

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

● PRACTICE DOCTORS

Dr. George Gray (Principal)
MBChB, DRCOG, FACRRM
Born & trained in Scotland. General Consulting.

Dr. Mira Pojani (Principal)
MBBS, FRACGP
Mira gained her medical degree in Albania. She has a special interest in aged care and skin medicine.

Dr. Yash Ahuja (Principal)
MBBS (Honors), Kathmandu 2006 FRACGP, DCH – Diploma of Child Health 2017
Yash has worked in General Practice in Warrnambool. He has a certificate in skin cancer medicine 2017.

Dr. Mohammad Gadi (Part Time)
MBBS Melb Uni 2010 FRACGP, DCH
Mohammad has a special skill in managing Drug and Alcohol dependencies. Mohammad works in Colac 5 days a fortnight, the usual days are Mondays Wednesdays and Fridays.

Dr. Brooke Beaumont GP Registrar GPT3
MBBS Adelaide Uni 2015 GP Registrar GPT2
(Maternity leave and returning part-time in October 2021)

● **AFTER HOURS & EMERGENCY**
For urgent matters the rooms are open on Saturday Mornings from 9am to noon.

For **URGENT ADVICE** when the clinic is closed, call us on **5231 5300**.
If you need **URGENT MEDICAL ATTENTION** at any time please go to the Urgent Care Centre at Colac Area Health, or call for an ambulance on **000**.

● PRACTICE STAFF

Practice Manager:
Dianne Loubey – Dip.App.Sc. MAAPM

Practice Nurses:
Carol, Barb, Ally, Charlotte & Sarah
Covid Vaccination Nurse Immunisers:
Charlotte, Jessica & Meagan

Office Manager:
Paula Dare

Reception Staff:
Helen, Kay, Natalie, Kylie, Nicole, Nola & Bev

Health Assessment Nurse:
Barb

● **OTHER SERVICES AT OUR CLINIC**
Otway Podiatry: Chris Williams attends Otway Clinic 4-5 times per month - Appointments are made via our reception team.

Psychological Counselling: Allan Woodward (Wednesdays)

Dr. Zahra Shahzad GP Registrar (Part Time)
MBBS Pakistan 2010
Zahra has lived and worked in Australia since 2012. She has worked as a (HMO) at Barwon Health and as a GP in a busy General Practice in Caroline Springs.

Dr. Seung Baek GP Registrar (Part Time)
BA (Philosophy)(Hons)/LLB(Hons), MBBS 2013 Sydney
Seung has worked as a GP in Geelong and in ED @ University Hospital Geelong.

Dr. Raghad Al-Badri
MBBS (Monash 2014), DRAZCOG (2018) & FRACGP (2021)
Raghad has a special interest in Women's Health and Cosmetic Medicine. She enjoys travel and speaks several languages.

Dr. Fahad Hussain
MBBS Pakistan 2001, MRCEM 2017
Dr. Fahad has experience as a GP in the UAE and has worked in emergency Medicine in the UK and at Barwon Health in Geelong. Fahad is fluent in Urdu, Arabic, Hindi and Punjabi languages and he looks forward to being a longterm GP in Colac.

Dr. Yuan Hsun Chang GP Registrar
1st Year
LRCP, SI, M.B,BCh, BAO (Ireland 2016) Bachelor of Physiotherapy (QLD 2003)
Hsun (pronounced as Shin) has recently been working as an Emergency Registrar at University Hospital in Geelong undertaking his Emergency Medicine Certificate in 2020. He speaks Mandarin, Taiwanese and French. Hsun is excited to be doing his GP Training with us in 2021.

Dr. Cecilia Xiao GP Registrar 1st Year
MSc Clinical Embryology (Oxford 2020), MBBS (Hobart, Tasmania 2017). Masters Bus Amin (Cardiff 2014) BA Science Nursing (Singapore 2010)
Cecilia joins us for General Practice Training. She has wide experience and has recently worked in hospital settings in Hobart, Sydney and Melbourne. She looks forward to being part of a country practice. Cecilia speaks Chinese (Mandarin).

● **SURGERY HOURS**
Mon-Fri.....**8.45am – 5.30pm**
Saturday.....**10.00am – 12noon**

Home Medicine Reviews: Andrew Clayton – Pharmacist
Physiotherapy: Brad Saunders. Brad is an experienced Physio of 30 years and will be consulting here weekly on Thursday mornings
Appointments and Fee Information is available from our reception team.

● BILLING ARRANGEMENTS

Our standard consultation fees are displayed in the waiting room.
We are a private practice and it is necessary to charge realistic fees for treating you. In most cases patients who hold a current Pensioner Health Entitlement Card (PHEC) and children under 16 years do not have any 'out of pocket costs' for any **consultation** services provided in Business Hours. There are out of pocket costs for some procedures provided to Pensioners and Children under 16.
All private fees paid on the day after July 1, 2021 will receive a \$10 discount.
Our front desk team can electronically submit your receipt to Medicare immediately after payment. Please see Special Practice Notes on the back page – Register your bank details at Medicare.

● APPOINTMENTS

Consultation is by appointment – urgent cases will be seen on the day. Please tell the receptionist that the matter is urgent.
Home visits – arranged if attendance at the rooms is impossible.
Booking a long appointment - if you want a full check-up, an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion please book a longer appointment.

● PHONE CALLS & ELECTRONIC COMMUNICATION

The preferred way to contact the practice is by telephone in Surgery Hours. If you wish to email, please use the link on the practice website at: www.otwaymedical.com.au.
Please note - The website email is not for making individual health enquiries, nor is it monitored 24/7. If you wish to speak to a Doctor in person over the telephone please contact our reception team in Surgery Hours.

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

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.

Otway

Medical Clinic

● **SPECIAL PRACTICE NOTES**
Management of your Personal Health Information. Your medical record is a confidential document. It is the policy of this practice to maintain the security of personal information at all times and to ensure that this information is only available to authorised members of staff. It is our policy to protect your privacy and to treat all your information including health, personal and financial details as private and confidential. You are welcome to take a one of our privacy brochures - "The Privacy Of Your Personal Information".

Complaints. If you are unsatisfied with any aspect of your health care at this medical practice, please see the Practice Manager. Alternatively, you may wish to write to the - Health Complaints Commissioner, Level 26, 570 Bourke Street, Melbourne.3000 or, email via the website: www.hcc.vic.gov.au or call **1300 582 113**

Identity Checks. During any contact with the practice you will be routinely asked to confirm your address, date of birth and or, telephone number as part of an identity check.

Recall System. Our practice offers a reminder/recall system for Pap Smears, Implanon and Mirena. We will send the first and second reminders by text and follow up with a letter if there has been no response. Patients without mobiles will receive a letter.

Test Results. You are welcome to telephone in business hours for your test results. You will have to provide 3 personal identifiers. The receptionist can read the Doctors instructions however, if you require more information about your result you will be invited to make an appointment with the referring Doctor. For URGENT results, a Doctor will make every effort to call you personally.

My Health Record. MHR - Our GP's can upload a shared health summary to your personally controlled MHR. A summary contains important health information like allergies, medical history, medicine details, and immunisations. Healthcare providers can then access your record from anywhere at any time when they need to, like in an accident or emergency. consultation.

Register Your Bank Details at Medicare. You can register by calling 132 011, select option 5 and ask to provide your Bank Account Details.



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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