

AUGUST - SEPTEMBER 2020 **FREE TO TAKE HOME!**



Cardiovascular Risk



Myasthenia Gravis



Exercise in Childhood



Preventing Falls

• KENNEDY DRIVE MEDICAL CENTRE

Dr Sergiy Korol
 Specialises in Skin Cancers & Cosmetic Surgery. Available: Sunday

Dr Mark Brickley
 Interests in all aspects of General Practice

Dr Sharon Taylor
 Interests in Women's Health

Dr Christian Ifediora
 Interests in all aspects of General Practice

Dr Gerald Hindman
 Interests in all aspects of General Practice

Dr Deborah Barber
 Interests in Women's Health

Dr Peter Jones
 Interests in all aspects of General Practice

Dr Michael Crew
 Specialises in all aspects of General Practice

• PKG MEDICAL CENTRE

Dr Lee-Fan Sui
 Interests in Family Medicine

Dr Sergiy Korol
 Specialises in Skin Cancers & Cosmetic Surgery. Available: Monday, Tuesday, Thursday & Friday

• BILAMBIL HEIGHTS MEDICAL CENTRE

Dr Patrick Kerrisk
 Interest in all aspects of General Practice, including cosmetic and weight reduction injectables

The practice doctors are experienced in the broad range of health problems affecting all age groups.

• PRACTICE STAFF

Administration: Colin
Reception: Elise, Gail, Lorella, Fiona, Alana, Stephanie, Zach & Laura

• PRACTICE NURSES
 Candice, Katie, Kara, Ashleigh & Kelsie

• SURGERY HOURS

Kennedy Drive Medical Centre
Monday – Friday 8.00am – 6.00pm
Saturdays 8.00am – close
Sundays 8.30am – close
PKG Medical Centre
Monday – Friday 8.30 am – 5.00 pm

Closed Weekends
Hours of operation will remain the same except for any public holidays which we will be closed.
We ask that patients communicate with us via telephone or in person. An email address can be provided on request.

• BILLING ARRANGEMENTS

We bulk bill Medicare for consults. Please bring your Medicare card to your appointment. A small fee may be charged for special procedures.

• ALLIED HEALTH

Physiotherapist: **Maichel Ghobrial**
 Available Tuesday & Thursday mornings by appointment
Dietician: **Liz Forsyth**
 Available every Tuesday by appointment
Podiatrist: **Wade Instone**
 Available Monday & Friday by appointment
Psychiatrist: **Dr Benjamin Hadikusumo**
 Available by appointment
Diabetic Educator: **Sandra Abbott**
 Available by appointment

• OTHER SERVICES

- Pre Employment & Workcover Medicals
- Childhood & Travel Vaccinations
- Women's & Men's Health Check Ups
- ECG's
- Lung Function Testing
- Doppler

• APPOINTMENTS

Consultation is by appointment, also Walk-ins can be seen on the day if available appointments.

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

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 notify us if you are unable to attend an appointment, well in advance.**

• SPECIAL PRACTICE NOTES

Skin Cancer Checkup. Kennedy Drive have a DERMDOC machine for taking photos up close of all skin lesions. Please schedule an appointment with Reception and mention you would like a DERMDOC consultation.

Test Results. Results are checked daily by the doctors. All patients are to return for results. If they need to be followed up urgently the doctor will either:

- Request a member of reception/nursing staff to call you to make an earlier appointment to come into the clinic to discuss the results or,
- Call directly to discuss them.

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

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



Cardiovascular Risk Assessment & Management

Heart disease remains a major killer of Australians with 17533 deaths in 2018. On the plus side, fatalities have decreased over 20% in a decade.

Typical symptoms are pain in the chest, left arm, neck, jaw or back, together with nausea, sweating and shortness of breath. Not everyone gets typical symptoms. Warning signs can include tiredness, chest discomfort on exertion and shortness of breath.

Diagnosis is based on history, electrocardiogram (ECG) and blood tests. You will likely undergo an angiogram where dye is inserted into the arteries to examine blood flow to the heart. Survival rates have increased due to better and earlier treatment. This can include medications, stenting (opening the artery) or surgery. Length of hospital stay is much less than in the past.

Risk factors include a family history, smoking,

raised cholesterol, high blood pressure and having diabetes. There may be no risk factors.

