or when there is background noise (e.g. television). Sometimes those with the affected person notice it first because they have to keep repeating themselves.

Hearing loss can be isolating as many feel (incorrectly) embarrassed about asking for speech to be repeated. Collectively, we tend to be less accepting of hearing loss than visual loss and the need for glasses. There is no valid reason for this.

Hearing can be assessed by an audiologist. Depending on circumstances you may need a referral from your GP. Apart from a proper hearing test in a sound proof booth, there are no other specific tests usually.

Treatment is use of a hearing aid. Waterproofing, size, directional microphones, etc vary with the price. When is a hearing aid needed? That depends on the person and how they and those around them are affected. Chat with your GP about any concerns you have with your hearing.

Quiz!

- 1) How long did the Hundred Years War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

- ANSWERS:**
- 1) 116 years
 - 2) Ecuador
 - 3) Sheep and Horses
 - 4) November
 - 5) Squirrel fur (of course)
 - 6) Dogs
 - 7) Albert
 - 8) Crimson
 - 9) New Zealand
 - 10) Orange

Heart Attack Alert!

Heart disease kills Australians - 8011 deaths in 2016 but fatal heart attacks have decreased 30% in a decade. The Australian Institute of Health and Welfare (AIHW) estimates that 430,000 Australians have had a heart attack at some stage in their lives. If it happens to you, it is an emergency requiring an ambulance to hospital.

Typical symptoms are pain in the chest, left arm, neck, jaw or back, together with nausea, sweating, shortness of breath and feeling unwell. Not everyone gets typical symptoms. Risk factors include a family history, smoking, raised cholesterol, high blood pressure and having diabetes (but all may be absent).

Warning signs can include tiredness, chest discomfort on exertion and shortness of breath. Of course, not everyone with these symptoms is on the verge of a heart attack! However, it is far better to 'be safe than sorry' and even if there is a slight chance of heart attack you need an ambulance and hospital.

Diagnosis is based on history, electrocardiogram (ECG) and blood tests. You will likely have a coronary angiogram where dye is inserted into the arteries to examine blood flow to the heart. Deaths from heart attack have decreased due to better and earlier treatment. This can include medications, stenting (opening the artery) or surgery. Length of hospital stay is much less than in the past.

Prevention, where possible is the key. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check up with your GP.



Awareness of heart attack symptoms can come in handy

Weblink: www.heartfoundation.org.au and www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-attack



Planning ahead can stop a lot of the Christmas stress.

Beating Christmas Stress

Christmas is a time of joy for most. But not all of us. Rates of depression and anxiety can be increased at Christmas but it need not be the case. Much of the stress we feel is self-imposed. The good news is that it can be reduced.

The best way to avoid a Christmas credit card hangover is to buy presents with cash. That way you can only spend what you have. The old adage about the gift counting still applies so don't feel the need to buy expensive presents for all. Small children can still get as much fun from the wrapping paper as the present.

Many worry about weight gain over Christmas. This too is avoidable. Even if invited to multiple events, you do not have to attend all of them. You

can keep your weight in check by eating something before you go and by drinking plenty of water. You don't have to be the first to arrive or the last to leave. Keep up a regular exercise regime over the holiday period.

Christmas day lunch should be enjoyable. If you are stressed out about relatives coming over, delegate tasks so you don't have to do all the preparation. Whilst it is a bigger lunch than usual, don't cater for 30 people if only ten are coming. Be honest with yourself and your family about what is realistic. Don't try to do it all yourself.

If you are the sort who likes solitude it is OK to slip away and re-emerge on December 27. Don't feel pressured to socialise if you really do not want to. Christmas should be relaxing and enjoyable. This means different things to different people – do it your way.

Plantar Fasciitis – Heel Pain

A common cause of heel pain, 'plantar fasciitis' is inflammation of the tissue (plantar fascia) that runs along the sole of the foot connecting the heel to the toes, creating the arch of the foot. Risk factors include age, being overweight, sports which stress the heel (e.g. running) and spending long periods of time on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse on rising in the morning, after prolonged sitting or after intense activity. Diagnosis is from the story and examination. X-rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help in the short term but are not a cure. Avoid activities which aggravate the situation. Wear shoes with good arch support and cushioning. Purpose made insoles may be helpful as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases cortisone injections may be recommended. Surgical treatment is viewed as a last resort.

