



FREE TO TAKE HOME!

JUNE-JULY 2016 EDITION

We are accepting new patients.



Myasthenia Gravis



Stroke and When to Call 000



STI Testing is Easy



Is it Tonsillitis?

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

Barton General Practice is committed to the provision of the highest quality of healthcare

- to all patients
- by all GPs and staff
- all the time
- with continuity of care, professionalism and sensitivity.

● PRACTICE DOCTORS

Dr Cameron Webber OAM

MBBS, M.Med., DRCOG, DCH, Dip.RACOG, DPD

Dr Jung Le-Qui

MBBS, FRACGP
Fluent in Vietnamese.

Dr Audrey Clarke

MBBS, FRACGP
Also consults in French & Arabic.

Dr Iain Anderson

MBBS, FRACGP, BA, B.Sc., DRANZCOG

Dr John Ainge

MBBS, B.Sc., DipRACOG

Dr Mosharaf Hossain

MBBS, RACGP, DCH, DRANZCOG

Dr France Brewer

FRACGP, RANZCOG
Fluent in French.

Dr Helen Fitzgerald

MBBS, FRACGP, DPH

Dr Emma Bucknell

BMedSc, MBBS, FRACGP

Dr Patricia Batchelor

MBBS, FRACGP, MPH, DCH

Dr Stephen Jamieson

Cert. de Fin d'Etudes Medicales (Geneva)
Fluent in French

Dr Barbara Thomson

FRACGP, MPhil (Sports Med), LRCP

● CLINICAL PSYCHOLOGIST

Dr Manuela H. Habicht

Ph.D, Psych, M Sc Psych, B Sc Psych, MMH Sc(Therapy), MA(Psych Studies), DBA, MBA(International Business), LLM(Environmental Law) LLB, Accredited Mediator LEADR Family Dispute Resolution Practitioner Solicitor.

● SURGERY HOURS

Monday – Friday 7.45am – 7.30pm
(by appointment only)

Saturday 8.30am – 1.00pm

Sundays 9.00am - 12.00pm

● ONLINE APPOINTMENT BOOKING

Online appointment booking is available for some doctors via our website: www.bartongeneralpractice.com.au

● AFTER HOURS

CALMS 1300 422 567

● PRACTICE STAFF

Practice Manager: Joanna Webber

Practice Nurses: Disu, Marianne, Tamara, Judy & Wendy

Receptionists: Sally, Elizabeth, Annie, Julie, Kaye, Kerrie, Caterina, Marni, Jessie, Tanya, Penny, Jennifer & Debbie

● BILLING ARRANGEMENTS

We are a private billing practice. Information about our fees and services are available at reception. Our fees reflects the quality of our service.

Payment at the time of consultation is required.

Payment can be made by cash, cheque, credit card or EFTPOS.

● SPECIAL PRACTICE NOTES

Practice News. We are proud to welcome back **Dr Stephen Jamieson** and **Dr Barbara Thomson** to Barton General Practice.

Communication. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone or email request.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. We will contact you if necessary.

Reminder System. Our practice has an opt out reminder system.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

● APPOINTMENTS

Consultation is by appointment. Urgent cases are seen on the day.

Booking a long appointment is important for more complex problems – insurance medical, health review, counselling, a second opinion, multiple health issues etc. Please bring all relevant information.

Please notify us if you are unable to attend an appointment well in advance. Otherwise, a non-attendance fee will be charged

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.

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





Myasthenia Gravis

This condition causes muscle weakness and fatigue and it is thought to be due to antibodies produced by the immune system 'attacking' the muscles' nerve receptors. There is also a form of Myasthenia without antibodies involved.

It can occur at any age but is more common in women under 40 and men over 60. Symptoms are typically weakness and tiredness.

The severity ranges from mild to near full paralysis. It can affect any muscles but the upper body more than the lower part. Facial muscles are often first affected. People may notice droopy eyelids or problems with swallowing or chewing. In the most severe cases the breathing muscles can be affected.

Diagnosis is based largely on the history of symptoms and a

neurological examination, which would show muscle weakness but no damage to the ability to feel. You would be referred to a neurologist and there are some specialised tests that can be done.

There are a number of different treatments including cholinesterase inhibitor medications (to improve muscle function), immune-suppressants, (e.g. steroids), and plasmapheresis (filtering the plasma from the blood).

Around 20% of people will go into spontaneous remission. Living with Myasthenia Gravis can mean making adjustments to your routine. You may need to do things more slowly and plan your day. Simple measures like an eye patch, eating smaller more frequent meals and installing handrails and other aids can help.

