



DOCKER STREET GENERAL MEDICAL AND SOUTH WANGARATTA MEDICAL CENTRE

Practice Newsletter – Summer 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 *Kim Ching*
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 Ravindra Abeyawardana
Dr Wasu Palliyaguru

Administrative Staff:

Practice Manager *Kim Ching*
Receptionists *Tanya Revell, Donna Naish,*
Abbie Syres & Erin Stewart
Practice Nurses *Michelle Powell & Naomi Fieldew*

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.

Practice Announcements

- We will be closed on Christmas Day.
- Docker Street General Medical Centre will be open limited hours, 9.00am-1.00pm on Australia Day Public Holiday, Monday 28th January 2019.
- Please be advised Dr Ali Dabooyeh will be on annual leave for the month of January.



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.

Plantar Fasciitis

The plantar fascia is a strong, thick piece of connective tissue that joins the heel bone to the toes. Inflammation of this tissue is referred to as 'plantar fasciitis' and it can be quite painful and debilitating. It is the most common type of heel pain.

The pain associated with plantar fasciitis is usually worse in the morning and aggravated by standing and exercising. The pain usually reduces after a bit of walking around but then returns on rest.

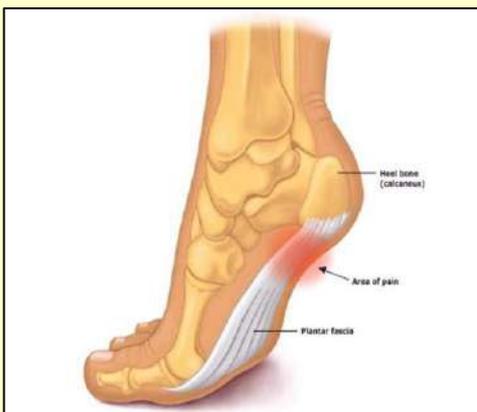
Common causes of plantar fasciitis include:

- Being flat footed or having high arches
- Sports that put stress on the heel, such as running
- Being overweight
- Pregnancy
- Spending a lot of time standing
- Wearing shoes with poor arch or heel support
- Gait (walking) abnormalities, such as foot pronation (rolling in) and weak calf muscles can also play a role.

Plantar fasciitis may present as dull or sharp pain and may also involve redness, swelling, aching, burning and/or tenderness of the affected foot. Sometimes, there is a bony outgrowth on the affected heel called a 'spur' which can add to the pain and discomfort.

Treatment options for plantar fasciitis may include:

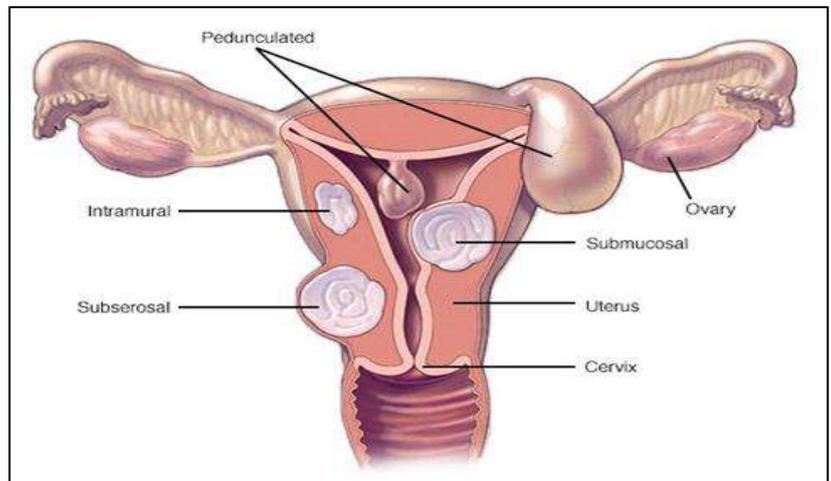
- Rest from aggravating activities
- Muscle stretching (calf stretches)
- Ice and/or heat pack application
- Anti-inflammatory medications
- Podiatry or physiotherapy referral—to discuss protective footwear, orthotic devices and foot exercises
- Strapping and night splints
- Steroid injections in very painful, severe cases.