Prevention, where possible is key. There are online tools where you can work out your overall risk. These tools consider a number of factors. There is much you can do to reduce your risk. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check up with your GP. Managing risk factors such as high blood pressure, raised cholesterol and diabetes can include both lifestyle measures and medication. Regular monitoring is important. Limit salt intake, reduce weight (if overweight) and reduce sugars in the diet. Managing stress also can help.

 www.cvdcheck.org.au/calculator



Myasthenia Gravis

This condition causes muscle weakness and fatigue. It is thought to be due to antibodies "attacking" the nerve receptors on the muscles. The Thymus gland, which sits in the chest, produces the antibodies but what triggers this is not known. There is also a form of Myasthenia without antibodies involved.

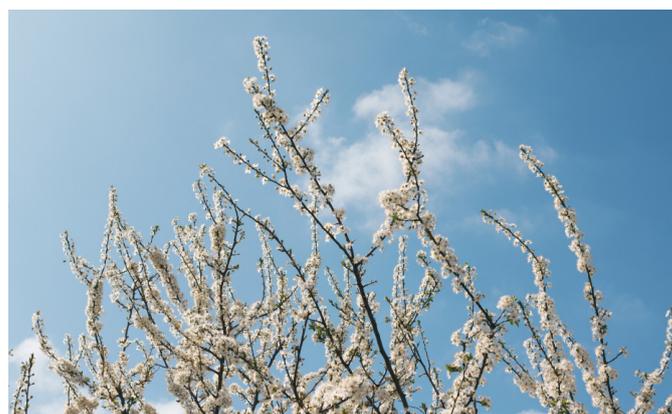
It can occur at any age but is more common in women under 40 and men over 60. Symptoms are typically weakness and tiredness, and severity ranges from mild to near full paralysis. It can affect any muscles but the upper body more than the lower part. Facial muscles are often first affected. People may notice droopy eyelids or problems with swallowing or chewing. In the most severe cases, breathing muscles can be affected.

Diagnosis is based largely on the symptoms and a neurological examination, which shows muscle weakness but no effect on sensation. Blood tests may show the presence of antibodies. You would be referred to a neurologist, and some specialized tests can be done.

Treatments include cholinesterase inhibitor medications (to improve muscle function) immunosuppressants, (e.g. steroids), and plasmapheresis (filtering the plasma from the blood). Some have a growth in the Thymus gland, which can be surgically removed.

Around 20% 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 or other aids can help.

 <https://brainfoundation.org.au/disorders/myasthenia-gravis/>



Spring Time

Spring is when allergy symptoms are most prevalent. The classic "hay fever" is a runny nose sneezing and watery eyes. The technical term allergic rhinitis means inflammation of the nose caused by an exaggerated response to a substance.

Allergic conjunctivitis is when the same underlying response affects the eyes, causing watery red and itchy eyes.

The symptoms are a result of the body trying to get rid of an irritation. Sneezing and runny nose are brought about by the production of mucous under the influence of histamine (produced by the body's reaction to an irritant). Other symptoms can be (paradoxically) a blocked nose, sinus congestion and itchy throat. In the eyes, the watering redness and itching are also brought about by the release of histamines.

The commonest treatment is an antihistamine - available without a prescription. Some can make you drowsy as a side effect; others do not so check the label. Other treatments are nasal sprays. Some are on prescription and contain a mild hydrocortisone, which reduces nasal inflammation. There are eye drops for eye symptoms. Some need a prescription.

Avoidance of known allergens is helpful but not always possible. There are ways of being tested for allergies and in some instances being desensitized to what you are allergic to. If symptoms are mild, there is nothing wrong with using a tissue and riding it out as the season passes.

Talk to your doctor about what is best for you.

Preventing Falls in the Elderly

About one third of people over the age of 65 fall every year. Most are not injured and get up and go on with life. However, a fall runs the risk of hip fracture. This is a medical emergency requiring major surgery and can start a decline in independence.

Family and friends can be vigilant – to lessen dangers for an elderly friend or relative and prevent a serious fall happening. Heart conditions, poor eyesight, arthritis, muscular problems, disorders of the feet, or multiple medications all increase fall risk.

Here are some tips to prevent them. Four or more medications together increase the risk of side effects or mistakes on doses. Check regularly that treatment is still needed, and doses are correct. Arrange an eyesight check. Problems such as cataracts, glaucoma or degeneration of the retina can slowly worsen vision in a way that is easily missed.

