

## AUGUST - SEPTEMBER 2022 EDITION

**FREE TO TAKE HOME!**



**Emphysema**



**Vaginal thrush**



**Common dental issues**



**Malaria**

### 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)

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### ● PRACTICE DOCTORS

#### 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 & Kim

**Reception Staff:** Lindy & Jacki

### ● SURGERY HOURS

Monday – Friday .8.30am – 6.00pm  
Saturday .....8.30am – 12.00pm  
Sunday ..... Closed



**Covid-19 Kids and Boosters and Flu vaccines are all available.**



### ● 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

All our doctors are skilled in issues relating to 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](http://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.

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



# Emphysema

Emphysema is a form of chronic obstructive pulmonary disease.

It can be due to a genetic condition such as alpha-1-antitrypsin deficiency. However, most cases are related to smoking or long-term exposure to dust or pollutants which damage the air sacs in the lungs. This is where oxygen enters the bloodstream. The symptoms develop slowly, generally over many years, and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases, there can be cyanosis (a blue colouration) of the skin.

There is no cure for emphysema, but it is largely preventable. The most important one being not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. Even if you have failed before, it does not matter. Some people need multiple attempts before finally getting off cigarettes.

Diagnosis is based on the history and examination of the chest. You will likely be referred for imaging of the chest (x-ray or CT scan) and lung function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle), and in advanced cases, oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.



More info »

It is worth restating that whilst there is no cure for emphysema, it can be largely prevented by not smoking. If you do smoke, talk to your doctor about quitting.



# Vaginal thrush

Thrush is caused by the fungus *Candida Albicans*.

Whilst it is part of the normal vaginal flora and sits there, causing no problems, in certain circumstances, it can multiply, leading to an overgrowth and typical thrush.

It is estimated that 75% of women will experience thrush at some stage, whilst some get it frequently.

Risk factors include being on an antibiotic, wearing tight-fitting clothes like jeans, and wearing synthetic underwear. The contraceptive pill can also be a risk factor. Conversely, preventative factors include wearing cotton underwear and using a probiotic.

Symptoms are a thick white discharge from the vagina, itchiness and redness at the vagina and vulva and sometimes burning with passing urine and pain with intercourse.

Many women self-diagnose and seek treatments without prescription. Whilst this can work, it is important to remember that the symptoms are not always typical or specific to thrush. If there is a possibility of having a sexually transmitted infection (STI), it is vital to see your doctor and have the necessary tests done.

Treatment for thrush is with anti-fungal creams or pessaries for between one and seven days. There are also anti-fungal tablets, which can be taken orally. Some of these are available without a prescription.

Self-help treatments like yoghurt, vinegar, tea tree oil and garlic are popular but are of questionable benefit and can cause irritation.

If symptoms do not resolve with over-the-counter treatment or if you have recurrent thrush, it is important to see your doctor.





# Common dental issues

Getting a tooth knocked out is painful and is also a dental emergency.

A permanent tooth that can be re-implanted within 30 minutes has the highest chance of success. Baby teeth are not re-implanted. Where a tooth has been knocked out - touch only the crown (top part) of the tooth, not the root. Rinse the tooth carefully and only if necessary. Do not scrub or scrape, and do not apply alcohol. If possible, put the tooth in its socket but don't force it. Control any bleeding with sterile gauze and apply a cold compress to reduce swelling.

Plaque builds up on the teeth daily, damaging the tooth enamel. Gum disease can arise from poor dental hygiene. This



can lead to infection and, in severe cases, teeth falling out. If mouth bacteria enter the bloodstream, it can lead to a more serious infection.

Poor dental hygiene has been associated with conditions like diabetes, Alzheimer's and some forms of cancer, although the causative mechanism has not been determined.

Take good care of your teeth by brushing twice daily and flossing. Minimise sugary food as these increase tooth decay. Keep an eye on your mouth for signs of any problem, such as sores not healing or irritated gums and have an annual check-up with your dentist.

## Malaria

With borders opened up, travel is on the agenda again for many - visiting family and friends and for a holiday. With this comes the potential for infections.

