



## AUGUST - SEPTEMBER 2023 EDITION

**FREE TO TAKE HOME!**



Dry Eye



Telehealth



Sinusitis



Exercise in Childhood

### ● PRACTICE DOCTORS

#### Dr Grant Buxton

MBChB, MRNZGP  
Minor Surgery, Paediatrics,  
Men's Health

#### Dr Zaw Win

MBBS, FRACGP  
General Health. Speaks Burmese

#### Dr Anne Witherow

MBChB (Dundee) MRCGP. FRACGP. DFSRH  
Women's Health

### ● PRACTICE PSYCHOLOGISTS

#### Ian Ballantine

B.Sc., E.Ed., B.Psych., M.COUNS.  
Registered Psychologist

#### Lakers Komaiya

B.Sc. (Hons.) Maths, B.Sc. (Psychology), M.Inf.Sc., MAppPsych  
(Clinical)

### ● PRACTICE PHYSIOTHERAPIST

**Jacinta Mathews** BSc. Physiotherapy

**Shauniele Bjork-Henderson** BSc. Physiotherapy

**Tenille Poynter** BSc. Physiotherapy

**Yasas Perera** BSc. Physiotherapy

### ● PRACTICE STAFF

**Practice Manager:** Traci Walton

**Senior Reception:** Karen M & Emma

**Reception Staff:** Tracy (TK).

**Nursing Staff:** Sasha & Emily

### ● SURGERY HOURS

**Monday.....**8.00am – 5.00pm

**Tuesday.....**8.00am – 5.00pm

**Wednesday....**8.00am – 5.00pm

**Thursday.....**8.00am – 5.00pm

**Friday.....**8.00am – 5.00pm

**Saturday.....**8.00am – 12.00pm

**Public Holidays.....**CLOSED

### ● APPOINTMENTS

Appointments are always necessary. We do not take walk ins or New Patients.

If you have more than one or two matters to talk about with your Doctor or believe you might need extra time, please mention to the Receptionist so a longer appointment can be made.

If more than one person from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.

Should you require assistance with translation issues please advise staff when making appointments. Appointments can be made through HotDoc, by downloading the HotDoc app, or on our Website or Facebook.

### ● AFTER HOURS & EMERGENCY

Our after hours care is provided by **WA After Hours Doctor** on **1300 300 362** or **Dial a Doctor** on **1300 030 030**. The locum service is available from 6.00 pm until 8.00 am and will be bulk billed if a Medicare card is provided at the time of the consult. If the Medicare card is not provided, a minimum fee of \$150 will be charged, payable at the time of the consult.

**GP After hours Clinic** is also available in the Galliers section of the Armadale Hospital. You may attend there between 7.00pm and 10.00pm during the week and 2.00pm to 9.00pm on the weekend. They can be contacted on **9391 2285**.

For advice call **Health Direct** on **1800 022 222** or if urgent medical attention is required, go straight to the Emergency Department or dial 000 and ask for an ambulance.

**During the current Covid 19 pandemic, no one with the following symptoms is permitted to enter the building: flu like symptoms, cough, cold, sore throat, fever, unusual shortness of breath, recent interstate or overseas travel. If you have any of the symptoms you will need to be cleared of Covid by having a negative result from a swab done by a Covid testing facility before attending the surgery. In the interim if required a telephone consult can be arranged with your doctor**

### ● BILLING ARRANGEMENTS

All Medicare Card holders are bulk billed.

A private fee of \$60 will be charged on arrival to patients who DO NOT have a current Medicare card.

### ● SPECIAL PRACTICE NOTES

**Jacinta, Shauniele, Tenille & Yasas** our Physiotherapists are available for bookings most days. Please speak to your doctor if you need to see a physio.

Psychologists available Monday & Wednesday surgery:

• **Ian Ballantine** consults Wednesday's

• **Lakers Komaiya** consults Monday's

**Flu vaccines:** please call the surgery to make an appointment with the nurse as flu vaccines are now available for patients who meet the criteria - people aged 65 and over - all children 6 months to 5 years - all Aboriginal and TSI people, pregnant women, people aged 6 months and over with a chronic medical condition.

We are not providing the private flu vaccinations this year. The chemists are now providing a service for a reasonable price for patients that do not qualify for the government flu vaccine.

**Telephoning your doctor:** Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency medical advice. To speak to the doctor regarding other matters you will need to inform the receptionist who will pass on the message and either a doctor or a receptionist will get back to you.

**Test Results:** When you have a test performed it is your responsibility to make sure that you follow up to find out the results. Staff are not qualified to give results. An appointment should be made for this purpose.

### 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](http://www.healthnews.net.au)

# Dry Eye

The eyes need constant lubrication, which is provided by the tear glands. Eyes become dry of tears for two main reasons.

Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air, or smoky conditions. It is temporary and is improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses and having low vitamin A levels. Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is mainly on symptoms and a thorough eye examination. Blood tests may be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air. Wear sunglasses when outside. Take breaks when using screens for long periods, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



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## Telehealth

The term telehealth has generally not been used outside medical circles. It applies to the use of technology (video or phone) to deliver medical services.

At the start of the pandemic, the federal government, for the first time, allowed Medicare funding to support consultations with your doctor that are not in person. Consultations can be done through video conference or telephone.

Guidelines for the use of telehealth are being updated by the Medical Board as of September 1, 2023. These seek to balance the value to consumers of remote consultations whilst recognising there are limitations as to what can be done when a patient is not in the same room as the doctor. For example, one cannot listen to the lungs.

A requirement of a telehealth consultation is

that you understand that it may be necessary to follow up with a clinic visit.

An exchange of emails or text messages (even for a prescription renewal) is not considered adequate. There needs to be video or audio discussion in real-time. To be entitled to a Medicare rebate, there is a requirement that you have had a face-to-face consultation with the doctor (or another at the same practice) in the 12 months before the telehealth consult.

Telehealth consultations can be booked in a similar way to regular appointments. Prescriptions can be collected or sent electronically to yourself or a nominated. Referrals can also be collected or sent directly. Ask your practice staff about their procedures.

## Varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue twisted cords on the legs. Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured, there can be significant bleeding. In more severe cases, there can be ulceration. However, they are not associated with deep vein thrombosis.

Treatment depends on the severity of the condition. There are no specific medications available to treat varicose veins. While painkillers may provide temporary relief from symptoms, they should not be solely relied

upon. In the past, formal surgical stripping procedures were performed, which required several days of hospitalization. However, surgical treatments have advanced, and the most common approach now involves injecting substances to close the affected vein. Since varicose veins are no longer functioning correctly, removing or closing them is not problematic. This can be done as an outpatient, and recovery is relatively rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you. Preventative approaches include maintaining a healthy weight, exercising regularly and changing position regularly.



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# Sinusitis

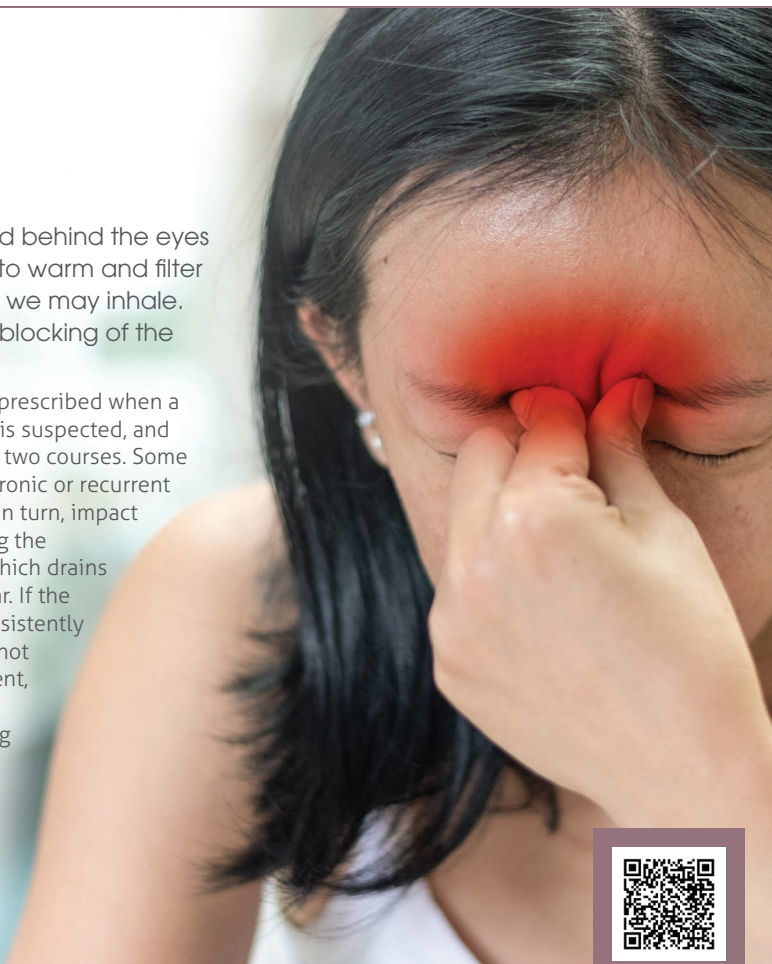
The body has several air-filled sinuses below, above, and behind the eyes in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap dust and other irritants we may inhale. Too much mucous production, swelling of the linings or blocking of the internal passages can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are viral illness, such as a cold, or allergy issues, such as hay fever. Sinusitis can also be of itself.

Typical symptoms are a blocked nose, headache or facial pain, postnasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

Treatment depends on the cause. If allergy-related, antihistamines and steam inhalation with or without eucalyptus can help. Avoid decongestant sprays. Over-the-counter steroid sprays may help, but talk to your doctor before self-medicating. Simple analgesics like paracetamol or ibuprofen can ease symptoms.

