

**JUNE - JULY 2024 EDITION** **FREE TO TAKE HOME!**



Parkinson's disease



Winter viruses



Managing stress



Connecting with teens

● **PRACTICE DOCTORS**

**Dr Roger Thompson-Seagrave**  
MBBS(Hons)(Qld), FACRRM

**Dr David Richards**  
MBBS(Qld), FACRRM

**Dr Sharif Moursi**  
MBBS(Cairo), FRACGP

**Dr Shahid Abbas**  
MBBS (Pakistan), FRAGCP

**Dr Nitika Singh Sandhu**  
M.B.,B.S (India)

**Dr Gooya Sheikhi Moghaddam**  
M.D (Iran)

**Practice doctors are experienced in the broad range of health problems affecting all age groups.**

● **PRACTICE MANAGER**

Corinne Webb

● **PRACTICE NURSES**

Ana, Amanda, Sukhdeep, David, Navdeep & Annabelle

● **RECEPTION STAFF**

Janice, Cathy, Michele, Sarah, Steffie, Angela, Celeste & Whitney

● **OTHER SERVICES**

We provide a comprehensive family medical service – Quality care in a friendly, relaxed atmosphere.

**Full range of general practice services:**

- Dressings & Diagnostic Procedures
- Immunisations
- Minor surgery
- Health Assessments
- Diabetes and Asthma education
- Pre-Employment & Insurance Medicals
- Women's Health/Pap Smears
- **\*\*NEW\*\* Full body Skin check - Clinics held Monday & Wednesday evening, Tuesday lunchtime.**

● **SURGERY HOURS**

**Monday – Friday** ..... 8:15 am – 5:30 pm

**Saturday** ..... 8:30 am – 12:00 midday

● **AFTER HOURS & EMERGENCY**

After hours on call service available. Please phone surgery on: **6962 1100** and listen for directions.

In case of a medical emergency dial **000** and ask for an ambulance.

● **BILLING ARRANGEMENTS**

We offer a discount to Pensioners and Health Care Card holders who bring a current entitlement card.

Please present your Medicare Card/ Health Care Card at the front desk on arrival at each visit.

We are a private billing practice. Information about our fees and services are available at reception.

Payment at the time of consultation is required.

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

● **SPECIAL PRACTICE NOTES**

**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.

**Medical record confidentiality.** 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.

**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.

**Test results.** It is your responsibility to ensure you follow-up test results, particularly when practice staff or your doctor stress that you do this. Ask reception staff about the best way to go about it.

● **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, etc. This may involve a longer wait. Please bring all relevant information.

Please notify us if you are unable to attend an appointment well in advance. Fees may be charged for missed appointments - at the discretion of each Doctor.

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.

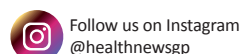
Time is valuable to all of us. If you fail to attend appointments without adequate explanation, we cannot guarantee you future booked appointments.

**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)



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

A close-up photograph of a person's hands, likely of an older age, holding a clear glass filled with water. The person is wearing a white t-shirt and a plaid shirt. The background is slightly blurred.

# Parkinson's disease

A progressive degenerative condition that affects body movements, Parkinson's disease affects over 40,000 Australians. It is more common in men, and the incidence rises with age. It is caused by a loss of dopamine production in the brain, but why this happens is unknown. Genetic factors, some toxins, and head trauma may be involved.

The condition may start six years before symptoms commence, which typically include trembling hands and arms, muscle stiffness, shuffling when walking, and loss of facial expression. Not all symptoms may be present, and they don't start concurrently.

Diagnosis is based on history and examination. There is no specific diagnostic test to diagnose Parkinson's. However, you may be sent for tests to exclude other causes. In most instances, you will be referred to a specialist neurologist for an opinion. It can take some time for the diagnosis to be made as, in mild instances, the diagnosis is not clear. Paradoxically, this does not matter as the use of medication is generally delayed


until symptoms are severe enough to warrant it. This is because effectiveness can wane over time.

Lifestyle measures such as not smoking, maintaining a healthy weight, and exercising can help. Physiotherapy can also play a role. A number of potential medications can be used, and surgery is an option in selected cases. There is no one-size-fits-all treatment regime.



More info »

## Tips to reduce winter viruses

A close-up photograph of a person's face, wearing a blue shirt, sneezing into a white tissue. The person's eyes are closed, and their hands are holding the tissue to their nose.

Typical winter cold and flu viruses have not disappeared. There are various theories about why they are usually more prevalent in winter, but nobody really knows

There is much we can do to reduce the spread. Covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. Wash your hands. Sanitiser is not essential. Soap and water are delicate.

Historically, people tended to soldier on with a virus on board. COVID changed that, and now people stay home when unwell. This not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when sick!

There are no force fields, but there are many ways to reduce the likelihood of contracting a virus. Talk to your doctor about vaccinations.

Regular exercise has been shown to strengthen the immune system, but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation herbal teas) has been shown to benefit immunity, as does having adequate vitamin D levels.

# Whooping cough

Whilst relatively rare these days due to vaccination, there are still over 1000 cases of the infectious condition whooping cough in Australia each year caused by the bacteria *Bordetella Pertussis*. The bacteria are spread from person to person and cause irritation of the lining of the airways and increased mucus.

