



APRIL - MAY 2024 EDITION

FREE TO TAKE HOME!



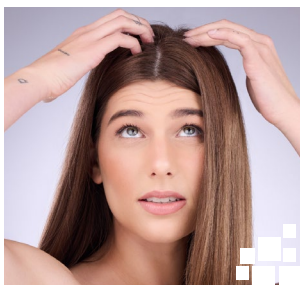
Heartburn



Sleep



Diabetes



Checking for Head Lice

● PRACTICE DOCTORS

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

Dr Lyn Wren
MBBS
Clinical governance, medical education, quality improvement and practice management.

Dr Ross Dunstan
MBBS
Family Medicine

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, injury management including insurance cases, musculoskeletal conditions and medical acupuncture.

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, mole & skin cancer clinics.

Dr Krischelle McCallum
MBBS, FRACGP
Family medicine, pregnancy and baby care

Dr Lisa Chau (Returning from Maternity Leave April 2024)
MBBS, FRACGP
Chronic disease management, Paediatrics, Pregnancy & Baby Care.

Dr Christopher Hall
BHSc, MD
Full range of family medicine, pregnancy and baby care & minor surgical procedural work.

Dr Letitia Borcoski
BSc, MD
Leave of absence for further studies Jan to July 24.

Dr Ana Clarin
BBiomedSc, MClInSci (ClinPhys), MD
Full range of family medicine, pregnancy and baby care

Dr Sarah Picard
MD, BBus, BA
Full range of family medicine, pregnancy and baby care.

Dr Chelsea May
MBBS
Full range of family medicine, pregnancy and baby care.

● SURGERY HOURS
Mon- Thur...8:00am - 6:00pm
Friday.....8:00am - 5:00pm
Saturday.....8:00am - 12:00pm
Sundays & P/Holidays...CLOSED

● PRACTICE NEWS
COVID-19 & INFLUENZA VACCINATION. Ensure you are up to date with influenza and COVID-19 boosters as per current national recommendations. Available here at QMSC.

BILLING ARRANGEMENTS. Some doctors have fully bulk billed appointments available Monday to Friday for pension and health care card holders and children under 16 years of age. Other practitioners have a reduced out of pocket (concessional gap) for this group. Full details of our independent practitioner's billing can be found on our website under 'Practitioners @ QMSC'.

FACE TO FACE APPOINTMENTS IF YOU HAVE RESPIRATORY SYMPTOMS. If you have respiratory symptoms and attend for a face-to-face appt, it is preferred that you wear a mask to minimize spread of infection to others. If you are unable to wear a mask, please advise our reception team, as some doctors are not able to see patients without a mask for health reasons. We would appreciate you advising our team if you have tested positive for COVID-19 or influenza.

VOLUNTARY PATIENT REGISTRATION. Changes to Medicare funding in the future will be linked to registering with your regular treating doctor and practice. If you have a chronic health condition, consider registering now. More information can be found at: <https://www.health.gov.au/our-work/mymedicare>

HOME MEDICATION REVIEW (HMR) - BULK BILLED. An HMR is where a specially trained pharmacist visits you at home (or in the clinic if you prefer) to review your medications and write a report for your doctor. If you are on 5 or more regular medications, are experiencing side effects or have had recent changes to your medications, talk to your doctor about organising a free HMR.

DE-IDENTIFIED DATA. QMSC shares de-identified 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.

REPEAT SCRIPTS & SPECIALIST REFERRALS. Shorter, lower fee appointments are available for SOME repeat scripts, requests for pathology referrals for upcoming appointments and repeat specialist referrals. Please see our website or HotDoc booking platform to see if you are eligible.

BOOKINGS. Online bookings can be made through our website or directly from your smart phone with the HotDoc app. If more than one family member needs to see the doctor at the same time, please make separate appointments for each person. If you require a longer consultation, please let our reception team know. Home visits may be arranged in special circumstances. Fees apply.

CANCELLATION/NO SHOW POLICY. Did you know your doctor is not on a salary and only gets paid if you attend your appointment. As such, a fee will be incurred for failure to attend or cancellation at short notice and must be paid before your next appointment. The fee will depend on the length of the appt booked (Ex GST). Please note Medicare does not cover this fee.

ADVANCE CARE PLANNING. Our practice is making changes and undergoing additional training to support people with Advance Care Planning. This includes making an Advance Health Directive, so that if you are not able to make decisions about your health care, you already have a plan in place to communicate your wishes. Talk to your GP.

