Health news

FREE TO TAKE HOME!

MARINERS MEDICAL
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Tuggerah NSW 2259
Phone 02 4356 2555
Fax 02 4356 2509
Book on-line 24/7 at: www.marinersdoctors.com.au

APRIL - MAY 2019 EDITION

Otitis Media

Sleep deprivation

Warts and all

Hepatitis C

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

PRACTICE DOCTORS

Dr Lawrence Ransom

Dr David Burcher

Dr Peter Kemp
Dr Kemp is conducting Skin Cancer checks on Thursdays

Dr Shasha Dhillon
Dr Dhillon is a GP Registrar. He has a wide range of medical interests, but is especially interested in developing valued therapeutic relationships with his patients.

PRACTICE PRINCIPAL

Dr Brad Cranney

GENERAL MANAGER

Debra Smith

SURGERY HOURS

Monday - Friday
8am to 6pm

Saturday
1pm to 5pm

We are closed on Sundays until further notice.

Public Holidays
Closed

OUR SERVICES

- Women's Health
- Chronic Disease Management
- Childhood / Travel Vaccinations
- Specialists:
  - Geriatrician
    Dr Anurag Bansal
  - Paediatrician
    Dr Sangeeta Garg
- 1st Floor
  - Pain Management Clinic
  - Urologist
- On site – Pathology & Physiotherapy

For a full list of services please visit our website.

BOOK ON LINE 24/7

Visit our website:
www.marinersdoctors.com.au
or download our free mobile app "**high quality health care**".

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

APPOINTMENTS

The surgery operates on an appointment based system, however urgent cases will always have priority. Walk-ins will be accommodated on a priority basis. If you require a long consultation, please advise the receptionist. If you are unable to attend for your appointment please advise by calling **4356 2555**.

AFTER HOURS & EMERGENCY

A doctor is available after hours for patients of this practice. Please call 0414 063 976 to speak to our triage Registered Nurse, who will advise and contact a doctor if needed. Please note a fee is applicable and payable at the time of consultation for all home visits. Alternatively you can go to Bridges After Hours GP Clinic in the grounds of Wyong Hospital.
P 4394 7333, or Erina Community Health Centre, P 4367 9699 (next to Rivers).
In an emergency call **000** and request an ambulance or go directly to the accident and emergency at either Gosford Hospital (**4320 2111**) or Wyong Hospital (**4394 8000**).

FEES

This is a private billing practice, however many services are direct billed to Medicare, including children under 16 years of age, pensioners and health care card holders & Veteran Affairs. There is a small fee for repeat scripts without an appointment.
Where possible information is provided in advance about the cost of health care and the potential for out of pocket expenses, however some longer consultations and unexpected services may incur higher out of pocket expenses.
Please speak to our reception staff for a full list of fees.

RESULTS / RECALLS

Due to medico-legal reasons, a follow up consultation is required to discuss your results. If results are urgent, the practice will contact you directly to arrange an appointment.

REMINDER SYSTEM

We are committed to preventative health care. Our practice participates in National and State reminder systems and registers. From time to time you may be issued with a reminder notice offering preventative health services appropriate to your care. If you do not wish to participate in these systems, please notify your Doctor.

COMMUNICATION

Telephone calls to Doctors will only be put through in the case of emergency. All other calls will be returned outside of consultation hours. Our staff are trained to triage the urgency of all calls and will contact a Doctor accordingly. Please note we do not send or receive patient information via email as this is not secure. Please notify the practice if your personal information or circumstances change.

DO YOU HAVE A WOUND THAT JUST ISN'T HEALING?

Our Advanced Wound Care Services clinic is open for appointments, here at Mariners Medical, on a Monday each week.
For enquiries or to book an appointment, please call:
(02) 4356 2555.

