



FREE TO TAKE HOME!

JUNE - JULY 2019 EDITION



■ **Post-Traumatic Stress**



■ **Parkinson's disease**



■ **Headaches**



■ **Whooping cough**

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 Ben Kostyrka
- Dr Bhaskar Konduru
- Dr Chi Ming Lau
- Dr Nadia Low (Locum)

● **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
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**

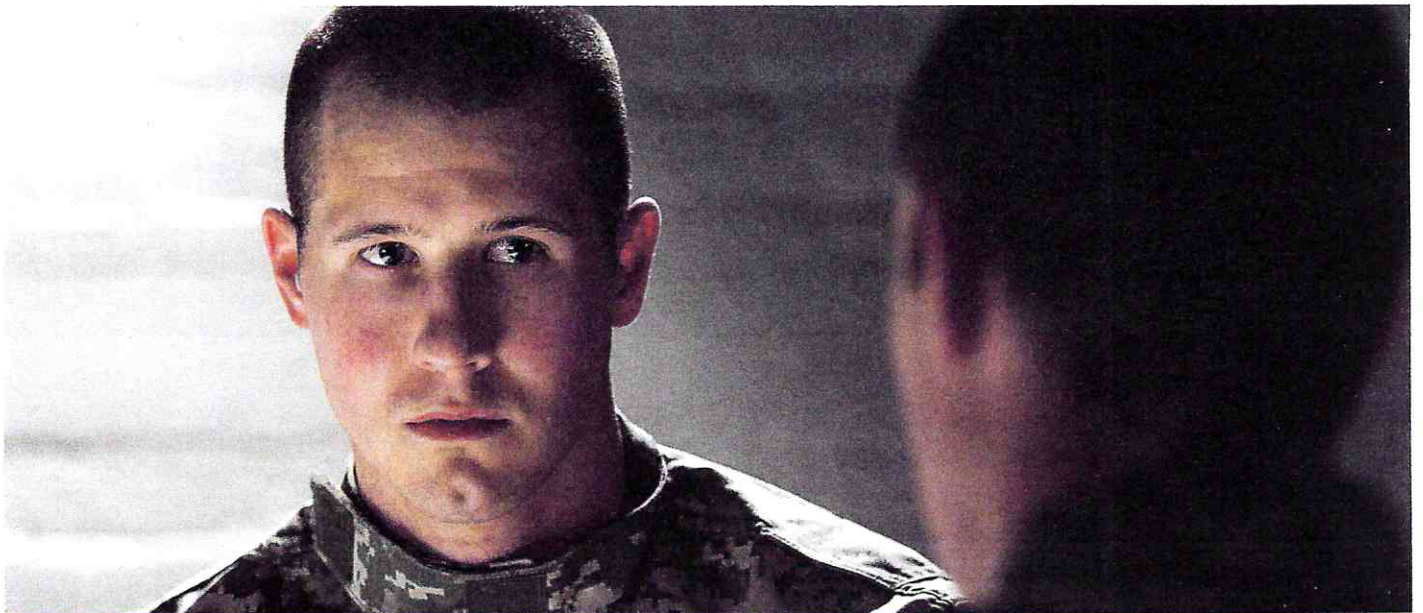
We are thrilled to inform you that you can now follow us on social media. Please visit our FaceBook pages and feel free to follow, like and share with your friends


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

www.instagram.com/highqualityhealthcare



▷ Please see the Rear Cover for more practice information.



 Weblink www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd

Post-Traumatic Stress (War Veterans)

First described in the 1970's in Vietnam War Veterans, Post-Traumatic Stress Disorder (PTSD) is a reaction that people can develop after being through or witnessing a traumatic event which threatened life or safety of themselves or others. This includes war, natural disaster, assault or serious accident. It is estimated that 12% of Australians may experience it during their life. Risk factors, aside from trauma include a past history of other mental health problems and stress.

Symptoms include feelings of fear, flashbacks, sleep disturbances, anxiety, sweats, heart palpitations, being on high arousal, irritability, anger, emotional numbness and withdrawal from usual activities. They can start straight away or some weeks after the event and persist for weeks to years. PTSD can co-exist with other mental health issues such as depression or anxiety.

Diagnosis is by history (there are no specific examination findings or diagnostic tests). Bloods may be ordered to rule out other conditions.

Treatments mainly involve psychological

counselling of which there are different forms. Medication may be advised but not in the first four weeks of symptoms and usually not until psychological treatments have been started.

Lifestyle measures which can help include meditation and mindfulness, regular exercise, avoiding alcohol, getting adequate sleep (have a regular sleep routine). For most there will be improvement over time and full recovery. Some may have relapses and need further treatment. Some will need long term treatment.

If you have been subjected to any trauma or have any concerns talk to your GP.


Parkinson's disease

A progressive degenerative condition that affects body movements, Parkinson's disease affects around 40,000 Australians. It is more common in men and it is more common in older people. It is caused by a loss of dopamine production in the brain but why this happens is not known. Genetic factors, some toxins and head trauma may be involved.

The condition may start six years before the onset of symptoms, which typically are trembling of the hands and arms, stiffness of the muscles, a shuffling with walking and loss of facial expression. Not all symptoms are present in all people and they don't all start concurrently.

Diagnosis is based on history and examination. There is no specific diagnostic test to diagnose Parkinson's. However, you may be sent for tests to exclude other causes of tremor. Most instances are referred to a specialist neurologist for an opinion. It can take some time to diagnose as in mild cases the diagnosis is not clear. Paradoxically this does not matter



 Weblink <https://brainfoundation.org.au/disorders/parkinsons-disease/>

as use of medication is generally delayed till symptoms are severe enough to warrant them. This is because effectiveness can wane over time.

