

FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Haemorrhoids



Tonsillitis

JUNE - JULY 2021 EDITION

● PRACTICE DOCTORS

Dr Shirley Chu

MBBS, PhD (Melb), FRACGP

Interests include: all areas of general health, but particularly women's health, allergy and counselling/mental health.

Dr Bernard Freedman

MBBS

Interests include: all areas of general health and can also perform acupuncture.

Dr Avi Kamale

MBBS, DOMS, DPD (UK), FRACGP

Interests include: general family health, travel health and childhood immunisations, skin mole checks/dermatology and allergies.

Dr Dunitha Jayasinghe

MBBS (Monash), FRACGP

Interests include: all areas of general practice, particularly women's and men's health, paediatrics, routine childhood immunisation and basic travel advice.

Dr Cathy Wang

MBBS (Melb), Dip Child Health, FRACGP

Interests include: paediatrics women's health, mental health and dermatology. Dr Wang is also trained in Implanon insertion, Anti Wrinkle Injections & Acupuncture.

Dr Jeanette Lee

MBBS, FRACGP

Interests include: women's health, sexual health and children's health.

Dr Tony Arkell

MBBS (Melb), DipRACOG

Interests include: all areas of men's and women's health and preventative health.

Dr Julian Lim

MBBS, BMedSci, RACGP

Interests include: Sports Medicine, Orthopaedics, Travel Medicine and Geriatrics

Dr David Clark

MBBS, BSc (Psych)

Interests include: Paediatrics, Men's health, sexual health, psychology and weight loss.

● SURGERY HOURS

OPEN 7 DAYS

Monday – Friday **8.00am – 7.00pm**

Saturday **8.00am – 1.00pm**

Sunday & Pub Hols.. **9.00am – 12.00pm**

Our doctors work weekends on a rostered basis. Please check with reception.

● AFTER HOURS & EMERGENCY

In the case of an emergency please call **000**.

Our Locum Service (bulk billed) is available after 4pm, seven days a week on **13 74 25 (13 SICK)** for home visits and free telephone advice.

The nearest hospitals for emergencies are:

Epworth (Private) – 89 Bridge Rd, Richmond **Tel 9426 6666**

Cabrini (Private) – Wattletree Rd, Malvern East **Tel 9508 1222**

Alfred (Public) – Commercial Rd, Prahan **Tel 9276 2000**

● APPOINTMENTS

Standard consultations are booked in 10-20 minute intervals between 8am and 7pm Monday to Friday.

If you require a longer appointment time, counselling, minor procedures, insurance/pre employment medical, please advise reception at the time of booking.

Some appointments can extend longer than expected and cause some delay. Your understanding and patience would be appreciated.

Appointments are required, however walk-ins will be available for emergencies and non urgent appointments will be accommodated if possible with the understanding that there may be a waiting period. Emergency cases will take precedence over non-urgent consultations.

You can make appointments in person, over the telephone or via our website: www.mediscreenclinic.com.au

Home visits in the local area can be done if deemed necessary by your treating practitioner. Home visits can be organised by prior arrangement with your doctor only.

● PRACTICE NEWS

COVID -19 Vaccine. Mediscreen Clinic is pleased to announce that we are an approved vaccination provider for COVID-19 vaccines and we will be providing these vaccines for our patients and the wider community. We have begun vaccinations for Phase 1A and 1B and have now been approved for Phase 2A roll out.

Access for Phase 2A COVID 19 vaccines (50-69 year olds) has commenced on Monday 3rd May 2021. Our vaccine supply should arrive by Friday 14th May in order to commence Vaccinations on Monday 17th May.

On the day of your vaccination, we can also book you in for your second COVID-19 vaccine and if you would like the flu vaccine, we can also book this one in as well- 2 weeks after the 1st COVID 19 vaccine.

Please call our reception staff to book a time that suits you.

FLU Vaccines. Flu vaccines have arrived. We recommend vaccination after Mid April in order to be covered. The period of peak influenza circulation is typically June to September for most parts of Australia. While protection is generally expected to last for the whole season, optimal protection against influenza occurs within the first 3 to 4 months following vaccination. Please feel free to speak to our staff regarding your flu vaccine appointment.