 [Weblink www.myasthenia.org.au/](http://www.myasthenia.org.au/)

Stroke – know when to call 000

A stroke is when the blood flow to the brain is disrupted due to a blood clot in an artery or bleeding from an artery. The symptoms will depend upon which area of the brain is affected. Typically there is weakness and loss of sensation on one side of the body. There may be loss of consciousness, dizziness or an unexplained fall. Speech or swallowing may be difficult. Vision may be affected.

A stroke is a medical emergency and if someone is having one you need to dial 000. Check the pulse and breathing and if needed administer first aid (CPR). If you are unsure about this, the ambulance officers can give you advice over the phone. If the person is not conscious put them in the coma position (on their left side). If conscious, do not give them anything to eat or drink. Encourage them to stay still.

If recovery from these symptoms is quick (less than 24 hours), then you have probably had a TIA (transient ischaemic attack) which can be a warning of impending more severe stroke. So this is still an emergency and needs to be checked out.

Early treatment in hospital may include medication to reverse or slow blood clotting and risk factors may need treatment. The mainstay is then rehabilitation to maximize physical recovery.

Sadly over 10,000 people die of stroke each year and two thirds of survivors are left with some disability.

Prevention is the best treatment. Risk factors for stroke include a family history; being over age 55; high blood pressure; being overweight; smoking; and diabetes. Many risk factors can be favourably influenced and the risk of stroke reduced.



 [Weblink https://strokefoundation.com.au](https://strokefoundation.com.au)

STI testing is easy

 [Weblink www.sti.health.gov.au/internet/sti/publishing.nsf](http://www.sti.health.gov.au/internet/sti/publishing.nsf)

If you have had sex (especially unprotected) it is possible you have picked up a sexually transmitted infection (STI). Some people will have warning symptoms while others won't. The good news is that testing is simple.

The most common STI is Chlamydia, which causes non-specific urethritis (NSU). This can cause burning with passing urine and a discharge from the genitals but it can have no symptoms. Untreated, infertility can result, especially in females. In 2012 there were over 80,000 cases. Treatment is simple with a course of antibiotics.

Routine STI screens for Chlamydia, Gonorrhoea, Hepatitis B and C, Syphilis and HIV involve blood and urine tests. If you have any symptoms then it is important to see your doctor and get tested. The same applies if a contact tells you they have

been diagnosed. Low cost or free tests are often available.

The best way to prevent STIs is to use protection when having sex. Unfortunately nothing is 100% certain so for those who are sexually active it is worth being tested even if you have no symptoms. This particularly applies to those who are not in a monogamous relationship.

There is no need to be embarrassed. Your doctor has seen it all before and you are not alone. And remember, medical information is confidential between you and your doctor.



Is it Tonsillitis?

The tonsils sit just behind the back teeth and are part of the body's immune system. If they are infected you will typically get a sore throat, fever, headache and often, bad breath. However, the vast majority of sore throats are not tonsillitis but rather pharyngitis, which is an infection of the back of the throat and is almost always viral (and therefore not helped by antibiotics).

True tonsillitis may be due to a virus or bacteria and is more common in children. The throat is more acutely painful than in pharyngitis. Your doctor nearly always takes a look at the health of the tonsils when assessing a 'sore throat' and will be wary of group A Streptococcus infection (about 1 in 5 cases) which can cause complications like difficulty breathing, drooling, stiff neck, and neck swelling below the lower jaw. The same bacteria can cause acute rheumatic fever, particularly in children of Aboriginal, Maori, or Pacific Islander background.

When in doubt, your doctor may organise a throat swab to help sort it out.


The viral form of tonsillitis is treated with rest, fluids and pain relief. It will be painful to eat so don't force it for children or adults. The less common bacterial form will need antibiotics – typically penicillin (unless there is an allergy to this drug).

Complications, which are rare now, can include ear or sinus infection or an abscess (called Quinsy). Occasionally, an acute sore throat can be the beginning of a longer bout of glandular fever (Infectious Mononucleosis) or the more risky acute epiglottitis.

In previous generations, removing tonsils was common. Today they are only removed



Bacterial infection affects about 1 in 8 bouts of tonsillitis

 Weblink www.betterhealth.vic.gov.au/health/conditionsandtreatments/tonsillitis

on good grounds including chronic or recurrent (more than four per year) infections or if the enlarged tonsils impact on breathing and contribute to things like sleep apnoea in the toddler.