FOLLOW OUR PRACTICE ON SOCIAL MEDIA

We are thrilled to inform you that you can now follow us on social media. Please visit our FaceBook pages and feel free to follow, like and share with your friends

YOU CAN ALSO FOLLOW US ON INSTAGRAM

www.instagram.com/highqualityhealthcare

Otitis Media

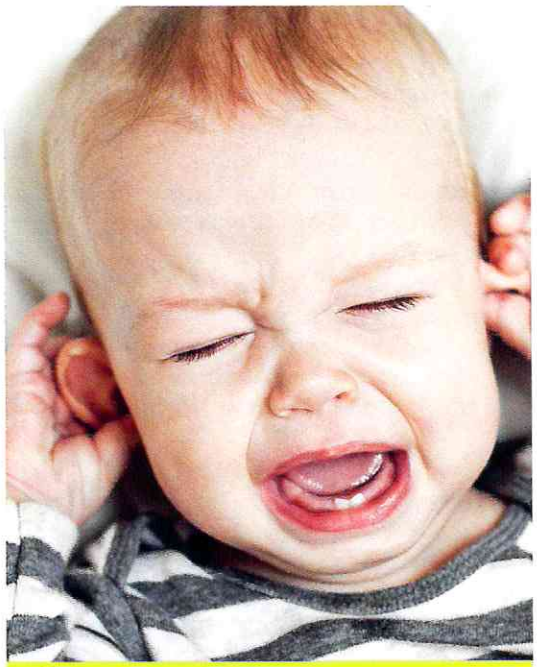
The human ear has three parts – outer, middle and inner. All three can get infected. Otitis media is an infection of the middle ear. It is most common in children and peaks between six and 18 months. The cause may be a bacteria or virus. It can affect one or both ears and may come with a "cold" type illness or just by itself. It is more common in Indigenous children.

Typical symptoms of otitis media are a painful ear. There may be a sore throat in the lead up or concurrently. Fever may be present but it is usually mild. Children may lose appetite and be distressed – especially younger children.

When diagnosed, the ear drum is typically bright red in colour when infected and there may be fluid in the middle ear "behind the drum". Glands in the neck may be enlarged and the throat may be inflamed too. There is generally no need for blood tests.

Current thinking is that most infections are viral and after two to three days will settle without antibiotics. Some cases may still require antibiotics. Pain relief is important as is comforting your child. Maintain hydration but if the child's appetite is low there is no need to force this.

Children with repeated middle ear infections can develop glue ear where fluid stays in the middle ear and does not drain to the sinuses. This can impact on hearing. Children with glue ear may benefit from the insertion of grommet tubes by an ENT surgeon.



Weblink www.healthdirect.gov.au/otitis-media

CROSSWORD SOLUTION

Across
2. Hands
5. Pelvic
6. Weight
8. Injected
12. Fatigue
13. Bladder
15. Cough
18. Stress
19. Middle
20. Sleep
21. Knee
22. Wart

Down
1. Dementia
2. Hepatitis
3. Sole
4. Feet
7. Glands
9. Exercise
10. Diagnosis
11. Ear
14. Throat
16. Urine
17. Liver

Insomnia is interesting in a variety of ways.

Sleep – What Happens to Your Body!

In the 20th century people slept for nine hours. By the turn of the 20th century this had shrunk to seven and a half. Since then our 24/7 society, complete with computers and smart phones has affected us all. Even one generation ago TV stations closed overnight. However, our need for sleep has not disappeared.

The human body can go far longer without food than without sleep. NASA estimated that being awake for 20 hours was equivalent to a blood alcohol level of 0.05% (the legal cut off for driving), due to impaired judgement and coordination.

Lack of sleep is also associated with obesity, type two diabetes, high blood pressure, depression, stress and even Alzheimer's. We feel we can "get away" with inadequate sleep because the symptoms are not always immediate nor clearly linked.

Many people find it difficult to get enough sleep. Allow four months for any change in habits to have their effect. Regular exercise helps as does avoiding eating within two hours of bedtime. Switch off any screen 45 minutes before going to bed, have a regular routine and have a comfortable bed and pillow. Consider also guided relaxation, meditation before bed or relaxing herbal teas.