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



COVID vaccination

As you read this, the covid vaccination roll out will be well under way.

Phase 1a started first and included aged care residents and staff, quarantine and border force workers and certain frontline healthcare workers. This was estimated to be 1.4 million doses.

Phase 1b is roughly ten times as many doses. The people in this group are those over the age of 70, ATSI people over the age of 55, younger adults with a medical condition or disability and other higher-risk workers (e.g. healthcare, defence force, police).

Around Australia, 4500 practices have registered to be vaccination centres. It is, rightly, felt that the best place to have your vaccination is where your medical history is known. Before having the vaccine, there is a questionnaire you need to complete. Blood clotting is a rare side effect. However, a history

of blood clots or being on a blood thinner medication does not of itself mean you cannot have the vaccine.

You will be required to wait for at least 15 minutes after having the shot before leaving and also to report any adverse effects that you feel. Some do report headache or being a bit "off colour" the following day. Soreness at the vaccine site can occur.

The two doses of the Covid vaccine should be 12 weeks apart, so you will be encouraged to book your second one at your initial vaccine visit. It is also important to separate the Covid vaccination from the flu vaccination by at least 14 days.

EDITORS NOTE: This information was current at the time of print

Haemorrhoids

One of the most common health issues searched about on the internet is haemorrhoids.

It is estimated to affect 300,000 Australians each year. These are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk factors related to pressure such as constipation or heavy lifting and sitting on hard surfaces for prolonged periods. 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. 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 this, always consult your GP.

Treatment is about relieving symptoms whilst waiting for resolution, generally taking a few days. There are numerous ointments and suppositories, most of which do not require a prescription. Sitting in a



lukewarm bath may help. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. Rarely 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.



Medicinal Cannabis

Since legalisation there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia.

Since legalisation, there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia. Like all medications, it does not work for everyone. It is also not a cure for any medical condition. The largest number of approvals to prescribe have been for chronic pain. Other more common reasons include cancer symptoms, (e.g. pain, nausea and cachexia), insomnia, and Parkinson's.

The use of medicinal cannabis remains an area where opinions differ in medicine. In March, the faculty of pain medicine stated publicly that it should not be prescribed for pain as there was no evidence to support its use. Many patients who have found improvement in their pain levels would dispute that, as would doctors who have followed the research.

Medicinal cannabis can only be prescribed in Australia with relevant approvals. It can only be used in conditions where the TGA accepts evidence of benefit and where other treatments have either failed to help or have caused unacceptable side effects. There is no PBS subsidy.

Currently, there are a number of trials being done in Australia to learn more about the role of Medicinal cannabis. Some of these are recruiting patients interested to volunteer to be part of trials.

Not all doctors are familiar with the role and use of Medicinal Cannabis, but an increasing number are. As always, talk to your doctor about what the options are for you in your specific circumstances.



Diagnosing & Treating Hypertension

High blood pressure (hypertension) is estimated to affect nearly one-third of Australian adults.

Risk factors include a positive family history, being male, older age, being overweight, consuming excess salt and insufficient exercise.

Hypertension can be due to a secondary cause like kidney disease, but most commonly is essential hypertension without other underlying cause. Hypertension is a risk factor for heart attack, stroke and kidney disease.

Some people may experience headaches or tiredness, but most have no symptoms. Diagnosis is by measurement of blood pressure. Normal blood pressure is generally regarded as being below 140/90. The upper (systolic) pressure is when the heart contracts whilst the lower (diastolic) is in between beats when the heart rests. Pressure can increase with age. Blood pressure is variable, so one reading is not diagnostic. If your pressure is elevated, your doctor will recommend

further visits to re-check the level. Today many people have home monitors, and 24-hour monitoring can be arranged (this is not covered by Medicare). Your doctor may recommend other tests too.

Regular checks of blood pressure are recommended for people 40 and older and starting younger if need be.

The first line of treatment is lifestyle measures (weight loss, reducing salt intake, doing more exercise, managing stress, eating more vegetables). Medication may be needed, and there are many alternatives. You may need to trial a few to get the right one for you, and more than one may be needed. Treatment is generally long-term, but some people can reduce or come off medications after a certain time. Ongoing monitoring of blood pressure is lifelong.

