

FREE TO TAKE HOME!



COVID vaccination



Medicinal Cannabis



Haemorrhoids



Tonsillitis

JUNE - JULY 2021 EDITION

● **PRACTICE DOCTORS**

Dr John Bradshaw

MBBS (Hons), Dip.Obs, RACOG

Dr Ian Rae

MBBS (Hons), Dip.Obs, DCH, RACOG

Dr Sander Vandervlist

FRACGP, MD

Dr William Coorey

MBBS, MPH, FRACGP

Dr Praveen Yadav

MD, Physician

Dr Julie Johnstone

B.Sc., MB Ch.B., FRACGP

Dr Linda McKay

BA, BSc, MBMS, DRANZCOG, FRACGP

Dr Beth Allin

MBMS, BMedSci, DCH, DRCOG

Dr Achini Herath

MBBS

Dr Tim Cheng

BMed, MD

● **ALLIED HEALTH**

Frances Aird

Physiotherapist

Daniel Mandl

Physiotherapist

Mathew Cameron

Exercise Physiologist

● **PRACTICE STAFF**

Practice Manager:

Yvonne Byrnes

Office Staff:

Mandy Doyle

Sharni Saye

Belinda Maddock

Nicola Wheaton

Chani Farrell

Stephanie Burton

Rebecca Dodds

Amanda Brown &

Lainie McCarthy

Nursing Staff:

Brogan Blair (RN)

Katie Dwyer (RN)

Natasha Tierney (EEN)

Susanna Kidd (RN)

Yvonne Byrnes (RN) &

Michelle Reardon (RN)

Assistant:

Maxine Eggins

▶ **Please see the Rear**

Cover for more practice information.

● **SURGERY HOURS**

Monday to Thursday 8:00am – 5:00pm

Friday 8:00am – 4:00pm

Saturday 9:00am – 11:00am

(Saturday Clinic for URGENT appointments only)

After Hours Phone 6643 1100

A recorded message will provide you with the phone number for the doctor on call.

● **BILLING**

Queen St Clinic is a private billing practice. We request that people pay at the time of the consultation. Payment can be made by cash, cheque or EFTPOS. The clinic has installed new EFTPOS facilities that enable a patient to claim their rebate from Medicare immediately.

● **SPECIAL PRACTICE NOTES**

Farewell. It is with great sadness that we farewell Dr Bradshaw off on his retirement journey at the end of June. After 20+ years service, he deserves a well-earned break. As we desperately try to recruit new doctors to the area, rest assured that his patients will be looked after by the practice. We wish John and his family a healthy and long retirement.

Waiting times. We are now working hard on cutting down on patient waiting times. See full details in the waiting rooms.

Communication. The doctors are available to speak to patients on the phone but prefer not to be interrupted during consultations unless an emergency. The receptionist will take your name and number and your call will be returned. Usually the doctors make their calls at the end of their working day so please say if the matter is urgent.

SMS Appointment Reminder Service. Queen Street Clinic will be providing an SMS service to remind our patients of upcoming appointments. Please sign a consent form at the counter or let our administration staff know if you would not like this to happen.

Test Results. Results are to be given to patients by their treating doctor or another authorised member of our clinical team. If you require results from your tests, please book an appointment to see your doctor.

Patient Privacy. This practice protects your personal health information ensuring 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.

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 Feedback. Your feedback is important to us. Please use our suggestion box in the front waiting room or speak to our friendly receptionists. If you prefer, contact the Health Care Complaints Commission on 1800 043 159 (Toll Free – NSW).

● **APPOINTMENTS**

Consultation is by appointment. If your matter is urgent we endeavour to see you on that day.

Booking a long appointment. If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion, please book a longer appointment. This may involve a longer wait but your problem will get the attention it deserves - bring relevant letters and test results from other doctors.

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.

Time is valuable to all of us. Our aim is to see our patients at their appointment time. If we are late, it may well be the result of a priority patient. Please do not hesitate to phone before your appointment time to see how your doctor is running.