Common Issues in Women's Health: Uterine Fibroids

A fibroid, or *myoma* is a non-cancerous growth that develops on or in the muscular tissue of the uterus. They are most common during the reproductive years and are thought to be linked to the hormones oestrogen and progesterone. They tend to shrink or disappear during menopause as hormone levels drop. While fibroids can affect any woman, they are more commonly found in women who:

- Are overweight
- Have never been pregnant
- Have Poly Cystic Ovarian Syndrome (PCOS)
- Started their periods very early
- Drink excessive alcohol



Fibroids often develop with no symptoms. They are often an incidental finding on ultrasounds or other imaging. They can vary significantly in size, from less than 1mm to more than 20cm. There may be a single fibroid or multiple fibroids present. It is estimated that about two thirds of women will develop a fibroid at some stage of life.

Some symptoms that fibroids can cause are:

- Heavy, irregular or prolonged periods
- Breakthrough bleeding or spotting
- Period cramping
- Feeling of pressure or heaviness in the pelvic area
- Lower back pain
- Pain during sexual intercourse
- Constipation or bowel irregularities
- Urinary changes such as pain, or frequency
- Miscarriage
- Infertility

Looking at the image, there are several different types of fibroids that can develop. The most common are *intramural* fibroids. They grow within the wall of the uterus. *Subserosal* fibroids grow on the outside of the uterus and may be round or "pedunculated" meaning they grow from a 'stalk'. *Submucosal* fibroids grow in the inner lining of the uterus, they are the least common. Submucosal fibroids can be round or pedunculated and are the most likely type to affect fertility and pregnancy.

Fibroids usually don't require treatment unless they are causing uncomfortable symptoms or affecting a woman's fertility. A doctor may recommend fibroid removal which can be done in several different ways. There are medication options that can be used to try shrink the fibroid, plus surgical options that either remove it entirely, cut off its blood supply (embolization) or destroy it with focused ultrasound waves. A hysterectomy may be recommended for women with particularly problematic fibroids who are 100% sure they do not want any more children.

What are Calories?

Getting down to the basics of weight management

Calories and kilojoules are both units of energy. In terms of nutrition and diet, they are used to quantify the amount of energy that the body gets from different types of food and drinks that we consume. They are also terms used to measure the amount of energy that we burn throughout the day, at rest and during exercise.

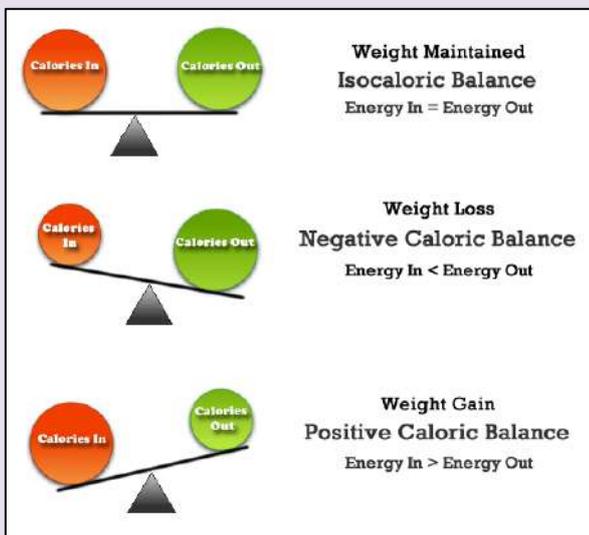
The nutritional labelling of food uses either calories or kilojoules. In Australia, kilojoules are used more often than calories, but as many of our foods are imported, it is useful to know they essentially measure the same thing – energy. A calorie is roughly 4.2 kilojoules so in order to calculate calorie content of food, divide the kilojoule count by 4.2.

Calories are essential to normal body function. Every cell in the body requires energy. As each of us is different, each person has different energy needs. Our size, gender, activity level, lean muscle mass and age all contribute to how much energy our body uses. Calories that are taken in and not used for energy are stored by the body and lead to weight gain. If a person is in a calorie deficit, the result is weight loss.