Mainland Australia is malaria-free, although found on the Torres Strait Islands. Malaria is a potentially fatal infection caused by a parasite transmitted by mosquito bites. Five types of parasites (called plasmodium) cause the infection. Travellers to tropical and sub-tropical countries are at risk. Typical symptoms include fever, chills, headaches, sweats, nausea, vomiting, and joint pains. These start 7-14 days after being bitten. The fever is often intermittent.

Diagnosis is based on history and blood tests. The parasite may be seen under the microscope, although more than one sample may be needed. Treatment is with specific anti-malarial medication, and some may require hospitalisation. In third-world countries, the infection is often fatal, whereas, in Australia, treatment generally

means this is not the case.

The key is prevention. Talk to your doctor before you travel. Certain areas are classed as "malarial zones". You may be recommended preventative medication. Other measures include avoiding being outside at dusk and wearing loose-fitting long-sleeved shirts and long pants outdoors. The use of mosquito repellents is important. Stay and sleep in screened or air-conditioned rooms. Avoid swamps and other areas where mosquitos are more likely to be found.

If you become unwell after returning from travel, see your doctor promptly. Take out travel insurance as if you become unwell overseas, you may need treatment before return which can be expensive.



## Iron intake for vegetarians

Iron deficiency is a potential problem for those on a vegetarian or vegan diet. This is particularly the case for women whose daily iron requirements (especially in reproductive years) are greater than for men.

Iron is essential for red blood cells, which carry oxygen around the body. Iron deficiency leads to anaemia, which in turn can cause fatigue, headache and weakness.

There are two forms of dietary iron in food, haem and non-haem. The former is more easily absorbed and makes up 40% of iron in animal-based foods. Eggs, vegetables, and other foods have more non-haem iron, which is less readily absorbed.

However, you can include plenty of foods in a vegetarian diet that have iron. These include tofu, legumes (lentils, kidney beans), broccoli, Asian greens, spinach, kale, cabbage, nuts

(especially cashews and almonds), dried fruits (especially apricots) and seeds (like sunflower seeds and tahini).

Iron absorption is enhanced by vitamin C, so combining the above foods like citrus fruits, kiwi fruit, tomatoes, or capsicum helps. Spinach cabbage and broccoli are good sources of both.

If you have any concerns about iron levels, talk to your GP. You may need blood tests to assess your levels. Despite eating foods with iron, you may need a supplement. These come in both liquid and tablet form. Some who are severely iron deficient may need an infusion of iron into a vein.



## PORK & GINGER DUMPLINGS

### Ingredients

2 x 3cm pieces of ginger  
3 spring onions plus extra for garnish  
¼ cup soy sauce plus extra for serving  
1 ½ tbsp sesame oil  
1 tsp caster sugar  
300g pork mince  
275g of your favourite dumpling wrappers  
2 tbsp peanut oil  
1 long red chilli

### Method

1. Peel, then finely grate 1 piece of ginger into a large bowl. Thinly slice onions, add half to ginger and reserve remaining half for stir-fry. Add 2 tablespoons soy sauce, 1 tablespoon sesame oil, sugar and pork to ginger mixture and combine.

2. Place 20 dumpling wrappers on a work surface. Top each with 2 teaspoons pork mixture. Run a wet finger around edge of wrappers, fold in half, then press edges together firmly to seal. Position dumplings so the join is on top. Crimp join, if desired.

3. Heat 1 tablespoon peanut oil in a frying pan over medium-high heat. Pack dumplings in pan. Cook for 5 minutes. Add 125ml (½ cup) water and cover. Reduce heat to medium and cook for 10 minutes. Uncover and, if necessary, cook for a further 3 minutes or until water has evaporated.

4. Serve dumplings hot with remaining spring onion and soy sauce

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**SUDUKO**



### • 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 & video appointments are now available. This service is bulk billed. **Results** can be given over the phone by your Doctor. Please note that the Practice does not communicate by email.

**Referrals** will require an appointment - either telehealth or face to face.

Should your result require discussion and follow up you will be contacted by the nurse by phone to make an appointment.

**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.

**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](mailto:hccc@hccc.nsw.gov.au).