Lifestyle measures such as not smoking, maintaining a healthy weight and exercise can help. Physiotherapy can play a role. There are a number of potential medications which can be used and surgery is an option in selected cases. There is no one size fits all treatment regime.

**SUDOKU
SOLUTION**

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6	5	8	4	9	2	7	3	1
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Headaches

Headache is one of the commonest symptoms we experience. Virtually everyone will get a headache at some stage, but some people get them often. Whilst there are serious causes, the vast majority are not and treatments are generally successful.

The commonest form of headache is the "tension type headache" felt as a band around the head. It can last from half an hour to an entire day, occur rarely or be as often as 15 days per month. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Eye strain can lead to headache. They will come on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain can cause headaches as can arthritis of the neck. Heat treatments on the neck and physiotherapy may help.

Sinuses can cause headaches due to infection or congestion. It can be seasonal. Treatment depends on cause.

Migraines are a particular type of headache, more common in females and usually one sided, and which can be associated with nausea or vomiting and sometimes an aura. Avoiding known triggers helps.




Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history, examination and in some instance's investigations. Treatment is directed towards the underlying cause so is variable.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.



 Weblink www.mydr.com.au/respiratory-health/whooping-cough-overview

Whooping cough

Whilst rare these days due to vaccination, there are still over 1000 cases of the infection "whooping cough" in Australia each year. It is caused by the bacteria *Bordetella pertussis* spread from person to person. The infection causes irritation of the lining of the airways and increased mucous.

Although any age group can be infected, the elderly and those under age one, are at particular risk of secondary pneumonia. Symptoms start about a week after exposure and may be non-specific with runny nose, low grade fever and cough. The paroxysmal stage starts 7 to 14 days later with the hallmark cough on spasms ending with the "whoop". Later vomiting may also occur.

Diagnosis is not always straight forward. In the early stages there are no specific features. Swabs from the nose or throat can be diagnostic. Blood tests are not always reliable and can take some weeks to turn positive.

Treatment is directed to easing the cough and other symptoms. Steam inhalation helps. A course of antibiotics may be needed. Young children may need to be hospitalised. Those with infection need to stay away from school or work. Exclusion times vary according to circumstances.

Prevention is the key so make sure you and your family are fully vaccinated. The whooping cough vaccine is part of the childhood schedule and is also recommended for pregnant women between weeks 28 and 32.

Haemorrhoids

One of the most common health problems are haemorrhoids, affecting about 300,000 Australians each year. Haemorrhoids are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk relates to repeated pressure in the abdomen which may be from pregnancy, constipation or heavy lifting. Sitting on hard surfaces for prolonged periods is another risk factor. There may be a genetic tendency.


Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination of the area. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience bleeding (haemorrhoids usually cause fresh blood on the toilet paper) consult your GP.

Treatment is about relieving symptoms while waiting for things to resolve, which often takes a few days. There are a number of ointments and suppositories, most of which do not require prescription. Some people find sitting in a lukewarm bath helpful. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. In rare cases the haemorrhoid may need lancing and if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



 Weblink www.betterhealth.vic.gov.au/health/conditionsandtreatments/haemorrhoids



THICK VEGETABLE SOUP – PERFECT DISH FOR A COLD DAY

Cook time: approx 35 mins.

Serves 6-8

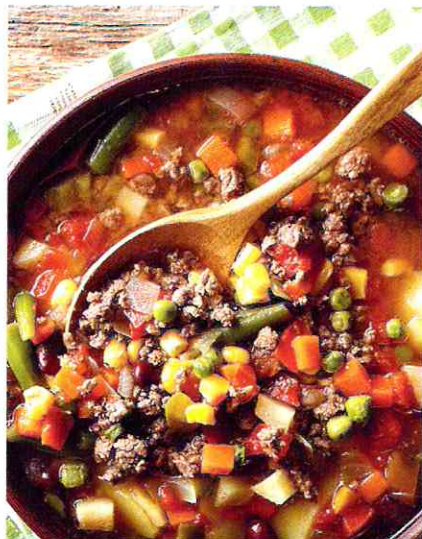
Ingredients

- 1/4 cup olive oil
- 1 large brown onion (diced)
- 3 stalks celery (diced)
- 3 cloves garlic (minced)
- 1 tspn kosher salt or salt of your choice
- ½ tspn coarse ground black pepper
- 2 large potato (peeled and diced)
- 2 carrots (sliced)
- 1 cup corn
- 1 cup peas
- 1 cup green beans (chopped)
- 2 vine tomatoes (diced) or 1 can drained diced tomatoes
- 4 cups chicken broth
- 2 cups vegetable juice (V-8) or use the juice from drained can tomatoes - add brown sugar to help with the acidity.
- Fresh oregano, parsley & thyme or add 1 tspn Italian seasoning

Add a dash of Tabasco or Chilli sauce if you like your spice.

Instructions

In a large stock pot add the olive oil over medium heat and sauté the onions, celery and garlic for 4 -5 minutes until translucent. Add the remaining ingredients and bring to the boil. Then reduce and simmer for about 30 minutes. Can cook in a slow cooker on low for around 8 hours, just put all ingredients in and stir to mix together. Top the bowl with a little shredded or Parmesan cheese. Serve with toasted garlic bread. This recipe is great for using up leftover veggies



from the night before or use whatever veggies are in season.

Other ideas –

- Add a pkt of frozen vegetables if you don't have sufficient fresh vegetables.
- Add browned ground beef, left over chicken etc!
- Add some al-dente pasta shells right before serving if you are wanting some carbs.
- Add 1 can coconut milk for a creamy vegetable soup or a sachet of tomato puree (3-4 tablespoons)
- If you're going to add leafy greens to the soup, like kale or spinach, add them about 20 minutes before you're ready to serve.

SUDOKU

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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.

