



DOCKER STREET GENERAL MEDICAL AND SOUTH WANGARATTA MEDICAL CENTRE

Practice Newsletter – Spring 2018



Docker Street General Medical Centre

53 Docker Street, Wangaratta 3677
Phone: 5722 4887 Fax: 5722 4847
Email: docker.street.clinic@gmail.com

Opening Hours:

Monday to Friday 8.30am to 5.30pm
Weekends & Public Holidays 9.00am to 1.00pm

General Practitioners:

Dr Julian Fidge Dr Ali Dabooyeh
Dr Thoshitha Weersinghe Dr Ayyaz Azam

Administrative Staff:

Practice Manager *Nicole Schryver*
Receptionists *Shirley Minter*
Jessica Jenkins
Practice Nurse *Alison Mason*

Billing Arrangements:

- Bulk billing available to all patients with a valid, in-date Medicare card.
- New patients are required to bring their Medicare card to their appointment.
- Minor surgical procedures and wound dressing appointments will not be bulk-billed and require payment of a gap fee at the time of consultation.
- Patients attending for Workcover, TAC, employment medicals, insurance medicals etc. must bring evidence of an accepted claim from their insurer, or pay privately at the time of their appointment.
- Fees are payable at the time of consultation and can be paid by cash, EFTPOS or credit card. For your convenience, we are able to process your Medicare claim on the spot.
- As at 1st July 2018 all skin checks will incur a \$30 out of pocket fee.

South Wangaratta Medical Centre

47 Joyce Way, Wangaratta 3677
Phone: 5713 9299 Fax: 5721 6567
Email: southwangarattamc@gmail.com

Opening Hours:

Monday to Friday 9.00am to 5.00pm
Weekends & Public Holidays Closed

General Practitioners:

Dr Julian Fidge Dr Thoshitha Weersinghe
Dr Brendan Pitts Dr Ravindra Abeyawardana
Dr Wasu Palliyaguru

Administrative Staff:

Practice Manager *Kim Ching*
Receptionists *Tanya Revell, Donna Naish & Abbie Syres*
Practice Nurse *Michelle Powell, Ros Butler*

Onsite Services:

Dietitian *Dominic Gallo*
Diabetes Educator *Jan Tragenza*
Counsellor *Neil Barassi*
Podiatrist *David Robinson*

Billing arrangements:

- Bulk billing available for all pensioners, health care card holders and children aged under 16.
- All other patients required to pay a \$25 gap.
- Minor surgical procedures and skin checks may also attract a gap payment.
- Patients attending for Workcover, TAC, employment medicals, insurance medicals etc. must bring evidence of an accepted claim from their insurer, or pay privately at the time of their appointment.
- Fees are payable at the time of consultation and can be paid by cash, EFT or credit card.

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Online Appointments available at both Docker Street and South Wangaratta Clinics via the HealthEngine app or our website at www.dsgmc.com.au

About Our Practices

Our Practice Philosophy:

“ To provide thoughtful medical care to individuals and families by keeping up to date with medical innovations and bringing you efficient, personal service. “

Appointments

- Appointments can be made via phone or in person with one of our reception team. Standard consultations are in 15 minute intervals and long consultations are allocated 30 minutes.
- Appointments can also be made online and via your mobile phone (see instructions at bottom right corner of this page).
- We make every effort to ensure clients are seen on their preferred day and with your doctor of choice. Please bring your Medicare Card to every appointment.
- Provisions are made in our appointment system for emergency consultations.
- Specific issues such as complex medical examinations, health assessments, care plans and surgical procedures require a long appointment. If you are unsure how much time you need, please enquire with reception at the time of booking.
- Please advise your doctor at the start of your consultation if you have several matters you wish to discuss. You may be asked to book a further appointment at a later stage if you have multiple requests/problems which cannot be dealt with in one consultation.
- We understand your time is valuable and will make every effort to ensure your waiting time is kept to a minimum. Sometimes, general practice is unpredictable and urgent medical needs will be given priority.

Contacting Our Practice

- Our doctors may be contacted during normal practice opening hours. If the doctor is in consultation, a message will be taken and our receptionist will advise you when it is likely that the doctor will return your call. Emergency calls will always be put through to a doctor.
- In order that we are able to contact you, please ensure we have your correct telephone numbers and address also that the details of your nominated Next of Kin are current.

