

FREE TO TAKE HOME!

## OCTOBER-NOVEMBER 2021 EDITION



Covid update



Asthma in children



Carpal Tunnel Syndrome



Sleep Apnoea

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 Shirley Chu

MBBS, PhD (Melb), FRACGP  
Interests include: all areas of general health, but particularly women's health, allergy and counselling/mental health.

#### 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

### ● 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](http://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 Astra Zeneca and Pfizer.

Astra Zeneca is the approved vaccine for patients 60 years and Over

Pfizer vaccine is approved for patients 12- 59 years

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

**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.

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

# Covid update

The vaccination program in Australia has been gathering pace each month since March.

With a 12 week gap between the first and second doses of the Astra Zeneca vaccine, it necessarily takes close to three months for people to be fully vaccinated. Unfortunately, this fact did not always get much publicity. The target by years end is that 70% of the population will have been vaccinated. There are very few reasons why one cannot have the vaccine. Like all medications and vaccines, there are side effects. These include feeling a bit tired the next day, headache, aching or low-grade fever. The vast majority of people either do not experience them or have very mild ones and, if experienced, settle within a day or so.

It is true that due to mixed messages in the media, some people have concerns and questions. This is understandable, and it is important to discuss these with your GP.

Many are looking forward to seeing loved ones again, and as vaccination rates increase, this gets closer. Across the globe, we are seeing the impact of higher vaccination rates. The number of severe cases and fatalities are falling, notwithstanding that the virus cannot be eliminated.



## Asthma in children

It is estimated that as many as one in five children will be diagnosed with asthma. It can range from very mild to severe.

Some children have symptoms all year round while others only in certain circumstances (e.g. a viral illness or exposure to irritants like dust or grass). Uncontrolled asthma can be fatal. However, asthma can be very successfully managed and controlled through the use of medication. Children with asthma can live a completely normal life and do not need to be restricted in their sporting or other activities.

Typical symptoms include a wheeze and cough. In more severe cases, there may be chest tightness and shortness of breath. Diagnosis is by the history of symptoms and examination of the lungs. Lung function testing is helpful but can be normal when asthma is quiescent.

Asthma is generally treated with inhalers. There are two mainstays -preventer and symptom relievers. The former is used regularly to treat the underlying inflammation in the airways and the latter to improve symptoms as needed. In severe cases, oral steroids may be used in short bursts.

The rationale of treatment is to use the lowest dose necessary to control the condition. Thus, the doses used are not constant throughout the year.

For parents, the keys are recognising the



<https://www.nationalasthma.org.au/health-professionals/asthma-action-plans>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-in-children>

pattern of your child's asthma, the usual triggers, and the symptoms. As part of this, it is important to have an asthma plan (available from the National Asthma Council).

It is important to have your child checked regularly by your GP and seek urgent medical attention if there is any worsening of the condition.



[https://www.healthywa.wa.gov.au/Articles/A\\_E/Carpal-tunnel-syndrome](https://www.healthywa.wa.gov.au/Articles/A_E/Carpal-tunnel-syndrome)

## Carpal Tunnel Syndrome

This is a painful condition caused by pressure on the median nerve running through a narrow space in the wrist (the carpal tunnel) into the hand. The nerve supplies the feeling sensation to the thumb index and middle fingers and sometimes the thumb side of the ring finger. It also supplies some muscles which move the thumb.

Symptoms (tingling, pins and needles or pain) typically are subtle at first and can increase over time. It can be worse at night. Later there can be a weakness in the thumb muscles. Risk factors include family history, being female, age between 40 and 60, underactive thyroid, previous wrist injuries, arthritis, and overuse of the wrist. Carpal tunnel can come on in pregnancy due to hormonal factors but generally resolves after giving birth.

Diagnosis is largely based on symptoms. Examination of the hand may reveal some changes in muscle power or sensation, but it may be normal. An electromyogram (EMG) or a nerve conduction study can show the electrical activity of the median nerve.

