



**FREE TO TAKE HOME!**

**OCTOBER-NOVEMBER 2016 EDITION**



**Falls prevention**



**Childhood Discipline**



**Hot flushes in menopause**



**Male Hormone Deficiency**

● **PRACTICE DOCTORS**

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MBBS, FRACGP  
All aspects of General Practice

**Dr Austin Sterne (Director)**

MbChB, FRACGP, DipFP  
Men's Health, Skin Cancer Medicine, Chronic Disease Management & Diabetics

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MBBS(Hons), FRACGP  
All aspects of General Practice

**Dr Bruce Edington** - MBBS, FACRRM  
Aboriginal Health & Men's Health

**Dr Matthew Cardone**

RACGP (Diploma of Child Health)  
Children's Health, Skin Cancer Medicine & Men's Health

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Family Planning, Women's Health, Aged Care, Adolescent Health & Skin Cancer Medicine

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Women's Health, Skin Cancer Medicine, Children & Adolescent Health

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Diploma of Child Health  
Women's Health, Children's Health, Antenatal, all aspects of General Medicine

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Speciality in skin cancer.

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BSc MBBS (Hons), FRACGP (Diploma of Child Health)  
Dive Medicine and children's Health

**Dr Judd McClelland**

**Dr Christopher Ng**

**Dr Katherine Lynch**

**Dr Zabrina Kingston**

● **PRACTICE STAFF**

**Practice Manager:** Alana

**Nurse Manager:** Tara

**Practice Nurses:** Tara, Gerard, Mary, Annabel, Emily, Alex, Heather, Cathy, Amanda, Stevi, Belinda, Emma, Kate, Samantha & Kelly

**Administration Manager:** Regan

**Administration Assistant:** Karina

**Reception Manager:** Lisa

**Reception Staff:** Louise, Julie, Roz, Maureen, Zac, Shelley, Karla, Nakiah, Jodie, Lyn & Romany

● **SURGERY HOURS**

Monday – Friday ..... 7.30am – 7.30pm

Saturday & Sunday ..... 8.00am – 1.00pm

● **AFTER HOURS & EMERGENCY**

**Chevron After Hours Doctors. Phone: 5532 8666**

Monday – Friday ..... 6pm – 8am

On weekends & public holidays .... 24Hrs

● **BILLING ARRANGEMENTS**

**We believe in providing affordable high quality health care.**

Monday to Friday the following groups are Bulk Billed:

Children under 16 Pension cardholders (not including HCC)

Department of Veterans Affairs cardholders.

Discounted Rates apply to Health care cards holders.

We DO NOT Bulk Bill on the Weekends but a concession rate is offered to the above mentioned groups.

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

Please visit our website [www.thesc.com.au](http://www.thesc.com.au) for our full fee schedule.

● **APPOINTMENTS**

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

**ALL CHILDREN WILL BE SEEN ON THE DAY.**

**Home Visits.** If you require a home visit for special reasons, please request this first thing in the morning.

**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.

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.

● **OTHER SERVICES**

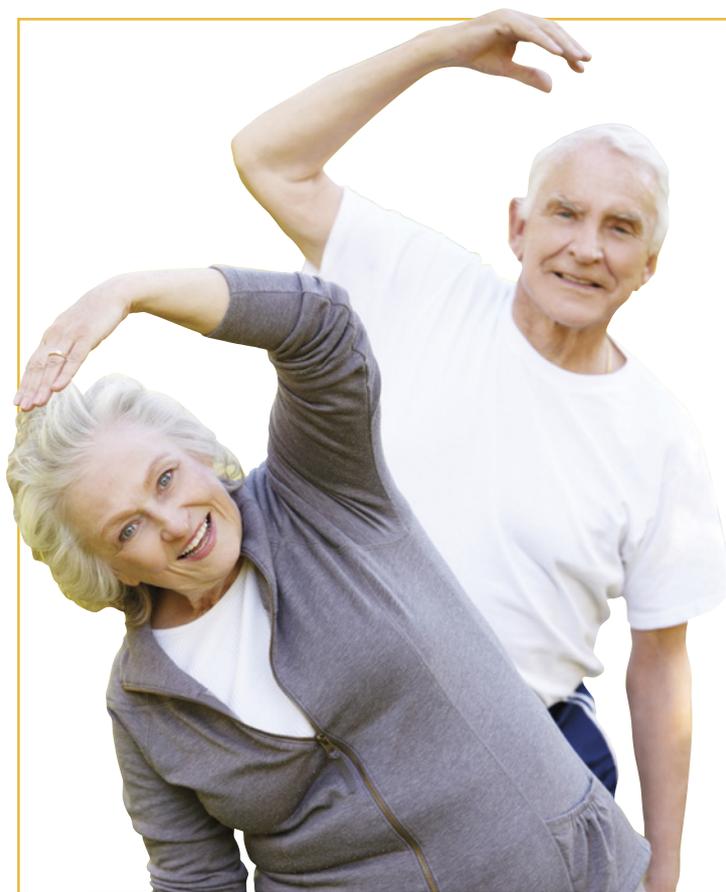
*Practice doctors are experienced in the broad range of health problems affecting all age groups.*