Facilities

- Our Practice has wheelchair access and facilities to cater for the disabled (including disabled parking at the front and rear of the building).
- We have a strict no smoking policy in our building and on our premises.
- Translation services can be arranged for patients who have difficulty speaking or understanding English. We have doctors fluent in English, Farsi, French and Spanish.

Results, Repeat Prescriptions & Referrals

- Your doctor will advise when results are expected to arrive at the practice. Please make an appointment to correspond with this time.
- We believe it is good medical practice to make an appointment for the issue of repeat prescriptions or referrals to specialists and allied health professionals. There may be out of pocket expenses for consultations with specialists.
- All conditions requiring regular, ongoing medication need to be reviewed and monitored to confirm the need for ongoing treatment. The amount of medication and number of prescription repeats provided is at the discretion of your doctor and in line with guidelines for responsible prescribing.

Recalls and Reminders System

- Our practice is committed to preventative care and patients will be offered 'screening medical examinations' for early detection of serious medical conditions such as diabetes, asthma, cervical cancer (via Pap smears) and other chronic medical conditions.
- From time to time, you may receive a reminder notice for preventative health services appropriate to your care. If you do not wish to be part of this service, please advise your doctor or one of our receptionists and asked to be removed from our reminder system.

Home Visits

- Where safe and reasonable, our practice doctors provide care to regular patients at home or in aged and residential care facilities. Please call as early in the day as possible if you require a home visit.

After Hours Arrangements

- Our practice provides 24/7 care to our patients. If you require attention when our practice is closed, please call 0402 647 739 and our on-call doctor will provide advice, or attend to you as necessary.
- In a medical emergency, call for an Ambulance on "000".

Your Personal Health Information & Privacy

- The provision of quality health care requires a doctor-patient relationship of trust and confidentiality.
- This Practice protects your personal health information to ensure it is only available to authorised members of staff, for intended persons and to comply with the Privacy Act.
- Our clinic adheres to the highest standards in security of storage and transmission of health records.

Complaints & Feedback

- Your feedback, both positive and negative is an invaluable communication tool and is used to improve our practice and our provision of service.
- We strive to improve for your benefit, please direct any queries or complaints to our Practice Manager.
- If you have a complaint you wish to take further you may contact:
 - Office of the Health Services Commissioner
Phone: 8601 5200 or toll free 1800 136 066

Online appointments:

- Online appointments can be made through our website: www.dsgmc.com.au

DISCLAIMER: While every effort is taken to ensure the information contained in this newsletter is accurate and up to date, it is not exhaustive and not intended to replace the advice of your doctor. The information provided is for educational purposes only. Readers should always consult their health care professional for advice for their individual health care needs or concerns. My Doctor: Practice e-newsletters will not be liable for any loss or damage from misuse of the information provided. My Doctor: Practice e-Newsletters is not responsible for erroneous or misleading information provided by subscribing medical practices and all practice information is approved at time of publication.



Global Physical Activity Survey

It has been well established that participation in regular physical activity has a multitude of health benefits. It can reduce the risk of cardiovascular disease, high blood pressure, diabetes, dementia and certain types of cancer. It can also improve emotional, psychological and physical wellbeing. Physical 'inactivity' is therefore considered the world's leading risk factor for non-infectious diseases, mental health and poor quality of life.

Recently, The Lancet (general medical journal) published the results of a global 15-year study, conducted by the World Health Organisation (WHO) into physical activity levels among adults. The study took place between 2001 and 2016 and involved more than 1.9 million participants in 168 countries.

Results of this study show that one in four adults globally are classified as physically 'inactive'. In some countries, it was as high as one in three. Women were around 8% less active than men and high-income countries were significantly less active than middle or low income countries.

Physical inactivity, according to the WHO was defined as not meeting the minimum target of 150 minutes of medium intensity activity per week, or 75 minutes of high-intensity activity per week.

These results indicate that more effort needs to be made to promote physical activity and increase the opportunities for people of all ages and abilities to engage in physical activity.

