

FREE TO TAKE HOME!



Non-alcoholic fatty liver



Flash burns to the Eye



Post-Traumatic Stress



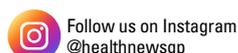
Heartburn in pregnancy

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



JUNE - JULY 2022 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 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)
Broad range of interests, including paediatrics, Men's health, sexual health, travel medicine, 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

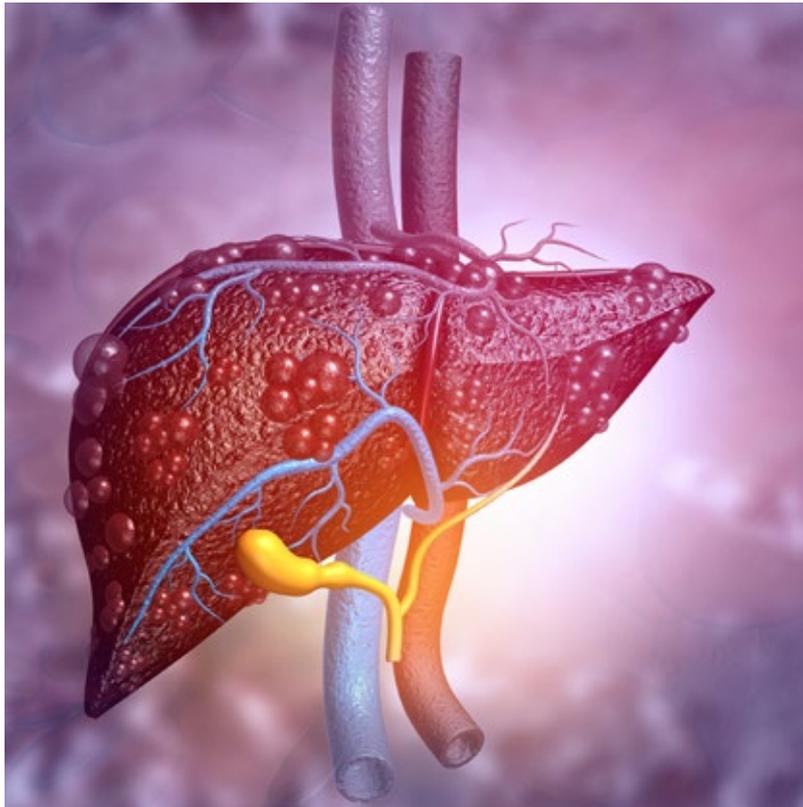
COVID -19 Vaccine. Mediscreen Clinic is pleased to announce that we are an approved vaccination provider for COVID-19 vaccines Astra Zeneca and Pfizer. **Kids Covid vaccines** also available- vaccine on offer is Paediatric Pfizer. Mediscreen Clinic is offering **Booster Doses** for COVID 19 vaccine. If your last Covid 19 vaccine was over 6 months ago you are eligible, so call and make an appointment. Boosters are available for everyone over the age of 16. Please call our reception staff to book a time that suits.

FLU Vaccines. Flu vaccines have arrived, please contact our staff to make an appointment. 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.

Travel Vaccines. Overseas travel has now become a reality, so please make sure your travel vaccine passport is also up to date. Please speak to a doctor about the travel vaccine requirements for your destination.

Face Masks. A reminder that face masks are mandatory inside the clinic and remember to always perform hand hygiene when arriving, with the hand sanitiser located throughout the clinic.

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



 <http://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/basics/prevention/con-20027761>

Non-alcoholic fatty liver disease

This occurs when fat accumulates in the liver of a person who drinks little or no alcohol.

It is common and usually causes no symptoms. It can cause liver inflammation and, in rare instances, liver failure. The exact cause is unknown. It happens when the liver has difficulty breaking down fats, and hence there is a build-up. Risk factors include obesity, high blood cholesterol, type two diabetes, metabolic syndrome, and an underactive thyroid.

Symptoms, if they occur, may include fatigue and pain in the right upper abdomen. Diagnosis is made by blood tests for liver function and imaging (usually ultrasound) of the abdomen focusing on the liver. This will typically show fat deposits in the liver. In severe cases, a liver biopsy may be done.

There is no specific treatment, and for the vast majority, there are no symptoms to treat. Management is directed at treating risk factors. Lifestyle measures like weight loss, eating more vegetables and doing regular exercise are important, as is good control of any underlying condition like diabetes or hypothyroidism. Avoid medications which could strain the liver and, of course, alcohol. Some work suggests Vitamin E may help but do not take this unless recommended by your doctor. Coffee has also been shown to possibly have a beneficial effect on fatty liver but would not be regarded as "treatment".

Eating a healthy diet with adequate fruits and vegetables, maintaining a healthy weight, and doing regular exercise all reduce your chances of getting a non-alcoholic fatty liver.

Flash burns to the Eye

Flash burns occur when a strong light burns the eye's surface (cornea). Causes include welding with sparks flying, skiing without glasses, or using sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes and blurred vision. It can start up to 12 hours after exposure.

Diagnosis is on the history and examination of the eye. Investigations are not needed. Fortunately, most cases are mild and will resolve over a few days with no permanent damage. Treatment can include pain killers, antibiotics and anaesthetic eye drops, dilating drops to relax eye muscles and padding the eye. If you have contact lenses, these will need to be removed. Artificial tear drops can be soothing.