Unsteadiness on the feet can be due to medical problems of balance or low blood pressure – ask the doctor to check. Lack of exercise may lead to weakness of leg muscles and poor coordination – a light exercise program can make all the difference. Around



the home, check and remedy any hazards likely to lead to a fall. This includes slippery floors, uneven walking surfaces, poor lighting, or cluttered living areas. It may be useful to

have handrails installed into the bathroom or toilet. For people with conditions like Parkinson's disease, walking aids can be a 'must'.

Relevance of Exercise in Childhood

Once upon a time children didn't need to "exercise" because they were active. They walked to and from school and played outdoors rather than on screens.

During lockdowns, we were all less active. Closed playgrounds and cancelled sport meant less physical activity for children. As we get back out there, we need to be getting our children active again.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumptions of more processed foods higher in fats and sugars but also a reduction in physical activity.

We cannot wind back the clock, but we can help our children be healthier. The Australian government recommends one hour of physical activity each day for children over the age of five. This should be a mix of moderate and vigorous exercise. This can include walking, running, bike riding, any form of suitable sport and of course outdoor play. It does not have to be 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 and strengthens the bones and muscles as well as improving balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in inactive 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.



BEEF AND BROCCOLI

- 2/3 c. low-sodium soy sauce, divided
- Juice of 1/2 lime
- 3 tbsp. packed brown sugar, divided
- 1 egg
- 2 tbsp. cornstarch, divided
- Kosher salt
- Freshly ground black pepper
- 1 lb. sirloin steak, sliced thinly against grain
- 2 tbsp. vegetable oil
- 3 cloves garlic, minced
- 1/3 c. low-sodium beef (or chicken)broth
- 2 tsp.
- Sriracha (optional)
- 1 head broccoli, cut into florets
- Sesame seeds, for garnish
- Thinly sliced green onions, for garnish

Directions

In a medium bowl, whisk 1/3 cup soy sauce, lime juice, 1 tablespoon brown sugar, 1 egg, and 1 tablespoon of cornstarch until

combined. Add steak, season with salt and pepper, and toss until steak is coated. Marinate 20 minutes to 1 hour.

In a large skillet over medium-high heat, heat oil. Add steak in a single layer, working in batches if needed, and cook until seared, about 2 minutes per side. Remove steak and set aside.

Stir in garlic and cook until fragrant, about 1 minute. Then stir in broth, remaining 2 tablespoons brown sugar, remaining 1/3 cup soy sauce, and Sriracha. Bring mixture to a simmer. Add broccoli and simmer until tender, about 5 minutes. Add remaining cornstarch (in a slurry) and season sauce with salt and pepper (if necessary), then return steak to skillet.

Garnish with sesame seeds and green onions before serving.

Serve with steamed rice.

WORD SEARCH

M D I S E A S E Z E
 E Y P R B L F B D X
 G L A R J L T N B C
 Z R D S P R I N G E
 E T A E T X M M T R
 F P B V R H E L I S
 A D S X I L E V I I
 L D Q O U S Y N I S
 L L H E A R T L I E
 S C H I L D R E N A

MYASTHENIA
 DISEASE
 EXCERSISE
 ELDERLY
 GRAVIS
 SPRING
 HEART
 CHILDREN
 FALLS
 TIME

Kennedy Drive Medical
 Centre
 Bilambil Heights Medical
 Centre
 PKG
 Medical Centre

• SPECIAL PRACTICE NOTES

Our practice philosophy is to provide thoughtful medical care to families by keeping up-to-date with medical innovations and bringing you efficient personal service.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from specialists. You can discuss this openly with your doctor.

Home Visits. House calls can be arranged under Doctors discretion Please contact the Medical Centre to discuss your needs.

Telephone advice. Most problems are best dealt with in consultation. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

Your comments on our medical services are always welcome. We strive to improve for your benefit. Please direct any queries or complaints to the Practice Manager.

Management 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 staff members.

Translating and Interpreting Service. If you or a family member require an interpreter service the telephone number is 131 450. Please let us know when you make the appointment.

Health Care Complaints Commission. For any complaints please contact our office manager or the Health Services Commission on: 1800 043 159

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.