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



COVID vaccination

As you read this, the covid vaccination roll out will be well under way.

Phase 1a started first and included aged care residents and staff, quarantine and border force workers and certain frontline healthcare workers. This was estimated to be 1.4 million doses.

Phase 1b is roughly ten times as many doses. The people in this group are those over the age of 70, ATSI people over the age of 55, younger adults with a medical condition or disability and other higher-risk workers (e.g. healthcare, defence force, police).

Around Australia, 4500 practices have registered to be vaccination centres. It is, rightly, felt that the best place to have your vaccination is where your medical history is known. Before having the vaccine, there is a questionnaire you need to complete. Blood clotting is a rare side effect. However, a history

of blood clots or being on a blood thinner medication does not of itself mean you cannot have the vaccine.

You will be required to wait for at least 15 minutes after having the shot before leaving and also to report any adverse effects that you feel. Some do report headache or being a bit "off colour" the following day. Soreness at the vaccine site can occur.

The two doses of the Covid vaccine should be 12 weeks apart, so you will be encouraged to book your second one at your initial vaccine visit. It is also important to separate the Covid vaccination from the flu vaccination by at least 14 days.

EDITORS NOTE: This information was current at the time of print

Haemorrhoids

One of the most common health issues searched about on the internet is haemorrhoids.

It is estimated to affect 300,000 Australians each year. These are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk factors related to pressure such as constipation or heavy lifting and sitting on hard surfaces for prolonged periods. There may be a genetic tendency.

Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience this, always consult your GP.

Treatment is about relieving symptoms whilst waiting for resolution, generally taking a few days. There are numerous ointments and suppositories, most of which do not require a prescription. Sitting in a



lukewarm bath may help. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. Rarely the haemorrhoid may need lancing and, if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



Medicinal Cannabis

Since legalisation there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia.

Since legalisation, there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia. Like all medications, it does not work for everyone. It is also not a cure for any medical condition. The largest number of approvals to prescribe have been for chronic pain. Other more common reasons include cancer symptoms, (e.g. pain, nausea and cachexia), insomnia, and Parkinson's.

The use of medicinal cannabis remains an area where opinions differ in medicine. In March, the faculty of pain medicine stated publicly that it should not be prescribed for pain as there was no evidence to support its use. Many patients who have found improvement in their pain levels would dispute that, as would doctors who have followed the research.

Medicinal cannabis can only be prescribed in Australia with relevant approvals. It can only be used in conditions where the TGA accepts evidence of benefit and where other treatments have either failed to help or have caused unacceptable side effects. There is no PBS subsidy.

Currently, there are a number of trials being done in Australia to learn more about the role of Medicinal cannabis. Some of these are recruiting patients interested to volunteer to be part of trials.

Not all doctors are familiar with the role and use of Medicinal Cannabis, but an increasing number are. As always, talk to your doctor about what the options are for you in your specific circumstances.



Diagnosing & Treating Hypertension

High blood pressure (hypertension) is estimated to affect nearly one-third of Australian adults.

Risk factors include a positive family history, being male, older age, being overweight, consuming excess salt and insufficient exercise.

Hypertension can be due to a secondary cause like kidney disease, but most commonly is essential hypertension without other underlying cause. Hypertension is a risk factor for heart attack, stroke and kidney disease.

Some people may experience headaches or tiredness, but most have no symptoms. Diagnosis is by measurement of blood pressure. Normal blood pressure is generally regarded as being below 140/90. The upper (systolic) pressure is when the heart contracts whilst the lower (diastolic) is in between beats when the heart rests. Pressure can increase with age. Blood pressure is variable, so one reading is not diagnostic. If your pressure is elevated, your doctor will recommend

further visits to re-check the level. Today many people have home monitors, and 24-hour monitoring can be arranged (this is not covered by Medicare). Your doctor may recommend other tests too.

Regular checks of blood pressure are recommended for people 40 and older and starting younger if need be.