- Travel Vaccinations
- Podiatrist
- Speech Pathologist
- Physiotherapist
- Midwife
- Exercise Physiologist
- Psychologists
- Dietician
- Pathology
- Audiometry
- Dentist
- Diabetes Educator
- Visiting Specialists (Vascular, Geriatrician, Endocrinologist)
- Optical

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

**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)



# Falls prevention

Falls seem to be a part of getting older - one in three Australians aged 65 or more each year, sometimes causing injury severe enough to require hospital admission. Women make up 70% of these admissions.

Bruising, head injuries and bone fractures can all result from falls - 12 times more likely than a motor vehicle accident in the elderly. Hip fractures are a particular concern.

The good news is that much can be done personally to prevent falls: regular exercise keeps the muscles and bones stronger and improves balance; tai chi is excellent; properly fitting shoes with slip resistant soles; avoiding alcohol and medications that cause sedation; getting a doctor or pharmacist to review all your regular medications; an annual eye test; and a podiatrist's opinion on any foot problems.

Around the home some simple measures can help prevent falls: adequate lighting; handrails in bathrooms and at stairs; clutter removed from corridors; ensure mats or rugs won't slide when stepped on; fix uneven walking surfaces; and wipe up any spills immediately.

Have an adequate intake of vitamin D and calcium, with supplements sometimes. Some people may need medication to improve bone density. Talk to your doctor about a test for osteoporosis. ■

 Weblink [www.betterhealth.vic.gov.au/health/healthyliving/falls-prevention-for-older-people](http://www.betterhealth.vic.gov.au/health/healthyliving/falls-prevention-for-older-people)

# Childhood Discipline

All children behave differently. The College of Australasian Physicians says smacking a child to discipline them may teach them instead that violence may be a solution to a problem! Back in 2006, 69% of Australian adults disagreed somewhat, saying it was sometimes necessary to smack a naughty child. Clearly, this is something all parents need to think about.

The truth is children seek the approval of parents, so rewarding wanted behaviours works strongest. While there is a place for "consequences" in disciplining children, any consequences are designed to guide and teach children the two most important things – how to stay safe and use self-control.

Can a parent unknowingly undermine a child's self-control? The parent who disciplines too much can sound like a nag while the child shows limited self-control, the unwanted behaviours continue, and discipline is required more often – things can feel a bit of a disaster!

Here is the suggested way of tackling things:

CHILD'S BEHAVIOUR	PARENT'S RESPONSE
Very wanted	Reward – with attention, approval and appropriate praise
Wanted	Reinforce – by just noticing or acknowledging
Unwanted	No reaction
Very unwanted	Consequence

The good news is most children's behaviour falls into the middle two rows – parents simply have to learn to reinforce wanted behaviour and ignore unwanted behaviour most of the time. And both parents should apply the same rules for this to work.

