



BLACKBURN CLINIC FAMILY GENERAL PRACTICE

Summer 2018 Edition

Family Medical & Licensed Travel
Vaccination Centre

195 Whitehorse Rd, Blackburn
www.blackburnclinic.com.au
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Dr Kathryn CUNNEEN
Dr Aaron ZHANG
Dr Jasdeep SANDHU
Dr Andrew BROAD
Dr Yeganeh KHAVAR
Dr Terence TING

HOURS (open 365 days of the year)
Monday to Thursday 8 am - 7 pm
Friday 8 am - 6 pm
Saturday 8 am - 12 noon
Sunday 8 am - 12 noon
Public holidays 8 am - 12 noon
Good Fri, Xmas Day 9 am - 11 am

An independent association of
medical practitioners.

**ONLINE APPOINTMENT
BOOKINGS
NOW AVAILABLE**

www.blackburnclinic.com.au

This service is available for our existing patients only. For a long consultation, or if you cannot find a suitable appointment time online, please phone the clinic as not all appointments are available online.

Breathe easy with our new Respiratory Clinic!

We are pleased to announce our new in-house Respiratory Clinic, offering one-on-one appointments with our qualified Respiratory Educators. Our new comprehensive Respiratory Clinic is an opportunity for asthma patients to receive targeted, high-quality healthcare to better prepare them in managing their own asthma throughout the year.



The program includes two visits with our Respiratory Educator, as well as up to four visits with the GP, for a very reasonable up-front fee of \$40 (or \$20 for Concession patients). All other scheduled Respiratory Clinic visits for 12 months are covered by that fee.

Whether you are newly diagnosed with asthma, or were diagnosed a long time ago, this program is designed to fully assess your lung health using up to date lung function testing equipment, provide education about your asthma, use of devices and medications, review your lung response over time and equip you with a plan for managing your asthma (both when it is controlled and when it flares up).

For referral to our Respiratory Clinic please discuss whether it is suitable for you with your doctor.

Nutrition

Soba noodle and green vegetable bowl

Preparation time: 10 minutes
Cooking time: 15 minutes
Serves: 4

Vegan and nut free, this recipe is perfect for lunch or a light dinner.

Ingredients

- 20 g low-salt soba buckwheat noodles
- 4 cups (1 L) So Good™ Coconut Milk Unsweetened
- 2-3 tsp miso paste
- 2 tsp salt-reduced soy sauce
- 1/2 tsp raw sugar
- 1/2 lemon, juiced
- 2 cups (500g) either spinach, silverbeet, brussels sprouts, pak choy or chinese cabbage
- 300 g soft Bean Supreme tofu
- 4 tbs toasted pumpkin seeds, roughly chopped
- 2-3 radishes, grated
- 1 cup baby rocket leaves

Instructions

1. Heat a pot of water and cook noodles for 4 mins. Drain. Set aside covered to keep warm.
2. Heat the coconut milk in a saucepan on a low heat for about 5 mins. Add the miso paste and soy sauce. Balance the flavour with sugar and lemon juice.
3. Prepare the vegetables by removing any stems and breaking or cutting leaves into bite size pieces. Place the vegetables in a bamboo or metal steamer over a pot of simmering water. Steam until just tender.
4. Divide the cooked noodles between 4 bowls. Place the tofu and vegetables around the noodles. Pour the warmed coconut milk over. Garnish with toasted pumpkin seeds, radishes and baby rocket leaves.

Nutrition

PER SERVE: Energy 835 kJ (199 Cal); Protein 13 g; Fat, Total 13 g; Saturated Fat 6.0 g; Carbohydrate, Total 40 g; Sugars 3.0 g; Fibre 2.3 g; Sodium 344 mg; Potassium 285 mg; Calcium 239 mg; Iron 0.7 mg.

© Recipe and image kindly provided by Sanitarium Health & Wellbeing Company.

Five ways to eat well when travelling

Whether due to limited healthy food choices, lack of kitchen facilities or the temptation of energy dense foods and all-you-can-eat offerings, maintaining healthy eating habits can be more challenging when travelling. However, with some forethought and planning, it is possible to enjoy your holiday without your healthy eating habits falling by the wayside.