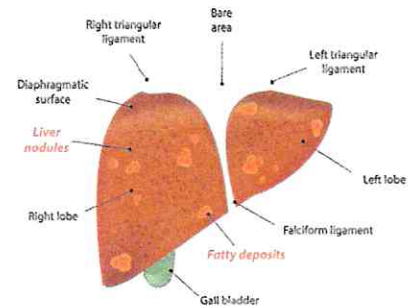


Weblink: www.healthdirect.gov.au/plantar-fasciitis

Do not expect immediate results from treatment or get frustrated. Perseverance with treatment is important and most fasciitis improves with time.

Best wishes for a wonderful holiday season and a new year filled with peace and happiness.

Fatty Liver Disease



Fatty Liver

Often symptomless, fatty liver disease is a build-up of fat in the liver cells. The commonest causes for this are too much alcohol, being overweight and diabetes. About 10% of Australians are affected. Because there is always some fat in the liver if more than 10% of the liver weight is made up of fat, then this is significant and called 'fatty liver'.

Generally, it is often detected on blood testing or imaging. In mild cases there may be no effects on the workings of the liver but there is this risk in the longer-term. In the worst cases there can be cirrhosis (scarring) and serious impact on the functioning of the liver.

Currently there is no specific treatment. Weight loss can lead to some reversal of fatty change and improvement in liver function. Where alcohol is a factor then abstinence is vital. Diabetes and high blood pressure can be associated with fatty liver and it is important that these are treated.

Prevention is the key. Eat a sensible diet and maintain a healthy weight. Do regular exercise and consume alcohol only in the drink safe levels. Talk to your doctor about getting your liver checked if appropriate.

Weblink: www.betterhealth.vic.gov.au/health/conditionsandtreatments/liver-fatty-liver-disease

Toukley Medical Complex

● OUR SERVICES INCLUDE

- Wyong Shire Skin Cancer Clinic
- Continence 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.

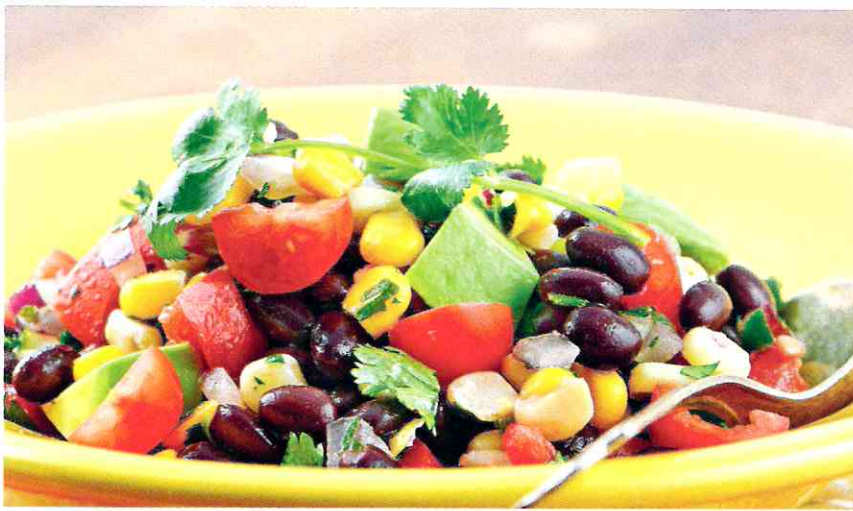
● PRIVACY

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 92 19 7444.

 Quality Practice Accreditation



FESTIVE SUMMER VEGETABLE SALAD (SERVES 8-10)

Ingredients

400gms thin green beans – trimmed
400gms cherry tomatoes (mixed coloured tomatoes) – halved
2-3 medium sized Lebanese cucumbers – halved and cut in to moon shapes
4 spring onions – thinly sliced or 1 red onion – thinly sliced
½ large yellow capsicum – seeded and diced
½ large red capsicum – seeded and diced
2-3 ears fresh corn – kernels removed
2 avocados – peeled, pitted & diced
½ cup fresh coriander leaves – coarsely chopped
1 fresh long red chilli, very thinly sliced into rounds
Olives – optional
Bocconcini halved - optional

Vinaigrette dressing

Prepare dressing day before and refrigerate overnight.

Stand at room temperature before serving (whisk again).

4 limes

1 large shallot finely chopped

¼ cup extra virgin olive oil

Grate 1 tablespoon of lime peel into a medium bowl.

Add ¼ cup lime juice.

Add shallot.

Whisk in oil.

Season with salt & pepper to taste.

Instructions

Bring a large saucepan of salted water to boil over high heat. Add beans and cook for 1-2 minutes or until bright green and crisp-tender. Once cooked, drain and refrigerate until cold.

Once cold toss all ingredients together in a large salad bowl (keeping some coriander to sprinkle over top) with vinaigrette dressing.

Season salad.

Serve immediately.



Christmas Colour In!