There is generally no need to see your

doctor with a mild sore throat. If it does not settle or you have a fever, or other concerns then always get it checked. Remember that most times antibiotics are not required and tonsils usually do not need to be removed.



Psoriasis

This form of long-lasting dermatitis affects about 1 in 50 Australians, males and females equally, usually commencing after the age of 20. Any area of skin can be affected but the scalp, knees and elbows are common sites.


Cells build up on the skin surface that lead to scales, which are often itchy and painful. On the scalp it can look like dandruff. The cause is unknown but is thought to be related to overactive *T lymphocyte* cells in the immune system.

The rash generally comes and goes. Triggers include infections or injury to the skin (e.g. sunburn), stress, cold weather, alcohol and some medications. About 20% of sufferers may also have psoriatic arthritis causing painful joints.

Diagnosis is generally based on appearance (or a skin biopsy if in doubt). There is no cure for psoriasis but it can be

controlled. Avoid known triggers. Wash daily to remove scales. "Blot dry" the skin and apply moisturiser. A small amount of sun exposure can help but don't get burnt.

When it comes to applying products, it is best to find what works for you, bearing in mind you can react to some, or they might stain clothing. There are a number of moisturisers and products containing coal tar, sulfur, and salicylate that you can buy over the counter and apply according to advice. Steroid creams can be available on prescription. More severe cases may need a referral to a dermatologist.

 Weblink www.mydr.com.au/pharmacy-care/psoriasis-self-care

CHICKEN & VEGETABLE SOUP

Ingredients

- 1 kg skinless chicken legs or 1 small whole chicken
- 2 tbsps olive oil
- 1 large leek – washed, halved and thinly sliced.
- 3 garlic cloves – crushed
- 1 large carrot – peeled and diced
- 2-3 celery stalks – diced
- 2 small zucchini – diced
- 1 swede – peeled and diced
- 1 turnip – peeled and diced
- ½ cup pearl barley
- ½ cup green split peas
- ½ cup lentils
- 8 cups chicken stock



- Heat oil in large saucepan over medium heat and add leek and garlic.
- Stir until soft but not coloured.
- Add diced carrot, celery, zucchini, turnip and swede.
- Cook for 2 minutes.
- Stir in pearl barley, green split peas and lentils.
- Add chicken stock, chicken and 2 cups cold water.

- Bring to boil.
- Then reduce heat to low and simmer partially covered for about 1 hour, until vegies and soup mix are tender. Stirring occasionally.
- Remove chicken from soup. Cool slightly and then remove the meat from the bones. Roughly chop chicken meat and add to soup.
- Season with salt and pepper.

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SUDOKU

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3	9	1	5	8	6	4	7	2
7	8	4	9	3	2	1	5	6
4	7	3	7	9	8	6	2	4
4	7	6	2	1	5	3	8	9
9	2	8	4	6	3	7	1	5

Laughter – the Best Medicine!

- At the cocktail party, one woman said to another, "Aren't you wearing your wedding ring on the wrong finger?" The other replied "Yes, I am, I married the wrong man."
- My wife dresses to kill. She cooks the same way.
- A good wife always forgives her husband when she's wrong.
- What's the difference between a boyfriend and a husband?
About 15 kilos.
- The secret of a happy marriage remains a secret.
- After a quarrel, a wife said to her husband, "You know, I was a fool when I married you." The husband replied, "Yes, dear, but I was in love and didn't notice."



Barton
General
Practice



● SERVICES AVAILABLE

- General Consultations
- Minor Surgery & Wound Repair
- Childhood Immunisation
- Men's Health
- Women's Health
- Pap Smears & Breast Checks
- Pregnancy Tests & Antenatal Care
- Family Planning
- Paediatrics & Adolescent Health
- Healthy Kids Check
- Nurse Clinic
- Weight Control
- Skin Checks
- Moles & Skin Cancer Removal
- Diabetes Management
- Executive Health Checks
- Cardiovascular Risk Management
- Mental Health Plans & Counselling
- Sports Medicine
- 40 - 49 Year Old Health Assessment
- 75+ Year Old Care Plans
- Pre Employment Medical
- Occupational health
- Insurance / Drivers Licence Medicals
- General Health Checks
- Travel Medicine/ vaccination including Yellow Fever
- All aspects of general practice

● SPECIAL PRACTICE NOTES

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.

Feedback and Complaints.

We encourage you to, in the first instance, talk directly with the staff or management or contact the ACT Health Services Commissioner at 6205 2222.

