

FREE TO TAKE HOME!



Non-alcoholic fatty liver



Flash burns to the Eye



Post-Traumatic Stress



Heartburn in pregnancy

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

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JUNE - JULY 2022 EDITION

PRACTICE DOCTORS

Dr Jian Mao

MBBS, FRACGP
Families, Men's Health, Child Health, Ingrown Toenails & Minor Surgery

Dr Lyn Wren

MBBS
COVID Care and Vaccinations only

Dr Ross Dunstan

MBBS
Family Medicine

Dr Anne Chester

BSc, MBBS, FRCPA
Women's Health & Laboratory Medicine

Dr Susan Palmer

MBBS, FRACGP, Diploma of Skin

Cancer Medicine
Mole & Skin Cancer Clinics Only

Dr Colin Binns

MBBS, MPH, PhD, FRACGP, FAFOM, FAFPHM
Professor of Public Health
Prevention, Family Medicine & Child Nutrition

Dr Lawrence Chin

MBBS, FRACGP
Family Medicine, Workers Compensation & Motor Vehicle Accident Insurance

Dr William Grealish

MB BCH, BAO, MRACGP, D.Dermatology
Skin Cancer & Dermatology

Dr Kathleen Mulholland

MBBS FRACGP

Family medicine, Women's health, Pregnancy and Baby care

Dr Catherine Bourke

MBBS (Honours), FRACGP, BSc
Physiotherapy, Bsc Exercise and Health Science
Women's Health, Musculoskeletal, Child Health, Reproductive & Sexual Health, Pregnancy and Baby care

Dr Jonathan Chia

MBBS, FRACGP
Geriatrics, Paediatrics
Fluent in Mandarin. Please note - Dr Chia DOES NOT prescribe contraception or terminations.

Dr Joshua Ebsworthy

MBBS, BSc, FRACGP
Paediatrics & Family Medicine

Dr Krischelle McCallum

MBBS, FRACGP
COVID Care and Vaccinations only

Dr Lisa Chau

MBBS
Chronic Disease Management, Paediatrics, Pregnancy and Baby care

Dr Christopher Hall

BHSc, MD
6 month external training placement from July. Returning January 2023.

Dr Wanda Anderson

MBBS
Family Medicine



SURGERY HOURS

Monday- Thursday.....8:00am - 6:00pm
Friday.....8:00am - 5:00pm
Saturday.....8:00am - 12:00pm
Sundays & Public Holidays...CLOSED
Mixed Billing Mon-Fri.Private Billings on Saturdays.

HEALTHY HEARTS

Cardiovascular disease (heart disease and stroke) is the leading cause of death in Australia. Fortunately, there are a number of things that you can do to reduce your risk of developing cardiovascular disease. If you are aged 45 (or aged 30 and over and Aboriginal or Torres Strait Islander), we recommend having your heart health checked. Our reception team can provide you with more information about the healthy heart check appointment and associated costs.

COVID-19 CARE

We have a core team of doctors able to assist you to manage your COVID infection at home using telehealth. Treatment options are available for certain higher risk people. If you are unvaccinated, partially vaccinated, pregnant, over the age of 65, have a chronic health condition, are immunocompromised or you are aboriginal or Torres Strait Islander, you are at increased risk of a more severe COVID infection. Early assessment is essential. Our COVID-19 vaccinations (Pfizer and Novavax) continue.

DE-IDENTIFIED DATA

QMSC securely shares de-identified patient health data with Government health agencies and some third-party providers to improve health services offered to our patients. If you do not consent to your de-identified data being shared please advise our reception team.

Please see the Rear Cover for more practice information.

AFTER HOURS & EMERGENCIES

For after hours services please ring Dial-A-Doctor on 1300 030 030 for phone advice or home visits. If you are registered with Medicare these services are bulk billed. In case of a medical emergency dial 000 and ask for an ambulance.

BILLING ARRANGEMENTS

We are a MIXED Billing practice. Please collect the information sheet from reception or go to our website: www.quinnsmindariesuperclinic.com.au click on the services tab for further information inclusive of fees.

APPOINTMENTS

Online appointment booking: We have changed our online booking system. You can now make your appointments online via our website or your smart phone anytime with the HotDoc app. If more than one person from your family needs to see the doctor at the same time, please make a separate appointment for each member. If you require a longer consultation, please inform reception when booking (to help reduce waiting times). During emergency consultations, doctors can only deal with the urgent matters.