 <http://www.hbprca.com.au/high-blood-pressure/>

Tonsillitis

The tonsils sit half way to the back of the throat and are part of the immune system, helping "trap" infections. They are particularly important in young children with less developed immune systems. Unless enlarged or infected we generally don't even know they are there.

Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a "coated" appearance. It can occur at any age but is more common in children.

Preventative measures include washing hands, not sharing eating utensils with those who are unwell and coughing/sneezing into tissues.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible), or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually streptococcus) will be treated with antibiotics. Penicillin is the first choice, but there are other options for those allergic to it.

Some people get recurrent tonsillitis, and the question of having tonsils removed arises. Tonsillectomy is far less commonly done today than previously. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work also are factors. You may be referred to an ENT surgeon. Talk to your GP.

 <http://www.mydr.com.au/respiratory-health/tonsillitis>





• SERVICES AVAILABLE

Results. You will be contacted if any follow up appointment is required regarding your pathology results. Alternatively you may arrange an appointment with your doctor to discuss your results in detail. Please keep in mind that most results can take 1-7 days to be received by the clinic. **Results will no longer be discussed over the telephone.**

Repeat Prescriptions & Referrals

Repeat referral and prescriptions may be requested over the phone, as long as you have seen the doctor in the last 6 months. This will incur a \$20 service fee that is payable on collection.

If your doctor deems an appointment is necessary, this may be Bulk Billed (as long this appointment is for an ongoing referral or regular prescription only).

Cancellation Policy. A cancellation fee of \$20 will be charged when you fail to notify the practice (no less than 2 hours prior) that you are unable to attend your scheduled appointment. This charge is not rebate-able through Medicare.

• MEDISCREEN STAFF

Practice Manager/Nurse:

Argyro

Practice Nurse:

Jean

Reception Manager:

Nicole

Receptionists:

Joanne, Dianne, Alex & Beth

• ALLIED HEALTH

Podiatrist

Simon Adam03 9822 3105

• CONSULTATION FEES*

*as of 1st February 2021

Monday to Friday

Standard Consultation	\$85
Pensioners/ HCC Holders	\$70
Medicare rebate	\$38.75
Long Consultation	\$125
Pensioners/ HCC Holders	\$110
Medicare rebate	\$75.05

Weekend & Public Holidays

Saturday	\$90
Medicare rebate:	\$38.75
Sunday & Public Holidays	\$100
Medicare rebate	\$50.55



THAI CHICKEN RISOTTO

Ingredients

- 1 tbsp peanut oil
- 500g skinless chicken thigh fillets, trimmed, cut into 2cm pieces
- 1 onion, finely chopped
- 1 long red chilli, seeds removed, thinly sliced
- 2 garlic cloves, crushed
- 4 kaffir lime leaves, stems removed, finely shredded
- 1 1/2 cups (330g) arborio rice
- 1/4 cup (75g) Thai red curry paste
- 2 cups (500ml) chicken style liquid stock
- 1 cup (250ml) coconut cream
- 2 tbsp fish sauce
- 200g green beans (or peas), trimmed, chopped
- Coriander, to serve
- Fried Asian shallots, to serve
- Lime halves (optional), to serve

Steps

1. Preheat the oven to 180°C.
2. Heat the oil in a flameproof casserole over medium-high heat. In batches, add the chicken and cook, turning, for 2-3 minutes until browned. Remove the chicken from the casserole and set aside.
3. Reduce heat to medium and add the onion, chilli, garlic and half the kaffir lime leaves. Cook, stirring constantly, for 2-3 minutes until the onion is soft, then add the rice and curry paste and cook, stirring to coat the grains, for a further 1 minute.
4. Return the chicken to the casserole with the stock and 1/2 cup (125ml) water. Bring to a simmer, then cover with a lid and cook in the oven for 25 minutes or until most of the liquid has been absorbed. Remove from the oven and stir in the coconut cream, fish sauce and beans, then cover and stand for 10 minutes.

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SUDOKU