Simple ways you can achieve your minimum target if you are not currently physically active include:

- Go for a 30 minute brisk walk at least five days a week.
- Taking the stairs instead of the elevator.
- Get off the bus or tram one stop early and walk the rest of the way.
- Increases incidental activity such as house cleaning, gardening, mowing, hand-wash the car, play with the kids or pets.

The Keto Diet

The Ketogenic (or "Keto") diet is a way of eating that focuses on extremely low carbohydrate consumption and increased fat consumption. It basically turns the traditional food pyramid upside down, focusing on using fat intake for energy supply rather than carbohydrates. It is not a new idea, in fact, the Keto diet has been used for many decades to treat children with epilepsy. Recently it has had a surge in popularity as a weight loss strategy though this seems to divide the medical community into strong supporters and strong opponents. Fast and effective weight loss has been demonstrated however, long term safety has not yet been determined.



There are many different versions of a keto diet, varying in the proportions of fat vs. protein vs. carbohydrate. Traditional keto involves high fat (75% of calories from fat), moderate protein (20% of calories from protein) and very low carbohydrates (5% of calories from carbohydrates). Some versions have a higher percentage of protein but all versions are very low in carbohydrates. This means in general, people consume less than 50grams of carbohydrates per day, sometimes even as low as 20-25 grams. Most carbohydrate consumption comes from vegetables.

Carbohydrate are the body's referred fuel source. When they are not available, the body can use ketones (from dietary fat and stored fat) to sustain itself. Once carbohydrate stores have been depleted, the body adapts to using ketones and enters a metabolic state called 'ketosis'. In a calorie deficit, the body uses stored fat to supply ketones and this is where the weight loss comes from.

Hundreds of studies on weight loss using different diets have been conducted over the years. Results of a ketogenic way of eating have demonstrated faster weight loss than other popular diets such as low-fat eating and the Mediterranean diet, as well as improved blood sugar control for patients with Type 2 Diabetes. However, it can be very difficult to stick to and encourage yo-yo dieting as it excludes so many different food products.

As with any diet, calorie deficit is required to lose body fat and Keto is no exception. It is also important to seek advice from your Doctor before commencing any new diet, especially if you have high cholesterol, diabetes or have a significant amount of weight to lose.

What (tests) to expect when you're expecting...

If you have recently confirmed your first pregnancy, or are contemplating starting a family, you may be confused about what tests are available for you and when to do them. This article provides a brief guideline to pre-natal tests during your pregnancy.

Home Pregnancy Tests

The first test you will do to confirm a suspected pregnancy, usually after a missed period is a home pregnancy test. These can be purchased over the counter from a pharmacy or supermarket and can provide quite an early indication of pregnancy. Many brands claim accuracy of 99% if taken at the right time. They are used on a urine sample, taken in the privacy of your own home and test for a hormone called *human chorionic gonadotropin* (or hCG).

Home pregnancy tests are most accurate if taken at least 1 week after a missed period. They can produce false negative results or false positive results so it is always a good idea to repeat the test a few days later to see if you get reproducible results.

Pregnancy Tests by your Doctor

Pregnancy can be confirmed by your Doctor with a simple blood test. Blood tests are more sensitive than urine testing. They look for the same hCG hormone as urine pregnancy tests, but are also able to measure the amount of hCG which is indicative of how far along your pregnancy is and whether it is progressing normally.

Blood Tests

Once your pregnancy is confirmed, your Doctor, obstetrician or midwife, will likely recommend a number of blood tests to check for anything that may complicate your pregnancy or cause problems for your or your baby before, during and after birth. These tests include:

- Blood group
- Rhesus factor
- Iron levels
- Blood glucose levels
- Immunity to infections such as rubella, measles, mumps, syphilis, hepatitis B, hepatitis C, varicella and HIV.

Ultrasounds

Ultrasound technology uses sound waves to create images. They are painless and do not pose any risk to you or the developing baby. They are most commonly performed on the abdomen but sometimes need to be performed vaginally.

Your first ultrasound can be performed at any stage from 6 weeks but is usually done between week 10 and week 13. This ultrasound is done to confirm the number of babies and to estimate your due date.