Home visits may be arranged in special circumstances.

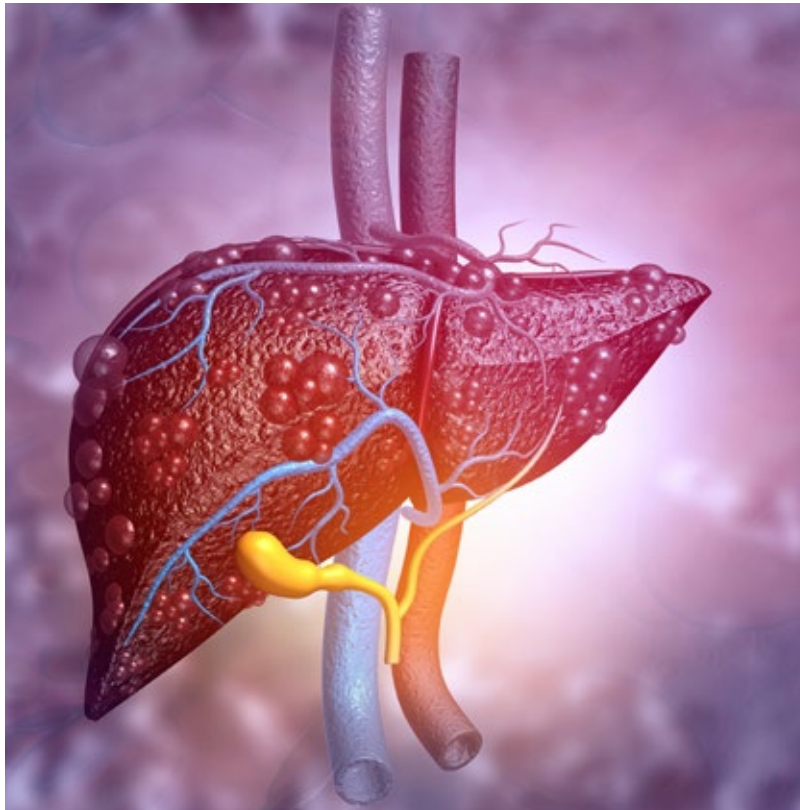
A minimum fee of \$200.00 (in hours) applies, with payment at the time of consultation necessary. Discount will be given to pensioners.


CANCELLATION/NO SHOW POLICY

A fee will be incurred for failure to attend or cancellation at short notice and this must be paid before your next appointment. The fee will depend on the length of the appointment booked (Ex GST). Please note Medicare does not cover this fee.

ELECTRONIC VACCINATION & PATIENT REGISTRATION FORMS

Vaccination consent and new patient forms are now electronic. For vaccination consent, you will receive an email from HotDoc confirming your appointment and requesting you complete a vaccination consent form. Click on "Get Started". Once completed, click "Submit". This will come directly to us. For new patients, you will also receive an email from HotDoc. Please complete this prior to your first appointment. Once completed click "submit" and it will come directly to us. We recommend doing this prior to your appointment but if needed, QR codes are available at reception, enabling you to complete this online in our waiting room. Please allow extra time before your appointment if you choose this option.



 <http://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/basics/prevention/con-20027761>

Non-alcoholic fatty liver disease

This occurs when fat accumulates in the liver of a person who drinks little or no alcohol.

It is common and usually causes no symptoms. It can cause liver inflammation and, in rare instances, liver failure. The exact cause is unknown. It happens when the liver has difficulty breaking down fats, and hence there is a build-up. Risk factors include obesity, high blood cholesterol, type two diabetes, metabolic syndrome, and an underactive thyroid.

Symptoms, if they occur, may include fatigue and pain in the right upper abdomen. Diagnosis is made by blood tests for liver function and imaging (usually ultrasound) of the abdomen focusing on the liver. This will typically show fat deposits in the liver. In severe cases, a liver biopsy may be done.

There is no specific treatment, and for the vast majority, there are no symptoms to treat. Management is directed at treating risk factors. Lifestyle measures like weight loss, eating more vegetables and doing regular exercise are important, as is good control of any underlying condition like diabetes or hypothyroidism. Avoid medications which could strain the liver and, of course, alcohol. Some work suggests Vitamin E may help but do not take this unless recommended by your doctor. Coffee has also been shown to possibly have a beneficial effect on fatty liver but would not be regarded as "treatment".

