

APRIL - MAY 2024 EDITION

FREE TO TAKE HOME!



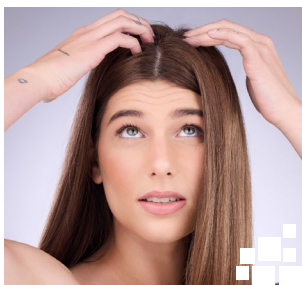
Heartburn



Sleep



Diabetes



Checking for Head Lice



Dr Graham Campbell

MBBS(Hons), BScAgr
Monday, Tuesday afternoon, Wednesday & Friday Afternoon
Dr Campbell has over 30 years experience in all aspects of general practice. He has special interests in skin lesions, surgical procedures, paediatrics, geriatrics and palliative care.

Dr Joyce Beardsell

MBBS, FRACGP, DRANZCOG
Monday, Thursday & Friday
Dr Beardsell has been in practice for 26 years. She is accredited in shared ante-natal care with Hornsby, Ryde and Royal North Shore Hospitals. Her medical interests are family health, paediatrics and women's health.

Dr Mohammed Ansary

MBBS, FRACGP, PG Cert Psychiatry
Monday, Tuesday, Wednesday & Thursday
Dr Ansary has practiced medicine for 20 years and enjoys seeing patients of any age. His interests include family health, men's health, full skin checks, minor surgeries and mental health.

Dr Sinija Rodrigues

MBBS, FRACGP, DCh.
Tuesday, Wednesday and Friday
Prior to joining the team at Galston Medical Centre, Sinija has been working as a rural GP in Gunnedah NSW for the last 12 years. Other than English Sinija can communicate in Malayalam, Hindi and Tamil. She has special interests in geriatrics, women's health, mental health and chronic disease management. She enjoys working with people of all ages and backgrounds as well as teaching the doctors of the future.

ALL DOCTORS PARTICIPATE IN PRIMARY CARE INITIATIVES

● PRACTICE STAFF

Practice Manager: Nicole Brown

Practice Nurses: Nicole, Colleen, Rhonda, Natasha

Reception Staff: Lindy & Jacki

● SURGERY HOURS

Monday – Friday .8.30am – 6.00pm
Saturday8.30am – 12.00pm
Sunday Closed

2024 Flu Vaccinations have arrived!



● AFTER HOURS

Call the surgery on **9653 2133** and you will be directed to Sydney Medical Services which is the after hours service. If medical attention is required during this time either call **000** if an emergency or call **9653 2133** to be directed to the after hours service.

● OTHER SERVICES

Galston Medical Centre has been serving our community for over 40 years. We are an accredited ethical family based practice providing a wide range of services in both acute and preventative medicine such as:

- Family planning, cervical screening, pregnancy testing & shared ante-natal care
- Sutures, full skin checks including cryotherapy and minor procedures for removal of moles and sunspots
- Wound and ulcer management - Doctors and nurses are experienced and up to date with latest techniques.
- Spirometry
- Mens health
- Diabetic education
- Counselling
- Travel medicine
- Bone Health Checks
- Health assessments
- Infusions
- ECG, heart checks & 24hr BP monitoring
- Nutritional advice, sports medicine
- Childhood vaccinations & Healthy kid checks

● WOMEN'S HEALTH

Dr Beardsell is accredited for shared Ante-Natal care with Hornsby, Ryde and Royal North Shore Hospitals.

● APPOINTMENTS

Consultation is by appointment. Urgent cases seen on the day.
Online appointment booking HotDoc (www.hotdoc.com.au or download app on to your phone) is used for online appointments but if none are available online please telephone the surgery
Booking a long appointment is important for more complex matters, care plans, reports or multiple issues.
Please notify us if you are unable to attend an appointment, well in advance.
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.

Emergencies are triaged by the nurse please ask to speak to her if you have any concerns. Appointments are always available for urgent cases and unwell children.

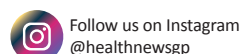
Home visits are available to regular patients of this practice in the local area if their condition prevents them from attending the surgery. Please call before midday.

Interpreter service If you or a family member requires an interpreter service, we can organise this for you. Please let us know when you make the appointment.

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



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

Heartburn

This is a burning pain in the chest or upper abdomen caused by acid “leaking” from the stomach into the oesophagus. It is also known as reflux and Gastro-oesophageal reflux disease (GORD).

It is very common and can affect all age groups, starting with infants, and ranges from mild to severe and occasional to daily. Not everyone with heartburn has GORD. Some with GORD may have a hiatus hernia, where some of the stomach “slips” above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people, but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits, but each person needs to find what “disagrees” with them.

Prevention includes avoiding known triggers and not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies like bicarbonate of soda or herbal teas help some people, and simple antacids can relieve symptoms. At night, it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often, the history is sufficient for diagnosis, but you may be sent for tests to rule out other causes.

Prescription medications can reduce acid production for ongoing problems. Some people need short courses of these, and others need them long-term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



More info »

Sleep



It is estimated that at the turn of the 20th century, the average person slept for nine hours each night. By the turn of the 21st century, this had shrunk to seven and a half hours.