The balance between calories IN and calories OUT is therefore the foundation of successful weight loss. There are many other physical and medical factors that can play a role in how successful this is and it can become quite complicated and scientific, but for those who are attempting to lose weight, this basic understanding of calories in vs. calories out is the easiest place to start.

The calorie content of food is dependent on the amount of carbohydrate, protein, fat and/or alcohol grams as well as the portion size.

- 1 gram of carbohydrate = 4 calories
- 1 gram of protein = 4 calories
- 1 gram of fat = 9 calories
- 1 gram of alcohol = 7 calories



There are many websites and smartphone apps that you can use to find out the calorie contents of typical foods and meals in your diet. These can be useful for people who may not be aware of just how many calories they are consuming.

	560 calories	=		65 minutes of moderate cycling
	560 calories	=		57 minutes of Zumba
	140 calories	=		23 minutes of walking (4 mph)
	490 calories	=		59 minutes of Bikram Yoga
	280 calories	=		1.3 hours of weight lifting
	384 calories	=		32 minutes of running (6 mph)
	240 calories	=		29 minutes of high impact aerobics

It is important to include calories consumed through drinking as it is estimated that about half of the excess calories consumed by the average Australian come from sweetened beverages such as soft drink, fruit juices, flavoured milk, cordial and pre-mixed alcohol.

People looking to look weight should aim for a moderate calorie deficit of around 300-500 calories per day for sustainable weight loss without the negative side effects associated with crash-dieting such as fatigue, lean muscle loss and impaired body functioning.

The link below is to a useful calculator that can help you determine how many calories your body needs every day, based on your height, gender, current weight and level of physical activity.

<https://www.calculator.net/calorie-calculator.html>

If you subtract 300-500 calories from this, you will have a better idea of how many calories per day you should be eating if you are aiming to lose weight.

Very low calorie diets may produce fast initial weight loss but they are not sustainable and can actually reduce your resting metabolic rate and lead to weight regain and binge eating patterns. Very low calorie diets are usually only recommended for people who are obese and suffering with diabetes, high blood pressure and/or high cholesterol. They should only be commenced under medical supervision and ideally, with support from a dietitian who will help you with a more sustainable long term eating plan.

The inclusion of regular, moderate intensity physical activity increases daily energy expenditure. Exercise, especially resistance training (with body weight or additional weights) also helps your body build and preserve lean muscle which is important for those who are in a calorie deficit for weight loss. It will help you burn fat tissue rather than muscle tissue and through the production of endorphins, makes you feel good too!

Spirometry in General Practice

What is Spirometry?

Spirometry is a test of lung function. Doctors use spirometry testing to examine how efficiently your lungs are taking in and expelling air. This is useful for monitoring people with different lung conditions such as asthma, chronic obstructive pulmonary disease (COPD) and pulmonary fibrosis.

Spirometry is a non-invasive test. There is no special preparation required. It can be performed by a trained nurse or Doctor and the results are available immediately. Spirometry can be offered in most general practice clinics. It is suitable for most adults and children over six years old.

What does Spirometry measure?

Spirometry measures three main aspects of lung function. These measurements are:

1. Forced Vital Capacity (FVC) – this is a measure of the maximum volume of air that your lungs can hold.
2. Forced Expiratory Volume (FEV1) – this is a measure of how much air you can forcibly expel in one second. For most people, this will be 75-80% of your
3. Forced Expiratory Ratio (FEV1/FVC) – this is a ratio of FEV1 to FVC expressed as a percentage. It allows a doctor to distinguish between a restrictive and an obstructive disease.

Lung diseases such as asthma, COPD etc. can be classified as either 'restrictive' or 'obstructive'. Restrictive means there is reduced capacity to breath in, where obstructive means there is reduced capacity or difficulty breathing out. Spirometry results are compared against a set of normal "predictive" results, which are dependent on a person's age, gender, height and weight.

Variations between predicted results and actual results allow a Doctor to distinguish between restrictive and obstructive conditions and make a more accurate diagnosis and treatment plan for that person.

How is the test performed?

Spirometry testing takes between 15-30 minutes. In a seated position, you will be instructed to breath into a device fitted with either a mask or cardboard mouthpiece. You will be instructed to breathe deeply in and then forcibly out, getting as much air out as fast as possible.