Eating a healthy diet with adequate fruits and vegetables, maintaining a healthy weight, and doing regular exercise all reduce your chances of getting a non-alcoholic fatty liver.

Flash burns to the Eye

Flash burns occur when a strong light burns the eye's surface (cornea). Causes include welding with sparks flying, skiing without glasses, or using sun lamps. Symptoms include pain and burning in the eye, watery or bloodshot eyes and blurred vision. It can start up to 12 hours after exposure.

Diagnosis is on the history and examination of the eye. Investigations are not needed. Fortunately, most cases are mild and will resolve over a few days with no permanent damage. Treatment can include pain killers, antibiotics and anaesthetic eye drops, dilating drops to relax eye muscles and padding the eye. If you have contact lenses, these will need to be removed. Artificial tear drops can be soothing.

You should not drive or operate machinery whilst being treated. You will be asked to return for an eye check after 24-48 hours.

There is an adage that we only get one set of eyes. This remains true today. If there is any concern about your eyes, seek immediate medical attention either at your GP or an emergency department.

Flash burns can be prevented. Protect your eyes in the snow by wearing dark glasses with UVA and UVB protection. When working, use safety goggles that are made to Australian Standards. Most importantly, remember to wear them.



 http://healthywa.wa.gov.au/Articles/A_E/Eye-injury-corneal-flash-burns

Post-Traumatic Stress

First described in the 1970s in Vietnam War Veterans, PTSD is a reaction that people can develop after being through or witnessing a traumatic event which threatened the life or safety of themselves or others.

This includes war, natural disaster, assault or serious accident. It is estimated that 12% of Australians may experience it during their life. Risk factors aside from trauma include a history of other mental health problems and stress.

Symptoms include feelings of fear, flashbacks, sleep disturbances, anxiety, sweats, heart palpitations, being on high arousal, irritability, anger, emotional numbness, and withdrawal from usual activities. They can start straight away or some weeks after the event and persist for weeks to years. PTSD can co-exist with other mental health issues such as depression or anxiety.

Diagnosis is by history. There are no specific examination findings or diagnostic tests. Bloods may be ordered to rule out other

conditions. Treatments mainly involve psychological counselling, of which there are different forms. Medication may be advised but not in the first four weeks of symptoms and usually not until psychological treatments have been started.

Lifestyle measures which can help include meditation and mindfulness, regular exercise, avoiding alcohol, and getting adequate sleep (have a regular sleep routine). For most, there will be an improvement over time and complete recovery. Some may have relapses and need further treatment. Some will need long term treatment.

If you have been subjected to any trauma or have any concerns talk to your GP.



<https://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd>



<https://www.babycenter.com.au/a242/heartburn-in-pregnancy>

Heartburn in pregnancy

Gastro-oesophageal reflux disease (GORD), commonly known as reflux, occurs when acid from the stomach goes up to the base of the oesophagus.

This is due to a laxity of the sphincter, which normally shuts off the upward flow of stomach acid. The stomach lining is designed to cope with acid (which we need to help digest food), but the oesophagus lining is not. The typical symptom is a burning sensation in the low chest or upper abdomen - hence the name heartburn.

The pain can be mild to severe. It can occur in anyone, and most people will experience it at some point in their lives.

Pregnancy can aggravate reflux in those who already have it or bring it about in those who haven't for two reasons. In pregnancy, the hormone relaxin is produced to "relax" joints

and ligaments and ease the delivery, but this hormone can slow digestion and also relax the sphincter. Secondly, as your baby grows, the pressure on the stomach can increase, pushing acid up the oesophagus.

So, what can help?

Not smoking and avoiding alcohol (which are no-no's in pregnancy anyway) helps. Eat smaller meals more frequently. Avoid foods which trigger reflux in you (unfortunately, no one size fits all here). However, carbonated drinks, caffeine, acidic foods, and spicy food are common culprits. Avoid eating for at least three hours before going to bed. Antacids can be used but discuss this with your doctor.

Psychedelics

Mental health remains an area where less progress has been made than we would like. There have been significant amounts of money spent which implies that more than just more dollars are needed.

In North America, there is renewed interest in the use of Psychedelics in mental health illnesses, especially treatment-resistant depression and Post Traumatic Stress Disorder (PTSD).