It can affect any age group but is most serious in the elderly and those under age one, where the risk of secondary pneumonia is also higher. Symptoms start seven to ten days after exposure and may be non-specific, with runny nose, low-grade fever, and cough. The paroxysmal stage starts seven to 14 days later with the hallmark cough on spasms ending with the "whoop." Later, vomiting may also occur.

Diagnosis is not always straightforward. In the early stages, there are no specific features. Swabs from the nose or throat can be diagnostic. Blood tests are not always reliable and can take some weeks to turn positive.

Treatment is directed to easing the cough and other symptoms. Steam inhalation helps. A course of antibiotics may be needed. Young children may need to be hospitalised. Those with infection need to stay away from school or work. Exclusion times vary according to circumstances.

Prevention is key, so ensure you and your family are fully vaccinated. The whooping cough vaccine is part of the childhood schedule and is recommended for pregnant women between weeks 28 and 32. Regular review and blood tests through your doctor are also important.



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## Managing stress

Stress is claimed to be the scourge of the 21st century. It doesn't seem to matter who you talk to; everyone feels stressed at some stage.

Relationships, money, and work are usually shown as the big three in polling. Our body reacts to stress today like it did in caveman days. It goes into fight or flight mode by releasing hormones like adrenalin and cortisol, which were very helpful when the threat had a physical solution and would be over soon (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress. Regular exercise is a great stress beater. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful too. There are many apps designed to

help people deal with stress, and many are free. Drinking herbal tea helps some people, as does keeping a journal or writing things down. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short break, if possible, may help.

Ultimately, dealing with what stresses you is the key. Remember, you don't always have to do this alone. For many, chatting with your GP or a counsellor (which can be done online or via phone) can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.

## Connecting with your teenager

The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-closed bedroom door. Whilst there is some validity to this, it is far from the whole story. Adolescence is a time of change, physically, mentally, emotionally, and socially.

The transition from being a child to being an adult is not always easy. In this era of social media and smartphones, there are additional pressures.

Parents often lament that their teenagers do not listen, and they may be right. However, communication is a two-way street. This means listening is as important (possibly more so) than talking to your teens. We know that teenagers (despite what they may say) still want guidance and parental support.

Whilst publicly, they may claim to know it all, deep down, there is still insecurity.

Look for common interests. Talk about topics that they raise. Be prepared to talk when

they are ready to open up about a situation (even if you are doing something else). Be opportunistic. When driving to school (starts again) or other places, you have a captive audience. This can be a good time to talk. Aim to sit down for dinner with your teen at least a few times a week. Talk around the dinner table can be revealing. No matter how many times the answer is nothing much, ask each day how was school or what happened in your day?

Communication is the key to connecting. Ask your own parents how they coped with you. Talk to your doctor about any concerns you have about your teenager.



● FROM THE PRACTICE  
MANAGER

We are well on our way to Winter. Have you had your flu vaccination yet? If you haven't please call the surgery and make an appointment. We are providing the government issue free vaccines and Private vaccines for anyone not eligible for a free vaccine. Our private vaccines will cost you \$15 and you need to book an appointment with one of our nurses.

We are participating in Primary Health Network Winter Strategy. If you have COPD, Asthma, Diabetes or any other chronic disease that may mean poor health during winter, we hope to have you join the program to help prevent hospitalisation. You will be connected with one of our nurses and they will assist in an action plan for when you are unwell which should enable you to manage your health better. Ask to speak to one of the nurses or the Practice Manager if you would like to participate.

Corinne  
Practice Manager



## QUICK AND EASY EGG FRIED RICE

This quick and easy fried rice is a great use for leftover steamed rice or just a hearty meal to fill up children and dinner time. Adding your choice of protein is a great way to make it a one meal dinner. Serves 4 using two 250g microwave rice packs.

### Ingredients (serves 6)

- 2 eggs for every 250grams of rice (scrambled)
- 2 x 250 gram ready to heat microwave Jasmine or Long Grain white rice
- 1 cup of Frozen vegetables (peas, corn and carrots work great)
- 1 clove of garlic
- Light Soy Sauce
- Sesame Oil
- 1 tsp Chicken Powder or Salt to taste
- White pepper to taste
- Chives or Spring Onion

### Method

1. In a wok or large pan add some rice bran or vegetable oil and then the eggs. Wait for a few seconds and then add the rice when the egg mixture is still runny. It is best to heat the rice before adding to avoid dropping the temperature of the pan.
2. Stir fry the rice and egg mixture for a few minutes focusing on separating all the rice looking for a dryer consistency. Add a teaspoon of Chicken Powder or a pinch of salt to taste along with the frozen vegetables and stir for another 30 seconds.
3. Add a dash of soy sauce around the edges of the pan or wok to help it cook off and add to the Smokey flavour. Careful not to go overboard here as you can always add more to taste.
4. Add a dash of sesame oil and white pepper to taste. Follow up with the Chives or the greens of the Spring Onions and remove from the heat whilst stirring through.

## WORDSEARCH

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