You should not drive or operate machinery whilst being treated. You will be asked to return for an eye check after 24-48 hours.

There is an adage that we only get one set of eyes. This remains true today. If there is any concern about your eyes, seek immediate medical attention either at your GP or an emergency department.

Flash burns can be prevented. Protect your eyes in the snow by wearing dark glasses with UVA and UVB protection. When working, use safety goggles that are made to Australian Standards. Most importantly, remember to wear them.



 http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns

Post-Traumatic Stress

First described in the 1970s in Vietnam War Veterans, PTSD is a reaction that people can develop after being through or witnessing a traumatic event which threatened the 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 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, and getting adequate sleep (have a regular sleep routine). For most, there will be an improvement over time and complete 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.



<https://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd>



<https://www.babycenter.com.au/a242/heartburn-in-pregnancy>

Heartburn in pregnancy

Gastro-oesophageal reflux disease (GORD), commonly known as reflux, occurs when acid from the stomach goes up to the base of the oesophagus.

This is due to a laxity of the sphincter, which normally shuts off the upward flow of stomach acid. The stomach lining is designed to cope with acid (which we need to help digest food), but the oesophagus lining is not. The typical symptom is a burning sensation in the low chest or upper abdomen - hence the name heartburn.

The pain can be mild to severe. It can occur in anyone, and most people will experience it at some point in their lives.

Pregnancy can aggravate reflux in those who already have it or bring it about in those who haven't for two reasons. In pregnancy, the hormone relaxin is produced to "relax" joints

and ligaments and ease the delivery, but this hormone can slow digestion and also relax the sphincter. Secondly, as your baby grows, the pressure on the stomach can increase, pushing acid up the oesophagus.

So, what can help?

Not smoking and avoiding alcohol (which are no-no's in pregnancy anyway) helps. Eat smaller meals more frequently. Avoid foods which trigger reflux in you (unfortunately, no one size fits all here). However, carbonated drinks, caffeine, acidic foods, and spicy food are common culprits. Avoid eating for at least three hours before going to bed. Antacids can be used but discuss this with your doctor.

Psychedelics

Mental health remains an area where less progress has been made than we would like. There have been significant amounts of money spent which implies that more than just more dollars are needed.

In North America, there is renewed interest in the use of Psychedelics in mental health illnesses, especially treatment-resistant depression and Post Traumatic Stress Disorder (PTSD).

Recently a conference on Psychedelic Therapies for Mental Illness was held

virtually in Melbourne. It included the real-life experience of patients and physicians with first-hand experience of their use in highly controlled conditions. Some patients reported significant improvement in symptoms, which was sustained for some time in some cases.

The US FDA regards MDMA as a "breakthrough" therapy for PTSD, and trials on psilocybin for depression have been very encouraging.

Last year the Federal Government allocated \$15 million for psychedelics trials in Australia,

and some of these will commence soon. The TGA rejected an application to have the scheduling changed from nine to eight (which would enable prescription to patients outside of trials). Whilst this disappointed some, it was probably not a surprise that the TGA would not pre-empt the findings of trials yet to be completed.

Currently, it is not a treatment option in Australia, so do not ask your doctor for a prescription. However, if we tend to follow North America, and somewhere in the foreseeable future, psychedelic therapy may well become a treatment option for certain people in certain circumstances. Watch this space.



• 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



SEAFOOD CHOWDER

Ingredients (serves 6)

- 6 Sourdough bread rolls or crusty rolls (about 12 cm diameter)
- 500g scrubbed & cleaned mussels
- 225g waxy potatoes peeled
- 40g unsalted butter
- 100g smoked chorizo
- 1 small onion or banana shallot, finely chopped
- 1 leek, cleaned, halved lengthways and finely chopped
- 2 sticks celery, chopped
- 30g plain flour
- 500ml whole milk
- 200ml double cream
- 1 bay leaf
- 500g seafood mix
- 1 tsp salt
- Pepper to taste
- Small handful flatleaf parsley or chives, chopped to finish

Method

1. Heat 250ml of water in a large shallow pan and add the clams. Put a lid on the pan and allow the clams to steam for 3-4 minutes until they open. Set a

colander over a bowl, drain the opened mussels, and reserve the cooking liquid. When the mussels are cool enough to handle, remove the meat from the shells and set aside.

2. Cut the potatoes into 1.5cm dice and boil them for 5-10 minutes until tender, then drain and set aside.
3. Melt the butter in a separate large pan over a medium heat and fry the chorizo, onion or shallot, leek and celery until soft. Add the plain flour and cook for a minute or so, then add the reserved mussel cooking liquor and stir until thickened. Add the milk, cream, bay leaf, potatoes and seafood mix, then bring to the boil. Turn the heat down and simmer for about 5 minutes until the seafood mix is cooked, then add the mussel meat and season with salt and pepper.
4. Cut the tops off the rolls and scoop out as much of the dough as you can, leaving the crust. Spoon the chowder into the hollowed-out bread rolls or serve in bowls with sourdough on the side. Garnish the chowder with chopped parsley or chives.

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SUDUKO