



FREE TO TAKE HOME!

**AUGUST - SEPTEMBER 2019 EDITION**



**Galling Gallstones**



**Eczema**



**Swollen Ankles**



**Sinusitis on the Nose**

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](http://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 Ben Kostyrka
- Dr Bhaskar Konduru
- Dr Chi Ming Lau
- Dr Nadia Low

● PRACTICE PRINCIPAL

Dr Brad Cranney

● GENERAL MANAGER

Debra Smith

● OPERATIONS MANAGER

Meaghan Buys

● PRACTICE MANAGER

Kelly Pearce

● SURGERY HOURS

Monday to Friday  
8.00am – 6.00pm

Saturday

8.00am – Midday

Closed Sundays & Public Holidays

● BOOK ONLINE 24/7

Visit our website:  
[www.toukleydoctors.com.au](http://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:

Monday – Friday ..... 8am – 6pm

Saturday ..... 1pm – 5pm

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.

Where possible information is provided in advance about the cost of health care and the potential for out of pocket expenses, however some longer consultations and unexpected services may incur higher out of pocket expenses.

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](http://www.instagram.com/highqualityhealthcare)



▷ Please see the Rear Cover for more practice information.





Gallstone 'colic' is due to blockage by stones, and can lead to yellow jaundice

## Galling Gallstones

Bile produced in the liver to help digest fats is stored in the gall bladder. The liquid can crystallise, which over time, can grow into gallstones. It is estimated that 10% of Australians are affected. Risk factors include being female, over age 40, overweight and a family history of gallstones. Use of oestrogen (e.g. the contraceptive pill) and having diabetes can also increase the risk.

About 70% of people with gallstones may have no symptoms and they are only found if a scan of the abdomen is done. These are called 'silent' gallstones. Symptoms generally occur if a stone is stuck in one of the bile ducts (tubes).

The main symptom is pain, usually in the upper middle part of the abdomen which may radiate through to the back. It is most likely to come on after a fatty meal and last a few minutes to a few hours of mild to moderate pain.


More serious symptoms would be a fever or chills, persistent pain and vomiting. If this occurs seek immediate

medical attention.

Milder episodes may be recurrent. Diagnosis is based on the history. Examination when no symptoms are present may reveal nothing although there may be tenderness under the rib cage on the right side. An ultrasound scan will diagnose the condition. Blood may also be ordered to assess liver function.

Pain is treated with analgesics. Avoid fatty foods. Stones may pass out of the gut by themselves.

Definitive treatment is surgery if the situation warrants it. There is no medication to 'dissolve' stones.

 Weblink [www.mydr.com.au/gastrointestinal-health/gallstones-what-are-they](http://www.mydr.com.au/gastrointestinal-health/gallstones-what-are-they)

## Eczema – Prevention & Treatment

Many children will have eczema at some stage and it is common in adults too. Typical symptoms are redness, itching and inflammation of the skin. The commonest areas are the face, elbows, knees and hands, but any part of the body can be affected.

The exact cause is not known. There may be genetic tendencies and those with other allergy/sensitivity problems such as asthma or hay fever are at higher risk.


It is thought that eczema is related to an inability of the skin to retain moisture. Hence prevention starts with use of skin moisturisers. There are many on the market, so people wonder which one is best. The answer is the one that works best for the individual.

Higher price is not always an indicator of better quality. Soaps may not cause eczema but can worsen it so use no-soap substitutes. Avoid parabens and perfumed products. Foods such as dairy can trigger eczema in some people. However, allergy tests are not generally useful. Avoiding a food for a number of days can give an indication. Discuss this with your doctor before making dietary changes.

While identifying triggers can be helpful, in most instances, this is not possible.

So general measures as outlined above are key. Despite this, flare-ups may occur and these can be treated with hydrocortisone-based creams on prescription. These should always be used thinly, only for as long as needed and only as advised by your doctor.



 Weblink [www.allergy.org.au/patients/skin-allergy/eczema](http://www.allergy.org.au/patients/skin-allergy/eczema)



## What's in a handshake?

The handshake is believed to have existed for thousands of years but its origin is unclear. One theory is that it was a gesture of peace – showing a right arm devoid of a weapon. Another is that it consecrated an agreement between people. The earliest recording comes from the ninth century BC.

The contemporary handshake as a greeting is thought to have started in the 17th century by Quakers who regarded it as more egalitarian than bowing.

There are millions of bacteria that live on the skin so a handshake can transmit them. Whilst this

is generally not an issue, it is a good idea to wash your hands if you are going to meet someone where a handshake is likely.


If you have a cold then consider coughing into your elbow rather than your hand. Obviously if you have been to the toilet then wash

your hands, even more so if you have diarrhoea. The skin wart virus can also potentially spread via a handshake.

With some of these simple measures, shaking hands need not be a health hazard but a welcoming gesture.





 Weblink [www.health.nsw.gov.au/Infectious/factsheets/Pages/malaria.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/malaria.aspx)

## Avoid the Bite

Mainland Australia is free of malaria although it is found on the Torres Strait Islands. Malaria is a potentially fatal infection caused by a parasite which is transmitted by mosquito bites.

There are five types of parasite (called plasmodium) that cause the infection. Travellers to tropical and sub-tropical countries are at risk. Typical symptoms include intermittent fever, chills, headache, sweats, nausea and vomiting and joint pain. These start 7-14 days after being bitten.