The first line of treatment is lifestyle measures (weight loss, reducing salt intake, doing more exercise, managing stress, eating more vegetables). Medication may be needed, and there are many alternatives. You may need to trial a few to get the right one for you, and more than one may be needed. Treatment is generally long-term, but some people can reduce or come off medications after a certain time. Ongoing monitoring of blood pressure is lifelong.

 <http://www.hbprca.com.au/high-blood-pressure/>

Tonsillitis

The tonsils sit half way to the back of the throat and are part of the immune system, helping "trap" infections. They are particularly important in young children with less developed immune systems. Unless enlarged or infected we generally don't even know they are there.

Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a "coated" appearance. It can occur at any age but is more common in children.

Preventative measures include washing hands, not sharing eating utensils with those who are unwell and coughing/sneezing into tissues.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible), or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually streptococcus) will be treated with antibiotics. Penicillin is the first choice, but there are other options for those allergic to it.

Some people get recurrent tonsillitis, and the question of having tonsils removed arises. Tonsillectomy is far less commonly done today than previously. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work also are factors. You may be referred to an ENT surgeon. Talk to your GP.

 <http://www.mydr.com.au/respiratory-health/tonsillitis>



● **SERVICES**

Queen Street Clinic provides a comprehensive range of medical services to the patients of the Clarence Valley. We have expertise and experience in the following services:

- Men's Health
- BP Management
- Asthma Care
- Counselling
- ECG (heart test)
- Sight Tests
- Flu Shot Clinics
- 45 Yr Health Checks
- Preventative Health Screening
- Chronic Disease Management
- Diabetes Management
- Aged Care
- Spirometry (breathing test)
- 4 Yr Old Checks
- Childhood Immunisations
- Cervical Cancer Immunisation
- Overseas Travel Immunisation
- Wound Management
- Pain Management
- Palliative Care
- Home Visits
- Audiometry (hearing test)
- Plasters
- 75 Yr Health Check

Women's Health:

- Pap Smears
- Ante-Natal Care
- Breast Examinations
- H.R.T. Management
- Contraceptive Advice

Skin Checks:

- Skin Cancer Screening
- Removal of Skin Cancers
- Biopsies

Medicals:

- Pre-Employment
- Licence Medicals
- Health Insurance
- Life Insurance



THAI CHICKEN RISOTTO

Ingredients

- 1 tbsp peanut oil
- 500g skinless chicken thigh fillets, trimmed, cut into 2cm pieces
- 1 onion, finely chopped
- 1 long red chilli, seeds removed, thinly sliced
- 2 garlic cloves, crushed
- 4 kaffir lime leaves, stems removed, finely shredded
- 1 1/2 cups (330g) arborio rice
- 1/4 cup (75g) Thai red curry paste
- 2 cups (500ml) chicken style liquid stock
- 1 cup (250ml) coconut cream
- 2 tbsp fish sauce
- 200g green beans (or peas), trimmed, chopped
- Coriander, to serve
- Fried Asian shallots, to serve
- Lime halves (optional), to serve

Steps

1. Preheat the oven to 180°C.
2. Heat the oil in a flameproof casserole over medium-high heat. In batches, add the chicken and cook, turning, for 2-3 minutes until browned. Remove the chicken from the casserole and set aside.
3. Reduce heat to medium and add the onion, chilli, garlic and half the kaffir lime leaves. Cook, stirring constantly, for 2-3 minutes until the onion is soft, then add the rice and curry paste and cook, stirring to coat the grains, for a further 1 minute.
4. Return the chicken to the casserole with the stock and 1/2 cup (125ml) water. Bring to a simmer, then cover with a lid and cook in the oven for 25 minutes or until most of the liquid has been absorbed. Remove from the oven and stir in the coconut cream, fish sauce and beans, then cover and stand for 10 minutes.

7	9	4		8			3	2
	2	1	4				5	9
3		5						4
1	3	9		6	5		2	
			2	4	3			
	4		7		1			
4	5	3				8		
	6	7		5		3		9
		8	3				5	

SUDOKU