1. **Choose your accommodation.** Rather than a hotel, consider booking self-contained accommodation so you have access to a kitchen. Even if you are out all day and want to sample the local cuisine, you can still make your own healthy breakfast and on some days pack lunch or cook dinner at home if you've eaten lunch out. This can also be a bit of a cost-saver, leaving you extra money to spend on sightseeing or holiday shopping.
2. **Pack your own snacks.** Finding nutritious snacks when away from home can be challenging. By packing your own healthy options, you'll always have something on hand if you get hungry between meals. Some good choices include small packets of unsalted nuts or trail mix, roasted chickpeas, and wholegrain crackers. Also try to stock up on fresh fruit whenever you can.
3. **Portion caution.** Whether it's an all-you-can-eat buffet or multiple courses, it's easy to overeat when dining out. Consider ordering two entrees rather than an entrée and main, and share dessert with your travel partner. At the buffet, be selective and have a small serve of each of the most appealing dishes on offer but avoid the temptation to pile up your plate or go back for multiple courses.
4. **Stay hydrated.** It can be easy to neglect fluid intake if you haven't got water on tap. If you are staying in a hotel, take advantage of the tea and coffee facilities, but choose more tea and herbal tea over coffee for hydration. Pack a reusable drink bottle to fill and take with you during the day.
5. **Go easy on alcohol.** Holidays are a time when it can be easy to overindulge. Avoid the negative consequences of excess alcohol by sticking to a glass or two with dinner and alternating alcoholic with non-alcoholic drinks such as sparkling mineral or soda water. You'll not only save money, you make the most of your travel time, without having to deal with a hangover.



Implement these suggestions and you will return from holidays feeling refreshed — and without those few extra kilograms on board!

Men's Health: Sleep Apnoea

Obststructive sleep apnoea (OSA) is a condition in which a person's breathing repeatedly stops during sleep. It occurs due to partial or complete blockage of the airway while sleeping.

Someone with OSA may stop breathing for anywhere between a few and 90 seconds at a time. These episodes (known as apnoeas) may occur hundreds of times each night, depending on the severity of the problem.

While it can affect anyone, twice as many men than women have OSA and it is more common in those who are middle-aged or older. It is also more likely to occur in those who are overweight, who snore, and in those with naturally narrow throats or nasal passages. It can also occur in children with enlarged tonsils or adenoids.

Symptoms of OSA include:

- Snoring
- Pauses in breathing while asleep - this is often noticed by others
- Waking up gasping or choking
- Morning headaches
- Waking with a dry mouth
- Excessive daytime sleepiness

OSA affects more than just sleep. If untreated, it can increase the risk of developing high blood pressure, diabetes, stroke and heart disease. Due to daytime sleepiness, people with OSA may also have a higher risk of motor vehicle and workplace accidents.

OSA is usually diagnosed through a sleep study. This involves an overnight stay in hospital or a sleep clinic, where measurements are taken of your breathing, sleep patterns and your blood oxygen levels.

There are a number of treatments available for OSA, depending on the severity. The most common treatment is using a CPAP (Continuous Positive Airway Pressure) machine, which helps keep the airway open at night. In milder cases, special mouthguards or dental splints may help. Lifestyle changes are also important for managing OSA, including losing weight if overweight, limiting or avoiding alcohol in the evening, and not smoking. Sleeping on your side rather than your back and avoiding sleeping tablets can also help.

If you think you might have sleep apnoea, it is important to see your doctor who can refer you for further investigations.

Top Tips for a Healthy Gut

There's increasing evidence about the importance of gut health for our overall health and wellbeing. After all, it's not much help eating a healthy diet if we are not digesting our food properly. Digestive problems can make us feel unwell and impact day-to-day activities and quality of life.

Symptoms of an unhappy gut include wind and bloating, diarrhoea or constipation, nausea, indigestion, reflux and abdominal pain. If you experience any of these symptoms it's important to see your doctor to rule out any serious health problems that might be causing them.

There are things you can do to help keep your digestive system happy and healthy:

Eat plenty of fibre-rich foods including vegetables, fruit, wholegrains and legumes. Increase your intake gradually to give your digestive system time to adjust. If you find some of these foods make your symptoms worse, you may have a FODMAP intolerance and could benefit from seeing an Accredited Practising Dietitian. They can help you determine the cause of your symptoms, which foods to avoid and which to include in your diet.