Diagnosis is based on history and blood tests. The parasite may be seen under the microscope, although more than one sample may be needed. Treatment is specific anti-malarial medication and some people may need hospitalisation. In Third World countries, the infection is often fatal whereas in Australia treatment can generally prevent this.

The key is prevention.

Talk to your doctor before you travel. Certain areas are classed as malarial zones and you may be recommended preventative medication. Other measures include avoiding being outside at dusk and wearing loose-fitting long-sleeved shirts and long pants. The use of mosquito repellents is important. Sleep in screened or air-conditioned rooms. Try to avoid swamps and other areas where mosquitos are more likely to be found.

If you become unwell after returning from travels, see your doctor promptly. Take out travel insurance because if you become unwell overseas you may need treatment before you return.

## Swollen Ankles

Ankles can swell for many reasons, most of which are not serious. It is best to think about causes as being local (e.g. injury) or 'distant' (e.g. kidney disease).

The ultimate cause is a build-up of fluid at the feet and ankles. Most people as they age will experience this to some degree as the circulation can slow. It is more noticeable at the end of the day and may not be apparent on waking.

Symptoms are a swelling of the ankles. When pressed there may remain an indentation for some seconds if fluid is present. Usually it is not painful but some experience an ache.

The cause may be obvious such as injury. Where both sides are affected and there is fluid, it is important to consult your GP. Swelling may not reflect an underlying issue with the kidneys, liver or heart. Ankle swelling associated with calf swelling and pain may be a deep vein thrombosis. Fortunately, most of the time there is no major underlying problem.

Your doctor may send you for imaging or blood tests depending on other symptoms, or no tests may be needed. Treatment depends



on cause. It may be as simple as elevating your legs or wearing compression socks. Fluid tablets are best avoided unless there is a specific reason for their use.

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## Sinusitis on the Nose

The body has a number of air-filled sinuses which sit below, above and behind the eyes, and are in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap inhaled dust and other irritants. Too much mucous production, swelling of the linings or blockage can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are a 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, post nasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

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

Where a bacterial infection is suspected antibiotics will be prescribed

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 become permanently congested and do not respond to treatment, they may need drainage or clearing which is a hospital procedure.



 Weblink [www.betterhealth.vic.gov.au/health/conditionsandtreatments/sinusitis](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sinusitis)



## 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.



## HEARTY BEEF STEW – SLOW COOKER

### Ingredients

- 1.5kgms boneless beef chuck (cut to 1 inch cubes)
- 5 medium carrots (sliced)
- 8-10 baby potatoes - halved (leave skin on)
- 1 large white onion (small, diced)
- 3 Roma tomatoes (diced)
- 4 cloves garlic (minced)
- 3 cups beef broth (can substitute with 2 ½ cups broth and ½ cup of red cooking wine)
- 1/2 cup tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Italian seasoning
- 1 tspn oregano
- salt & pepper
- 1/4 cup flour
- 2 cups frozen peas or green beans
- 1 cup frozen corn

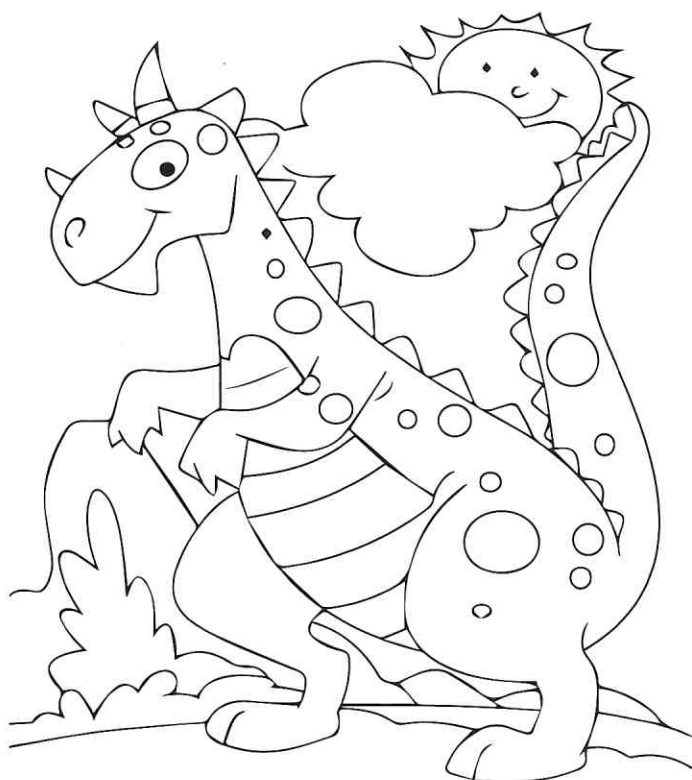
### Method

Sear the meat on a grill or frypan. This helps to seal the flavour into the beef while it cooks. Add to slow cooker.

Cut your veggies and put them in the slow cooker with the beef broth, tomato paste and seasonings.

Let the beef and veggies cook on low for a good 8-10 hours. This ensures the beef and the vegetables to be nice and tender.

About an hour before serving the stew, stir in flour. This will help the sauce to thicken up and be nice and hearty and rich. Add more flour if necessary.



**COLOUR ME IN!**