A century ago, we did not have a 24/7 society complete with computers and smartphones. Even one generation ago, TV stations closed overnight. However, our need for sleep has not disappeared, and it must not be seen as optional.

The human body can go far longer without food than without sleep. The impairment in judgment and coordination after being awake for 20 hours was estimated by NASA to be the equivalent of a blood alcohol level of over 0.05% (the legal cut-off for driving).

Lack of sleep is associated with higher rates of 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 getting enough sleep difficult. Sleep patterns can be changed, but you must allow at least four months. Regular exercise helps, as does not eating within two hours of bedtime. Switch off screens 45 minutes before going to bed and have a regular routine. Have a comfortable bed and pillow and consider guided relaxation or meditation before bed. Some people find herbal teas relaxing. Avoid sleeping tablets, as regular use causes addiction. Above all, do not stress about sleep. Relax and let the body do its thing.

Diabetes – differences between Type 1 & Type 2

There are two types of diabetes, broadly divided into insulin-requiring (type 1) and non-insulin-requiring (type 2). This is not absolute, as some people who do not need insulin at the start may go on to do so.

Type one occurs when the body cannot produce insulin, often starting in childhood or adolescence. There are genetic tendencies, although the exact inheritance pattern is not known. Type two comes about when the body's cells become resistant to the effects of insulin, generally occurring later in life. Weight and consumption of refined carbohydrates play a bigger role, although there are genetic tendencies here, too.

Diabetes is diagnosed by testing for glucose and glycated haemoglobin (HbA1c) in the bloodstream. A further test known as a

glucose tolerance test may also be done. This involves "challenging" the body with a sugar load and monitoring how the body handles it.

Managing diabetes includes lifestyle changes and possibly medications. Those with type one will need lifelong insulin. A low-sugar diet is vital for diabetics. Losing weight can help control glucose levels. Regular exercise is also beneficial. Blood glucose monitoring allows people with diabetes to control their blood sugar and live in relative freedom. Regular review and blood tests through your doctor are also important.



More info >>

Checking for Head Lice - signs & symptoms



More info >>

Lice are annoying but not serious. Head lice are tiny, wingless insects that are common in school-age children but can potentially affect anyone.

Lice can only live on humans (they die within 24 hours if not on the body) and they feed on minuscule amounts of blood drawn from the scalp. They cannot jump or fly but only crawl. Hence, they are spread by direct hair-to-hair contact. The typical symptom is an itchy scalp. A note from school saying head lice have been found will often first alert parents.

Adult lice are grey or tan insects the size of a sesame seed on the scalp. Nits (lice eggs) are tiny white or brown dots usually attached to hair near the scalp. Although they look like dandruff, they can't be "shaken" off.

To find them, comb hair with any conditioner and use a fine tooth comb. Wipe the conditioner from the comb onto a paper towel. Look for eggs or lice. Do this through all the hair a few times.

Treatment is removing lice and nits from the hair. You can use the conditioner method (described above) every other day till none have been found for ten days. There are also specific head lice treatments (both synthetic and organic) that can be used. Follow the directions on the pack. Wash pillowcases in hot water. Family members need only be treated if lice or nits are found on them.

Managing sun-damaged skin

After summer is a good time to have a skin check. Australia has the highest rates of skin cancer in the world.

A step before skin cancer (this applies to basal and squamous cell cancers, not to melanoma) is the development of solar keratoses, commonly known as sunspots. These cause redness and roughness on the skin. Due to this and the potential to become cancerous, solar keratoses are usually treated.

The most typical treatment is cryotherapy, better known as freezing. This involves applying liquid nitrogen (or dry ice) in a "freeze-thaw" sequence to the area. Although it can cause redness and some loss of pigment, it is usually successful, and most people have no complications. It can be used on most keratoses and is particularly good for scattered individual spots.

Several creams can also be used to treat solar keratoses. These are available on prescription. Which one and the duration of treatment depend on the individual case. They are most suited to areas on the skin where there are multiple spots.

Salicylic acid applied topically can reduce roughness and retinoid creams can help rejuvenate skin.

Laser resurfacing and photodynamic (light) therapy are newer options, but they are less widely available and more expensive.

The key remains prevention. Remember to always slip on a shirt, slap on a hat, and slop on sunscreen in the summer sun. See your doctor about any skin spots of concern and ask your doctor about an annual skin check.