Recently a conference on Psychedelic Therapies for Mental Illness was held

virtually in Melbourne. It included the real-life experience of patients and physicians with first-hand experience of their use in highly controlled conditions. Some patients reported significant improvement in symptoms, which was sustained for some time in some cases.

The US FDA regards MDMA as a "breakthrough" therapy for PTSD, and trials on psilocybin for depression have been very encouraging.

Last year the Federal Government allocated \$15 million for psychedelics trials in Australia,

and some of these will commence soon. The TGA rejected an application to have the scheduling changed from nine to eight (which would enable prescription to patients outside of trials). Whilst this disappointed some, it was probably not a surprise that the TGA would not pre-empt the findings of trials yet to be completed.

Currently, it is not a treatment option in Australia, so do not ask your doctor for a prescription. However, if we tend to follow North America, and somewhere in the foreseeable future, psychedelic therapy may well become a treatment option for certain people in certain circumstances. Watch this space.

● SPECIAL PRACTICE NOTES Quinns Pregnancy and Baby Care.

We have a dedicated group of doctors with expertise and experience in pregnancy, antenatal shared care, baby feeding and newborn care.

This team has a memorandum of understanding with Joondalup Hospital as a preferred provider of antenatal pregnancy care. Please ask our reception team if you would like to make an appointment with one of our pregnancy and baby care team doctors. For further information please visit www.quinnsmindariesuperclinic.com.au

Test Results, Scripts & Referrals.

To provide safe and comprehensive health care, test results, prescriptions and referral letters require a consultation with your doctor. This can be done as a telehealth or face to face appointment.

Reminder System. Our practice is committed to preventative care. We may issue you with a recall or reminder from time to time for preventative health services or follow ups due. Communications for reminders and recalls will be sent via email or SMS to your mobile phone. Please make sure we have your correct contact details:

- Email
- Telephone Number
- Next of kin/emergency contact details

Letters will still be sent to those patients who do not wish to receive communications electronically. Please advise our receptionists.

Urgent Advice. Our nursing team is trained to handle your medical queries and decide on the next best step. The nurse may direct you to one of our doctors for further assessment via telehealth or arrange an urgent consultation if needed.

Your Feedback. We continuously seek to improve the quality of health care we offer. Please direct your feedback to the Practice Manager. Formal complaints can be made to the Health & Disability Services **13 14 50**.

Telehealth. Consultations by telehealth are here to stay. Video consultations are recommended and preferred where possible. If you have any cold or flu like symptoms, you will be offered a telehealth appointment in the first instance. Your doctor will then decide on the next best step in your patient care.



SEAFOOD CHOWDER

Ingredients (serves 6)

- 6 Sourdough bread rolls or crusty rolls (about 12 cm diameter)
- 500g scrubbed & cleaned mussels
- 225g waxy potatoes peeled
- 40g unsalted butter
- 100g smoked chorizo
- 1 small onion or banana shallot, finely chopped
- 1 leek, cleaned, halved lengthways and finely chopped
- 2 sticks celery, chopped
- 30g plain flour
- 500ml whole milk
- 200ml double cream
- 1 bay leaf
- 500g seafood mix
- 1 tsp salt
- Pepper to taste
- Small handful flatleaf parsley or chives, chopped to finish

Method

1. Heat 250ml of water in a large shallow pan and add the clams. Put a lid on the pan and allow the clams to steam for 3–4 minutes until they open. Set a

colander over a bowl, drain the opened mussels, and reserve the cooking liquid. When the mussels are cool enough to handle, remove the meat from the shells and set aside.

2. Cut the potatoes into 1.5cm dice and boil them for 5–10 minutes until tender, then drain and set aside.
3. Melt the butter in a separate large pan over a medium heat and fry the chorizo, onion or shallot, leek and celery until soft. Add the plain flour and cook for a minute or so, then add the reserved mussel cooking liquor and stir until thickened. Add the milk, cream, bay leaf, potatoes and seafood mix, then bring to the boil. Turn the heat down and simmer for about 5 minutes until the seafood mix is cooked, then add the mussel meat and season with salt and pepper.
4. Cut the tops off the rolls and scoop out as much of the dough as you can, leaving the crust. Spoon the chowder into the hollowed-out bread rolls or serve in bowls with sourdough on the side. Garnish the chowder with chopped parsley or chives.

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SUDOKO