The very unwanted behaviours should be decided on by both parents, so the child is only getting consequences every few days and doesn't feel the world is ganging up on them. These family rules, decided by parents, should include any child over five while setting them, as a

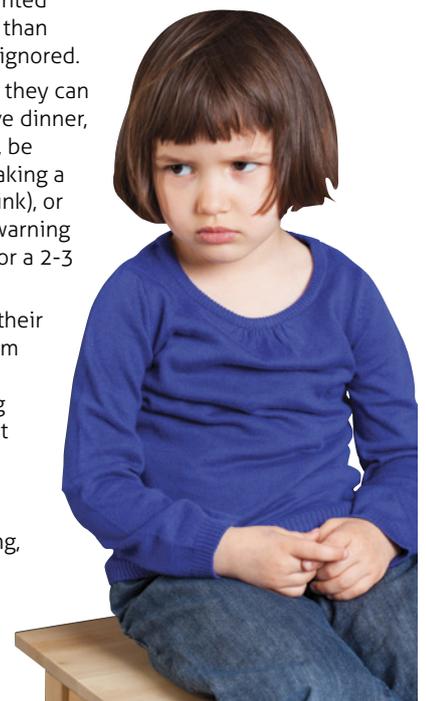
way of improving how you relate to your child. Done at family chats, they can feel a bit artificial, like workplace reviews – prior warning, no distractions around, done in a neutral environment (like the back lawn), and the child is seriously listened to.

Let's face it, most kid's unwanted behaviour is irritating rather than antisocial and can be safely ignored.

If consequences are needed they can flow naturally (refusal to have dinner, means going to bed hungry), be related (cleaning up after making a mess, so the child sees the link), or loss of privilege (with prior warning for an older child; time out for a 2-3 year old).

A good parent can separate their own childhood 'baggage' from what they need to do with their own child – disciplining baggage are things that don't work include screaming, constantly explaining, repeatedly warning, threatening, pleading, arguing, bribing and giving in.

Most parents fall into the trap of doing some of these things at times! ■





 Weblink [www.thewomens.org.au/health-information/menopause-information/managing-menopause/](http://www.thewomens.org.au/health-information/menopause-information/managing-menopause/)

## Hot flushes in menopause

Menopause literally means cessation of periods and is a normal part of life. However, it can cause distressing symptoms. For most women, natural menopause occurs around the age of 50. Sometimes menopause comes earlier (younger than 40) such as when the ovaries are removed surgically.

Symptoms range from mild to severe. They include tiredness, sleep disturbances, loss of libido, vaginal dryness, irregular periods hot flushes and night sweats. These symptoms may persist for weeks to a few years (occasionally longer).

Generally the diagnosis can be made based on symptoms. Testing of hormone levels can confirm that you are menopausal or close to it.

Treatment depends on the severity of symptoms. Lifestyle measures of regular exercise, adequate sleep, managing stress, not smoking and eating a sensible diet all help with a feeling of wellbeing.

Before 2002, many women were treated with hormone replacement therapy (HRT) upon reaching menopause. This lost favour when researchers found that the risks of cancer and heart disease were increased with HRT and benefits did not justify its use.

Hot flushes can be helped by: dressing in layers that can be easily shed; avoiding triggers if known (alcohol, caffeine and stress are three common ones), and drinking cold water, and herbal remedies such as red clover, primrose oil and St John's wort help some women. Low dose antidepressants and clonidine (a blood pressure medication) can be used.

Hormone replacement can be prescribed with caution but is now recommended at lower doses and for a shorter period. ■

## Male Hormone Deficiency

Low testosterone levels in men, called andropause or "male menopause", is controversial and often not clear-cut (unlike women where menopause is marked by the cessation of periods).

Full-page newspaper ads tell us that there is a market for male hormones. Some operators have charged men substantial amounts of money up front for long-term treatment

The symptoms of low testosterone include tiredness, irritability, and grumpiness, loss of focus and motivation, muscle weakness, and low sex drive (libido). All of these are not unique to low testosterone so it is best to get the opinion of your GP if you have these symptoms. Blood tests can help also.

In 2015, the diagnostic criterion for subsidised replacement treatment of age-related low testosterone was changed to two morning blood samples showing a testosterone below 6mmol/l in a man over the age of 40. Under the subsidised Pharmaceutical Benefits Scheme (PBS) system, men who qualify on blood testing need a urologist or endocrinologist to give the 'green light' to hormone supplements. These come in the form of cream or gel applied to the skin each day,



or injections given every few weeks or months.