A second ultrasound is done between 18-22 weeks. This scan is performed to look at the physical development of the baby, the placenta, the umbilical cord and the amniotic fluid. This scan is also when the technician can identify the sex of the baby if the parents wish to know.

Sometimes a further ultrasound is done in the third trimester to monitor the baby's growth, the amniotic fluid levels and position of the placenta.

Screening and Genetic Testing

There are a number of additional (and optional) tests that can be performed to determine the risk of specific genetic health problems such as Down Syndrome, Spina Bifida or other chromosomal disorders.

Screening tests such as the "First Trimester Screen" and the second trimester "Maternal Serum Screen" are not diagnostic, but they can provide an estimate of risk i.e. they indicate a 'low risk' of Down Syndrome or a 'high-risk' of Down Syndrome.

Recent advances in technology allow Doctors to obtain a wealth of information about the baby from the mother's blood, meaning they carry no risk to the developing baby. The percept, or Harmony tests are examples of Non-Invasive Prenatal Testing (NIPT) that can be performed from as early as 10 weeks into pregnancy which provide significantly more accurate risk-assessment of chromosomal abnormalities than the First Trimester and Maternal Serum screens.

If a screening test, or family history indicates an increased risk of a particular condition (again, such as Down Syndrome) there are diagnostic tests that can be performed to provide more definite results. These diagnostic tests are carried out on small samples of the placenta or amniotic fluid and can carry a small risk of pregnancy complications or miscarriage.

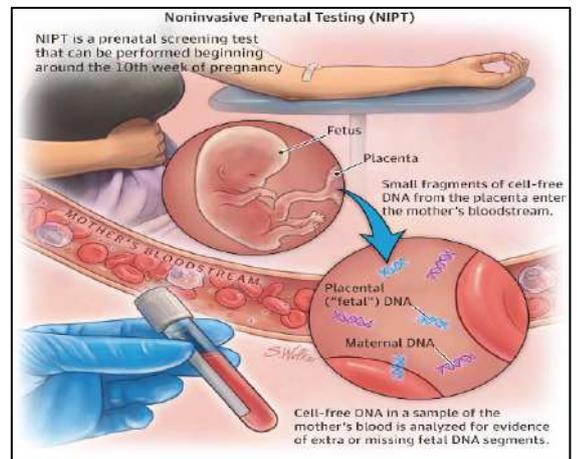
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Physical Measurements

Throughout your prenatal appointments, your Doctor or midwife will collect physical measurements such as your weight and blood pressure. They may also perform breast checks and a cervical screen and make recommendations for immunisations that you should have during or after your pregnancy to protect your health and the health and wellbeing of your baby after delivery.

For more information, speak to your Doctor, obstetrician or midwife who is the best person to help you through this exciting and sometimes daunting stage of your life.



The Vape Debate

The term 'vaping' refers to the use of electronic cigarettes (or e-cigarettes). It is a growing trend globally and the Australian National Drug Strategy Household Survey reports that vaping is most common in Australia amongst smokers aged 18-24 years.



An e-cigarette is a battery operated, hand held device that heats liquid to produce a vapour that is inhaled through a mouth piece. There are hundreds of different brands and many different 'flavours' of liquid. In Australia, e-cigarettes do not typically contain nicotine but do contain a cocktail of other substances such as formaldehyde, diacetyl, heavy metals and flavouring chemicals that have the potential to cause adverse health effects.

The Pro Debate

Traditional 'burning' cigarettes kill around 15,000 people in Australia every year. It is the leading cause of preventable death and disease in the country. Tobacco use is a dangerous, deadly addiction. There is no doubt that an e-cigarette are less lethal than conventional cigarettes. Some researchers and public health experts claim that use of e-cigarettes can help current tobacco smokers quit by adapting to a 'healthier' way of smoking. Research conducted at the University of California and the University of Michigan in the United States have estimated that e-cigarettes are somewhere between 80-95% less harmful than real cigarettes. While there is no definitive evidence to suggest that vaping helps smokers quit, there is plenty of anecdotal evidence from long-term smokers that vaping was more successful in helping them quit than traditional nicotine substitutes such as patches and gum.