QUINNS PREGNANCY & BABY CARE. We have a dedicated group of doctors with expertise 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

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

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.



Test Results. At the time of ordering your test results, your doctor will advise you of their follow up plan. If your results are abnormal, you will be contacted for an appointment. This should be with the doctor who ordered the tests.

Reminder System. Our practice is committed to improving your health care outcomes. We may send a message/recall/reminder for preventive health services, follow ups due or quality improvement activity information relevant to you. These are 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 be sent to those patients unable to receive communications electronically. Please advise our receptionists

Urgent Appointments. Where no appts are available, our team will triage your call to our nursing team for assessment. Where we are unable to accommodate an 'on the day' appt, our nursing team may direct you to a GP Urgent Care Clinic or the local Emergency Dept.

Your Feedback. Your feedback helps us know what we are doing well and how to improve your health care experience. After your appointment, our booking system HotDocs will invite you to leave feedback about your health care experience. Alternatively, you can contact the practice manager. Formal complaints can be directed to Health & Disability Services on 131450.

Telehealth. Consultations are available by telehealth. To be eligible, you need to have had a face-to-face appointment at the clinic in the previous 12 months.

After Hours & Emergency Care. In the case of a medical emergency, dial 000. For after-hours services, call our number 9233 4800 to be connected with our on-call doctor for an appointment. After hours private fees apply. After hours fees can be found at www.quinnsmindariesuperclinic.com.au services tab or ask our reception team. Alternatively, you can ring Dial-A-Doctor on 1300 030 030. They provide bulk billed services for all those registered with Medicare.



CARAMELISED ONION TART

INGREDIENTS

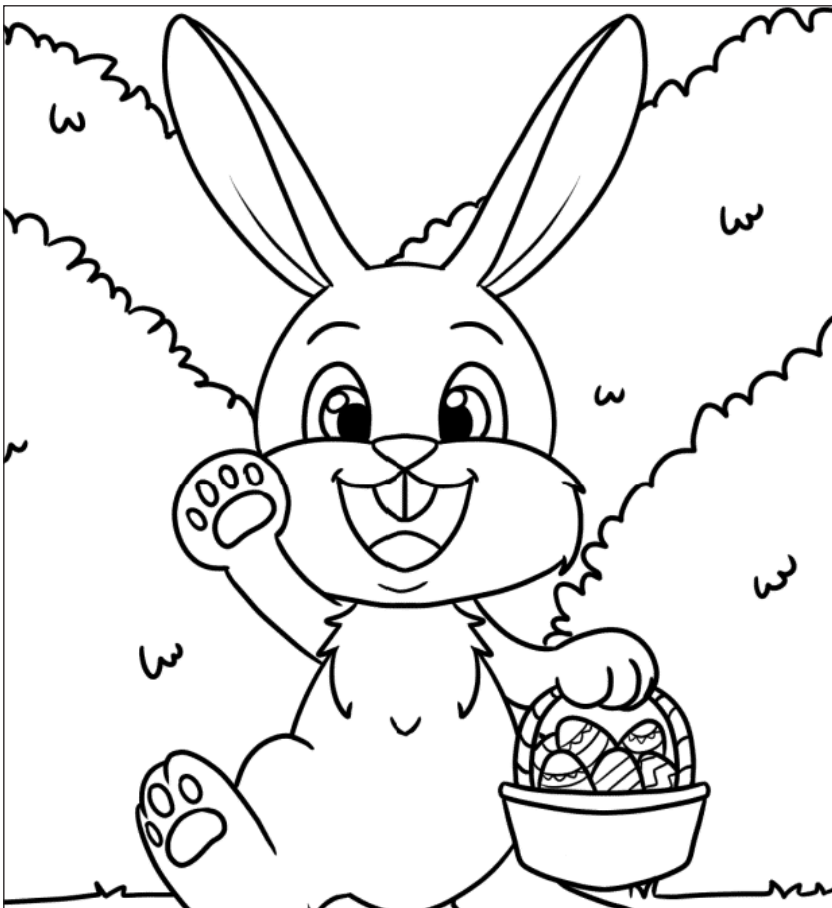
- 20g butter
- 1 tsp olive oil
- 2 red onions, thickly sliced lengthways
- 1 garlic clove, thinly sliced
- 2 tbsp caster sugar
- 1 1/2 tbsp red wine vinegar
- 2 sheets frozen puff pastry, just thawed
- 50g goat's cheese, crumbled
- 25 grams chopped walnuts

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!