Outside the PBS, prescribed treatment done privately costs between \$60 and \$100 per month.

Weight loss, regular exercise, reducing stress and alcohol together with better sleep can all help raise the body's production of testosterone.

Talk to your doctor before any self-treatment with hormones, as this can be costly and potentially dangerous. ■

## Drug-induced liver injury

The liver can be injured by many prescription drugs, over-the-counter and herbal medications, as well as some dietary supplements. Usually the damage is mild and reversible. However, drug-induced liver damage accounts for 20% of liver transplants for liver failure in Australia.



There may be no symptoms. You may experience nausea, abdominal pain, itching or jaundice (yellowing of the skin). Blood tests will show the extent to which the liver has been affected.

It is vital to disclose to your doctor all medications you have been taking, including any non-prescription medications, supplements and herbal formulations. Sometimes combining drugs is the problem.

People with pre-existing liver disease are at greater risk, as are those with fatty liver, cirrhosis or alcohol related liver damage.

Any new symptoms commencing after you start a medication should be reported to your doctor. Most side effects of medications are mild and self-limiting but not all are.

You may require testing, need to cease the medication and avoid it in the future. Some drug reactions require treatment with steroids.

Preventative measures include always taking the correct dose of any medication and being particularly careful with any self-administered medication, especially paracetamol. Avoid combining alcohol and medications. Be honest with your doctor about any non-prescribed formulations you take. ■

## MINUTE STEAKS WITH ROMESCO-DRESSED SALAD

### Ingredients

- 4 (x 100g) beef minute steaks
- 1/2 teaspoon smoked paprika
- 1/4 cup (60ml) olive oil
- 1kg chat potatoes – wash and cook with skin on
- 200g green beans, trimmed
- 1/2 red onion sliced - optional

### Dressing

- 3 chargrilled capsicums – or jar of chargrilled capsicum
- 4 cloves garlic
- Pinch of dried chilli flakes (optional)
- 1 tablespoon red wine vinegar
- 3 vine-ripened tomatoes or Roma tomatoes - sliced or quartered
- 50g whole roasted almonds, chopped (can substitute with hazelnuts)

### Method

**Steaks:** Rub steaks with paprika and 1 tablespoon oil, then season. Set aside.

**Potatoes:** wash and put in a saucepan of cold water. Cover and bring to the boil. Reduce heat to medium and cook for 12-15 minutes until tender. Drain, quarter potatoes and set aside.

**Beans:** add beans for the final 2 minutes of the potatoes cooking. Drain and set aside.

**Tomatoes & red onion:** slice and set aside.



**Dressing:** Place capsicums, garlic, chilli (optional), vinegar, one-third of the tomato, 30g almonds/hazelnuts and remaining 2 tablespoons oil in a food processor and blend.

### Season to taste.

Preheat a chargrill or frypan over medium-high heat. Cook the steaks for 30 seconds each side or until just cooked through. Remove from the pan and rest, loosely covered with foil, for 2 minutes.

Toss the beans, potato and remaining tomato and almonds with the dressing and season. Divide the Romesco salad among 4 serving plates and serve with steaks.

**COOK'S NOTE:** This dressing makes a lovely dip for parties or sandwiches.

# SUDOKU

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Sudoku Solution



## KIDS COLOUR FUN!

### ● OUR MISSION

Our aim is to give our patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that the patients receive the high quality of service they have come to expect.

We believe that patients come first. Teamwork is highly valued and encouraged within the practice to promote a harmonious and productive environment. We hold great importance in ethical and responsible behaviour as essential to maintain the trust and loyalty of our patients and staff.

### ● SPECIAL PRACTICE NOTES

**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, including potential out of pocket expenses.

**Translating & Interpreter services details** – 131 450

**Speech & Hearing impairment voice call** – 133 677 and speak & listen 1300 555 727

**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.

**Communication Policy.** Incoming telephone calls to the doctors are restricted to matters of medical urgency. GPs in the practice may be contacted during normal hours, however if the GP is with a patient, a message will be taken and your call will be returned as soon as is practicable.

**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.

**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.

**Patient Feedback.** We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Office of the Health Ombudsman on 133 646 or go to: [www.oho.qld.gov.au](http://www.oho.qld.gov.au)