The Against Debate

Vaping is relatively new trend and there is not enough data available to make predictions about its long term health effects. Since 2011 the Australian Government has committed over \$8.5 million towards research into the safety and efficacy of e-cigarettes. Their current position on the debate states "*there is insufficient evidence to support claims that e-cigarettes are safe or to conclude whether e-cigarettes can assist smokers to quit*".

The Therapeutic Goods Administration has not approved the use of e-cigarettes as a quit-smoking aid. Critics of vaping believe the use of e-cigarettes encourages young people to take up smoking and eventually lead to use of tobacco products. One study published in the reputable *Paediatrics* journal found that teens who vape were six times more likely to try tobacco cigarettes than those who did not vape.

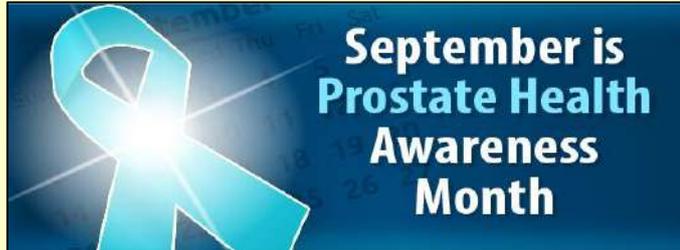
If you are a current smoker looking to quit, vaping should not replace the advice of your Doctor.

While there may be strong anecdotal evidence to suggest e-cigarettes may help you quit, there is simply not enough reliable proof.

Your Doctor, in conjunction with Quit Australia can help develop a plan to help you quit smoking, using safe and approved smoking cessation products if required.



What's on this Spring?



Prostate cancer is the most commonly diagnosed cancer in men in Australia, affecting one in seven men. There are around 20,000 new diagnoses and sadly, close to 3500 deaths annually.

All men over 50 years (or over 40 years if you have a family history) should talk about prostate health with their GP. Prostate cancer is usually slow growing and many men can live without symptoms for many years. Later stage symptoms include urinary frequency, urinary difficulty, urinary discomfort, blood in urine or semen or pain in the lower back, hips and upper thighs. The presence of any of these symptoms does not mean you have prostate cancer, but you should see and discuss with your Doctor. Early intervention and management is key.

The Prostate Cancer Foundation of Australia is asking everyone to get involved and help create awareness through fundraising and using the social media hash tag **#getchecked**.



Mental Health issues can affect anyone. In Australia, 45% of people aged 16 to 85 years will experience some form of mental illness at some stage of life. The term 'Mental Health' encompasses a wide degree of common problems such as depression, anxiety, substance abuse, post-traumatic stress, postnatal depression or psychotic illnesses such as schizophrenia. World Mental Health Day on October 10th 2018 seeks to raise awareness and remove the stigma associated with mental health problems and to promote the importance of building mental resilience in vulnerable populations, especially young people.

WorldOsteoporosisDay
October 20

LOVE YOUR BONES

On this year's World Osteoporosis Day, Osteoporosis Australia is launching a year-long campaign targeting Australian Men. Osteoporosis is often thought of as a women's disease but it affects a large number of men as well. There are around 250,000 men in Australia affected by Osteoporosis and men account for 30% of all fractures in people over 50 years.

Osteoporotic fractures in men typically affect the spine, hips and wrists but can also affect other bones. If you are a male, over 50 years and have any of the following risk factors, you should talk to your GP about bone health and your osteoporosis risk:

- Family history of osteoporosis
- Previous fractures
- Loss of height
- Low testosterone
- Coeliac disease
- Liver, kidney or thyroid problems
- Rheumatoid arthritis
- Diabetes
- Smoking, excessive alcohol
- Obesity and physical inactivity
- Low body weight
- Taking medication for prostate cancer, steroid therapy, anti-epileptic drugs and/or some antidepressants.



World Antibiotic Awareness Week: Nov 12-18

Antibiotic Awareness week is a global event aimed at increasing awareness of the issue of antibiotic resistance. Australia has the 8th highest rate of antibiotic use in the world. Overuse and misuse of antibiotics is increasing the problem of antibiotic resistance, but many people are confused about when they are actually needed. Take this quick quiz to find out how antibiotic-aware you are <http://npsquiz.com.au/>.