Avoid sleeping tablets as regular use causes addiction. Above all do not stress about sleep. Relax and let the body do its thing.

Warts and all

Warts, extremely common, especially among children, can appear anywhere and are most often found on the hands, knees and feet. These small eruptions on the skin are caused by the Human Papilloma Virus (of which there are at least 70 types).

Warts are almost always pain free and do not itch. They may be single or in clusters, raised, have a rough appearance and the same colour as surrounding skin.

The exception is plantar warts on the feet, also called verrucae, which may be flattened. The main problems on the soles of the feet are cosmetic (appearance), and pain due to the pressure from weight on them. Warts can be spread by direct contact to other people or to other parts of your own body.

Left alone most warts will disappear after months to years. The immune system overcomes the infection which can remain dormant in the skin for many years. However, many people do not want to wait months to years. Treatment is simply burning the wart. This can be done chemically with ointments or paints, by freezing with liquid nitrogen or dry ice, or via cautery with a hot wire under local anaesthetic.

Freezing is the most popular method, done a few times over weeks. The warts may swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with otherwise harmless warts. Chat with your GP about the options before deciding.

Weblink www.mydr.com.au/skin-hair/warts

Hepatitis C – Avoiding Damage

Hepatitis C virus was first "discovered" in 1989. Catching the virus was associated with blood transfusions before 1990 but today the main risk factors are sharing intravenous drug needles, tattooing and body piercing (if not sterile). Hepatitis C is no longer officially classed as a sexually transmissible disease but its spread via sexual contact is still possible if there are cuts or open wounds. Needle stick injuries carry a very small risk. The virus is not spread by hugging or through sharing food.

At the end of 2017 it was estimated that 200,000 Australians had Hepatitis C.

There may be no symptoms of infection. Symptoms include tiredness, fatigue, nausea, fever, itchy skin and loss of appetite. Some people only get symptoms many years after contracting the virus.

Long term the virus can damage the liver leading to cirrhosis and /or liver cancer.

Diagnosis is by blood testing. A liver scan may also be advised. Since 2016 there have been new and successful treatments for hepatitis C that can cure the condition in 95% of cases, with few side effects. Treatment before 2016 was less effective and side effects were a major problem for many people.

If you think you are at risk of Hepatitis C talk to your doctor. If diagnosed, treatment can be through your GP or a specialist.

Weblink www.hepatitisaustralia.com/how-do-you-get-hep-c/

Weblink www.thewomens.org.au/health-information/continence-information/urinary-incontinence

Urinary Incontinence

Urinary incontinence means no amount of voluntary effort stops the flow of urine. The two main forms of incontinence are *urge* where one cannot hold on when feeling the need to pass urine and stress where coughing, sneezing or movement can cause urine flow. Incontinence is far more common in women than men (affecting up to 50% of women) and while not age-specific, it is more frequent in later years.

The exact cause of incontinence is not always known but damage to the pelvic floor is a factor e.g. after childbirth. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to record a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing which assesses the workings of the bladder.

In days gone by women were often told "don't worry about it dear". Today we know better. There are many treatments options. Losing excess weight and quitting smoking can help (if relevant to you). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication and, in some cases, surgery is recommended. Surgery has generated controversy lately but there are options.

The key is to discuss the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.

THAI CHICKEN SALAD – SERVES 4

Ingredients

2 x 180gms Chicken Breast Fillets – halve the chicken breasts lengthways to create 4 fillets
1 tsp sesame oil – for basting chicken
2 Lebanese cucumbers – thinly sliced into ribbons
2 carrots – thinly sliced into ribbons
200gm punnet Perino tomatoes - halved
½ red onion thinly sliced
½ cup coriander leaves
½ cup basil leaves
1 long red chilli, thinly sliced diagonally
½ cup roasted peanuts, coarsely chopped

Dressing - combine the following ingredients:

¼ cup lime juice (60ml)
2 tbs brown sugar
1 ½ tbs fish sauce
2 tsp soy sauce
1 lemongrass stem finely chopped (pale section)
1 tbs finely grated ginger
1 garlic clove – crushed

Instructions

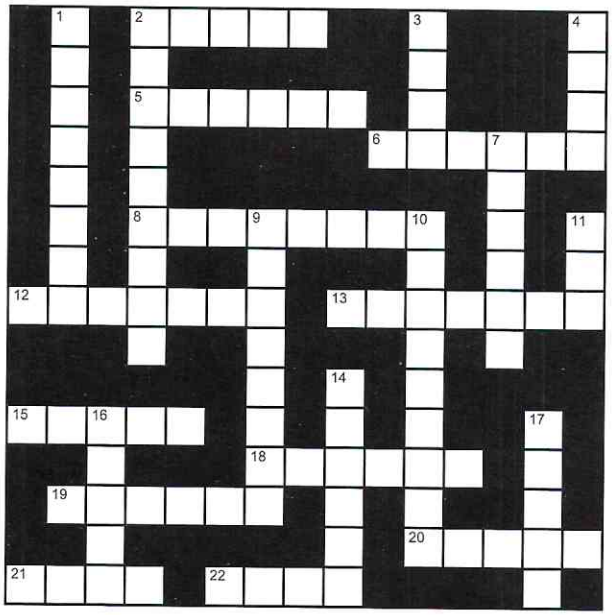
Marinate the chicken fillets with half the dressing and put in fridge for 30 mins.

Heat a barbeque or chargrill pan on medium.
Drain chicken and discard marinade.
Brush chicken with sesame oil.
Chargrill chicken until golden brown and cooked through.
Once cooked, set aside to rest.
Combine the cucumber, carrot, tomato, onion, mint, coriander, basil and chilli in a bowl.
Drizzle with the remaining dressing and toss to combine.
Place salad on a large platter. Thinly slice the chicken and arrange on the top of the salad.
Sprinkle with peanuts to serve.

CROSSWORD

Across:

2. Warts are mainly found on ___, knees and feet (5)
5. Elvis Presley made this part of the body famous (6)
6. Shedding excess ____ can help sleep problems (6)
8. ___ ears can cause pain (8)
12. Extreme tiredness (7)
13. Urge incontinence is due to an overexcited ___ (7)
15. A ___ can be the first sign of mesothelioma (5)
18. Strain felt by someone (6)
19. Otitis media affects what part of the human ear? (6)
20. Deprivation of ___ can send you crazy (5)
21. Footballers and netballers get ___ pain often (4)
22. Caused by the Human Papilloma virus (HPV) (4)



Down:

1. Disease of old age (8)
2. Inflammation of the liver (9)
3. Bottom of the foot (4)
4. They take 215 million steps by the time we are 80 (4)
7. An ear infection can enlarge ___ in the neck (6)
9. ___ is good for you in so many ways (8)
10. Identification of an illness (9)
11. Hearing sense organ (3)
14. At the top of the windpipe (6)
16. Waste fluid made by the kidneys (5)
17. Human organ that can lose 90% before it fails (5)

MARINERS **MEDICAL**

- **PRACTICE POLICIES**

The practice is committed to providing comprehensive care to all patients. Our doctors are trained and experienced in the broad range of problems dealt with in general medical practice. We believe your health is best managed by continuous care from the same source rather than taking different problems to different places. We will refer you for specialist opinions, investigations and treatment when necessary and advise you of any out of pocket costs.

- **PRIVACY**

This practice is committed to maintaining the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

- **PATIENT FEEDBACK**

We would like to know of any concerns you may have about the care you receive. Please feel free to talk to your doctor or our reception staff. Ask our reception staff for a Patient Feedback / Complaint Form which will be passed on to the Practice Manager for action. Alternatively you may wish to contact the Health Care Complaints Commission on 02 9219 7444.

Quality Practice Accreditation