Conservative treatment includes resting the wrist, wearing a wrist splint, and avoiding aggravating activities. Anti-inflammatory medications and pain killers can alleviate symptoms. Injections of local anaesthetic and cortisone can be effective for some.

Surgery can be "open" or increasingly these days laparoscopic (keyhole). The ligament tissues pressing on the nerve are cut to release the pressure. Recovery, usually full, is gradual over some months even though you are often discharged home the same day.



<https://www.sleephealthfoundation.org.au/obstructive-sleep-apnea.html>

## Sleep Apnoea

This occurs when the walls of the throat come together or collapse during sleep obstructing the upper airway. Breathing can stop for a period of time until the brain recognizes a drop in oxygen and sends a "wake up call", causing you to wake slightly (or completely). In turn, the airway opens with a snort or gasp, after which the person goes back to sleep.

Up to five episodes per hour are considered normal. Severity varies from mild (5-15 episodes per hour) to severe (over 30). Your sleeping partner often notices first. Up to one in four men may have this condition.

Risk factors include obesity, alcohol consumption, some medications, large tonsils, underactive thyroid and nasal congestion. Symptoms (apart from snoring and waking

un-refreshed) include tiredness, reduced concentration, irritability, and reduced libido.

Sleep apnoea increases the risk of high blood pressure, heart attack and also motor vehicle collisions.

Diagnosis is via a sleep study where your sleep is monitored overnight. Treatment starts with lifestyle measures like weight loss, reducing alcohol and managing specific causes such as large tonsils. This can lead to significant improvement. Mouthguards at night can help. For a few, surgery on the palate is beneficial.

The mainstay of treatment is a continuous positive airway pressure (CPAP) machine. You wear a mask connected to the machine, which forces air through the back of the throat, keeping it open. Unfortunately, not everyone can tolerate this.

## Enlarged prostate

The prostate gland sits under the bladder in males. As men get older, it slowly enlarges. It is thought to double in size between age 21 and 50 and double again between 50 and 80.

The exact reason for this is not known. Benign prostate enlargement (BPH) is thus universal, but not all men experience symptoms nor need treatment. It is important to note that prostate cancer can also cause prostate enlargement but is an entirely separate condition from BPH.

BPH is not life-threatening, but the symptoms can impact quality of life. There is nothing you can specifically do to avoid it.

Typical symptoms occur in men over the age of 40. They include hesitancy (waiting longer for the urine flow to start), a weakened and/or poorly directed stream, straining to pass urine, dribbling at the end of urination, going more frequently to pass, feeling the need to go more frequently and urine, going at night. Most men do not get all symptoms, and severity varies.

Diagnosis is generally based on symptoms. An examination of the prostate may be done as well as a blood test for prostate-specific antigen (PSA).



<https://www.andrologyaustralia.org/prostate-problems/prostate-enlargement-or-bph/>

Treatment depends on symptoms. In mild cases, it can be as simple as restricting fluids later in the day and reducing alcohol and caffeine. Medications can be used to ease most of the symptoms. In more severe cases, surgery can be performed. Historically this has been the removal of the prostate, but newer procedures using laser are now an option.



● 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 Adam .....03 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



RICOTTA & LEMON PASTA

**Ingredients**

- 500g your favourite pasta
- 1 c. ricotta
- 1/2 c. extra-virgin olive oil
- 1/2 c. freshly grated pecorino or Parmesan
- Zest and juice from 1 lemon
- Salt & Freshly ground black pepper
- Pinch of crushed red pepper flakes
- Freshly sliced basil, for serving

**Preparation**

1. In a large pot of boiling salted water, cook your favourite pasta according to package directions. Reserve 1 cup pasta water, then drain. Return pasta to pot.
2. In a medium bowl, combine ricotta, oil, pecorino, lemon juice, and zest. Season with salt, pepper, and a pinch of red pepper flakes. Add ricotta mixture and 1/4 cup reserved pasta water to pasta and toss. Add more reserved pasta water if sauce is too thick.
3. Serve with basil, more pecorino, and a drizzle of olive oil.

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SUDOKU