CARAMELISED ONION TART

INGREDIENTS

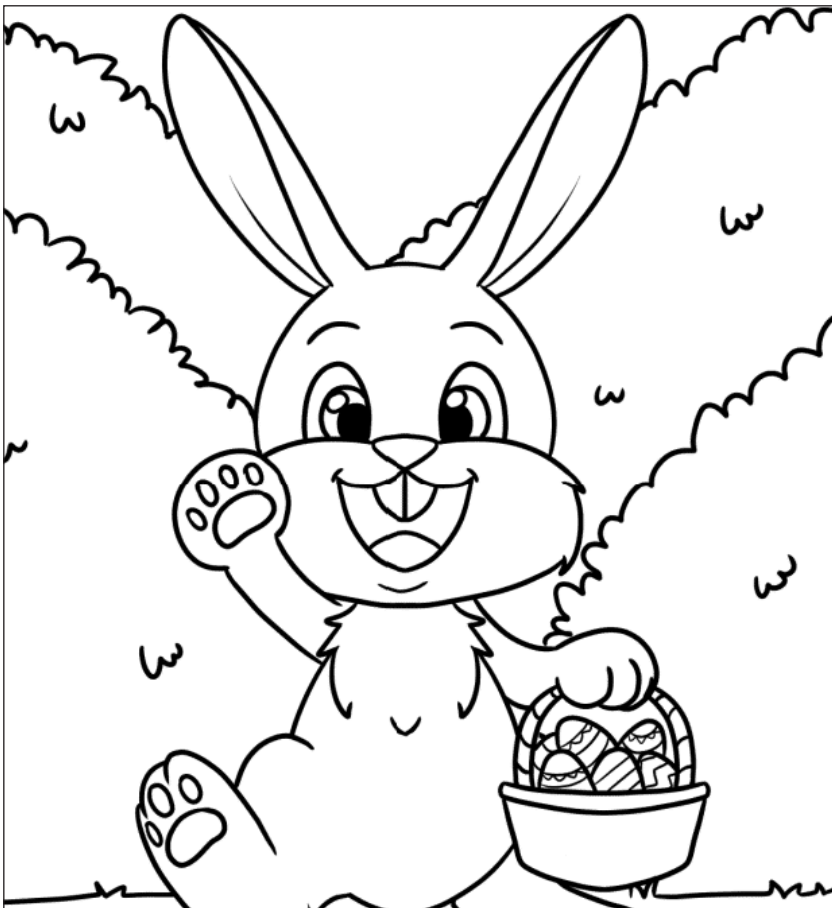
- 20g butter
- 1 tsp olive oil
- 2 red onions, thickly sliced lengthways
- 1 garlic clove, thinly sliced
- 2 tbsp caster sugar
- 1 1/2 tbsp red wine vinegar
- 2 sheets frozen puff pastry, just thawed
- 50g goat's cheese, crumbled
- 25 grams chopped walnuts

DIRECTIONS

1. Stir Fry the onion and garlic on a medium heat, for 10 mins or until the onion softens. Sprinkle with sugar and drizzle with vinegar. Season. Cook for 3-5 mins or until the sugar dissolves

and mixture thickens slightly. Remove from heat.

2. Preheat a 20-25cm ovenproof pan in the oven and grease with butter. Transfer the onion mixture to the pan.
3. Place 1 pastry sheet on a clean work surface. Top with the remaining pastry sheet. Use a small sharp knife to trim to a 25cm disc. Place the pastry over the onion mixture in the pan, carefully tucking the edges into the pan.
4. Bake for 20-25 mins or until pastry is golden and puffed. Cool in the pan for 5 mins. Place a serving plate over the pan and invert tart onto the plate. Sprinkle with goat's cheese and chopped walnuts



EASTER COLOUR FUN!

• BILLING ARRANGEMENTS

Payment at the time of consultation is required. AMA fee structure forms the basis of our billing policy and is displayed in reception area. Payment can be made by cash, cheque, credit card or EFTPOS.

We bulk bill all children including high school students, as well as pensioners and HCC holders.

Referrals and or tests may incur expenses beyond our control. Please speak to your doctor.

We can claim your medicare rebate for you at the time of payment.

• SPECIAL PRACTICE NOTES

Telehealth. Phone and video appointments are available to patients who have attended the practice within the last six months (with some exemptions). For video appointments you will need internet and access to a computer. If the appointment is bulk-billed Medicare requires that you provide written consent. You will receive a message requesting this when the appointment reminder is sent. **Telephone Access.** Doctors may be contacted during surgery hours and may need to return your call at a later time if consulting.

Patient Privacy. This practice is committed to maintaining the confidentiality of your personal health information. 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 and to comply with the Privacy Act. The Privacy Policy is available at reception and is also displayed on the website. The practice does not communicate by email.

Follow Up. Doctors may request a follow up appointment regarding results or correspondence received. A nurse will contact you by telephone if this is required. We use a computerised reminder system and HotDocs for preventative health measures. You will receive an SMS and be asked to verify your details. If you do not have a mobile phone we will contact you by mail. If you do not wish to participate in these preventative health measures please let us know. Galston Medical Centre participates in state and national registers.

Feedback. While every effort is made to ensure that you receive quality care, if you are unhappy with any aspect of the care you receive please speak to our practice manager Nicole. If you feel the problem warrants you may contact the Health care Complaints Commission. Locked bag 18, Strawberry Hills NSW 2012. Ph: 1800 043 159. hccc@hccc.nsw.gov.au.