Antibiotics will be prescribed when a bacterial infection is suspected, and some people need two courses. Some people develop chronic or recurrent sinusitis. This can, in turn, impact hearing by blocking the Eustachian tube, which drains from the middle ear. If the sinuses remain persistently congested and do not respond to treatment, they may require drainage or clearing through a hospital procedure.



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## Relevance of Exercise in Childhood

Once upon a time, children didn't require "exercise" as a separate activity because they led active lives by walking to and from school and engaging in outdoor play rather than spending excessive time in front of screens.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumption of more processed foods higher in fats and sugars and reduced physical activity.

We cannot turn back time, but we can make changes moving forward to promote the health of our children. The Australian government recommends that children over the age of five engage in one hour of physical activity each day. This should consist of a combination of moderate and vigorous exercises. Examples include walking, running, bike riding, participating in suitable sports, and engaging in outdoor play. This activity doesn't need to be completed in one continuous block of time.

Do not fret if you can't manage this amount every day. Any amount of physical activity is better than none.

There are many benefits to your child from being active. It reduces childhood obesity. It improves motor function. It improves their circulation, strengthens the bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, where regular exercise reduces the chances of many diseases, including heart disease, stroke and some forms of cancer.

A bonus is when you encourage your children to exercise, it may encourage you to do the same.



More info »





## CHINESE STYLE – CHICKEN & SWEET CORN SOUP

### Ingredients (serves 6)

- 2 cups (500ml) chicken or vegetable broth/stock
- 1 can creamed corn
- 1 tsp soy sauce (all-purpose or light)
- 1 tbsp Chinese cooking wine OR Dry Sherry
- 1 tsp minced ginger
- 1 minced garlic clove
- 1 tsp cornflour/cornstarch, mixed with a splash of cold water into a slurry
- 1 egg, whisked
- 1 ½ cups of shredded cooked chicken
- Salt and white pepper, to taste
- 2 chopped Spring Onions

### Method

1. Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour/water mixture in a saucepan over high heat.
2. Bring to a boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Adjust seasoning with salt, turn off the heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
4. Add the chicken, season with white pepper, and serve, garnished with spring onions.

## WORD SEARCH

M	E	G	A	N	I	A	R	D	M	I	I	G	E
I	T	T	E	L	E	H	E	A	L	T	H	S	E
S	T	R	E	A	T	M	E	N	T	I	A	M	E
A	I	E	A	C	T	I	V	E	S	N	E	C	S
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H	E	A	D	A	C	H	E	G	N	E	R	E	L
X	I	D	O	C	T	O	R	R	R	G	A	D	O
A	I	R	E	A	M	E	D	I	C	A	L	E	D

DRAINAGE  
STANDING  
DOCTOR  
MEDICAL  
INFECTION  
SINUS  
VISION  
FEMALE  
EXERCISE  
HEADACHE  
GLANDS  
ACTIVE  
TELEHEALTH  
TEARS  
VEIN  
TREATMENT  
SYMPTOMS

### ● OTHER SERVICES OFFERED

We provide a comprehensive family medical service—quality care in a friendly, relaxed atmosphere.

- Minor Surgery
- Practice Nurse
- Pathology
- ECG's & Spirometry
- Psychologist
- Wound Dressing
- Cryotherapy
- Nurse Pap Clinics
- Home Visits
- Aged Care
- Nursing Home Visits
- Employment Medicals
- Chronic Disease - Care Plans

### ● VACCINATIONS

Many diseases which are a risk to travellers can be prevented by immunisation. Some diseases that should be considered are:

- Hepatitis A and Hepatitis B
- Influenza
- Japanese Encephalitis
- Meningococcal
- Meningitis
- Rabies
- Tuberculosis
- Tick-borne Encephalitis
- Typhoid Fever
- Chickenpox
- Yellow Fever
- Cholera

More information on Travel Vaccinations and Travelling Overseas at the Smart Traveller Website:

<http://smartraveller.gov.au/tips>

### ● SPECIAL PRACTICE NOTES

**Your feedback:** Your feedback is important to us and you are welcome to make suggestions either over the desk or via our suggestion box located in our waiting room. If you wish to register a complaint contact HaDSCO (Health & Disabilities Services Complaints Office):

[www.hadSCO.wa.gov.au](http://www.hadSCO.wa.gov.au), 6551 7600 or 1800 813 583 (country free call).

**Recall/Reminder Service:** Preventive care is paramount to our practice. Recall letters may be sent to you from time to time offering you preventative health services. If you do not wish to be part of this program please let the receptionist know.

This Practice is a non-smoking Environment.

**Behaviour:** As the surgery will not tolerate violent, abusive or aggressive behaviour of any kind, if this is displayed by anyone, they will be asked to leave and will not be allowed to return to the surgery in the future.

**Patient Privacy.** This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.