If you are taking inhaled medications for asthma or COPD, you should follow your Doctors' advice about whether to skip this prior to your test. Sometimes, Doctors will like to do a pre-medication and post-medication test, to ascertain your lung's responsiveness to your medication. It is important not to smoke for at least 1 hour before a spirometry test. You should also wear loose clothing that does not restrict breathing in or out.



How is the test performed?

Spirometry testing takes between 15-30 minutes. In a seated position, you will be instructed to breath into a device fitted with either a mask or cardboard mouthpiece. You will be instructed to breathe deeply in and then forcibly out, getting as much air out as fast as possible.

If you are taking inhaled medications for asthma or COPD, you should follow your Doctors' advice about whether to skip this prior to your test. Sometimes, Doctors will like to do a pre-medication and post-medication test, to ascertain your lung's responsiveness to your medication.

It is important not to smoke for at least 1 hour before a spirometry test. You should also wear loose clothing that does not restrict breathing in or out.

While spirometry testing is safe, there are some circumstances where it is not recommended. The test procedure causes increased pressure in the chest and abdomen, so is not recommended for:

- People with heart problems such as unstable angina
- People who have had recent abdominal surgery
- Anyone with a thoracic, cerebral or abdominal aneurysm
- Anyone who has a current respiratory infection such as a cold or flu, as the results will not be accurate

Could I benefit from having a Spirometry test?

If you have known or suspected asthma, COPD or other lung disease, you should speak to your GP about spirometry. It may be useful to get this test at regular intervals (annually or biannually) to monitor your illness and response to medication.

Aside from people with known lung conditions, spirometry can also be a useful test for those with chronic cough, intermittent breathing difficulty, wheezing, excessive sputum production, smokers and ex-smokers. People with occupational exposure to certain chemicals may also benefit from a spirometry test.

Japanese Encephalitis warning for travellers to South East Asia

Travellers to countries in South East Asia, including Bali and Thailand are being encouraged to vaccinate themselves against Japanese Encephalitis in light of a recent spike in reported infections.

Japanese encephalitis is a rare viral illness spread by mosquitoes that causes brain inflammation. The mosquito can infect certain animals as well as humans. It does not transmit person to person, it can only be transmitted by a direct bite from an infected mosquito, bird, bat, cow or pig.

The disease infects around 30,000-50,000 people annually, with the vast majority of cases occurring in South East Asia. Most cases occur in rural agricultural areas such as rice fields and irrigated farming areas.

Most people who contract Japanese Encephalitis experience only mild symptoms of fever and headache. Symptoms usually appear between 5-15 days following the mosquito bite. However, in around 1 in 200 cases, the infection causes severe illness.

Around 30% of people who experience severe symptoms die from the infection and for those who survive, many will have long-lasting neurological damage. If a woman contracts the infection while pregnant, there is an increased risk of miscarriage.

Infection can be confirmed via a blood test however there is no specific treatment if the test comes back positive. Symptoms of mild infection usually resolve on their own. Severe cases require hospitalisation where treatment aims to relieve severe symptoms and reduce potential neurological damage.

A vaccination is available for people aged 12 months and older. A booster dose may be recommended by your Doctor, depending on your age, future travel plans and other risk factors.

Vaccination is recommended for people travelling to South East Asian countries including Indonesia, India, Thailand, Cambodia, China, Japan, Malaysia etc. (see pictured map). It is highly recommended for people who are travelling during the wet season, to rural areas, or who plan to stay for a month or longer.

There are other ways to reduce your risk of infection, including the use of mosquito repellent, wearing protective clothing, sleeping in rooms with flyscreens or mosquito netting and using aerosol insecticides as necessary.



Signs & Symptoms of Japanese Encephalitis

- High fevers and headaches
- Neck stiffness
- Seizures
- Blindness
- Confusion & disorientation
- Paralysis & tremors
- Coma



The Doctors & Staff of
Docker Street General
Medical Centre and South
Wangaratta Medical
Centre would like to
extend a Merry Christmas
to all our patients and
their families!
We wish you all a
happy & healthy
holiday season 😊