- ▶ Drink plenty of fluid, especially water. Increasing fibre without adequate fluid can cause constipation.
- ▶ Exercise regularly – this can help to keep your bowel habits regular.
- ▶ Avoid overeating – eat when you are hungry and stop when you are satisfied (but not overly full).

- ▶ Relax at mealtimes – don't eat when stressed or upset. Avoid eating on the run or while involved in other activities.
- ▶ Eat slowly and chew foods well.
- ▶ Avoid carbonated drinks, which can cause wind and bloating in some people.
- ▶ Limit alcohol intake and don't drink on an empty stomach.
- ▶ If you have reflux, avoid foods which make your symptoms worse – common culprits are fatty foods, spicy foods, onion and garlic.
- ▶ Avoid artificial sweeteners, particularly sugar alcohols such as xylitol, sorbitol and erythritol, which can cause wind, bloating and diarrhoea, especially in large quantities.
- ▶ Avoid eating a large meal right before bed or strenuous exercise.
- ▶ If you smoke, get help to quit

For more information:

- Visit the Gut Foundation www.gutfoundation.com.au/gut_health
- Purchase (or win) a copy of The Good Gut Cookbook www.gutfoundation.com.au/blog/launch-of-the-good-gut-cookbook
- To find a dietitian in your area, visit daa.asn.au/find-an-apd

Women's Health: Choosing Contraception

If you are sexually active and don't want to get pregnant, there are many options of contraception (birth control) available to you. It is important to choose the right one for your needs.

Currently available forms of contraception work in different ways and include:

- Oral contraceptive pill: an oral medication which contains hormones that stop the ovaries from releasing an egg.
- Vaginal ring: placed high in the vagina and left in place for three weeks, then removed for a week to allow for a regular monthly bleed. It works in a similar way to the pill to prevent eggs being released each month.
- Contraceptive rod: a small plastic rod is inserted under the skin on the inside of the upper arm. The rod slowly releases the hormone progesterone, which stops the ovaries releasing an egg each month.
- Intrauterine device (IUD): a small contraceptive device placed in the uterus, which affects sperm movement and survival so they can't reach the egg. It also changes the lining of the womb so that it isn't suitable for pregnancy. There are two types: copper and progesterone-releasing (Mirena®).
- Contraceptive injection: an injection of a long-acting synthetic hormone given every 12 weeks for contraception.

- Diaphragm: a soft silicone cap worn inside the vagina to cover the cervix and stop sperm from getting into the uterus. It can be inserted up to 24 hours before having sex and is removed afterwards.
- Condom: the male condom is a fine rubber or synthetic sheath that is worn on an erect penis to stop sperm from entering the vagina and uterus. Condoms also reduce the risk of sexually transmissible infections (STIs).
- Emergency contraception: commonly known as the 'morning after pill'. There are various forms of emergency contraception. Some can be obtained over-the-counter from a pharmacist up to five days after unprotected sex. Each of these is most effective, however, if taken as soon as possible.

Your choice of contraception should take into account a number of factors: the effectiveness in preventing pregnancy, ease of use, side effects, cost and availability, reversibility, any health issues you have, and benefits other than contraception such as protection against STIs.

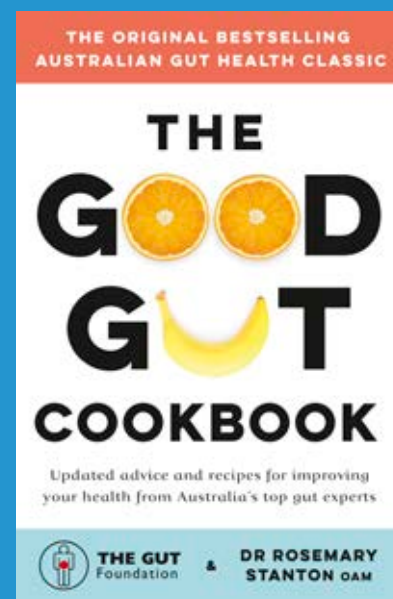
To find out the best contraceptive option for you, speak with your doctor or contact your local Family Planning organisation.

Dr. LoL:)



COMPETITION

Win a copy of *The Good Gut Cookbook* by Dr Rosemary Stanton and published by The Gut Foundation



An updated edition of an Australian classic cookbook, *The Good Gut Cookbook* delivers clear, concise advice, backed by the authority of Australia's top gut specialists and our most trusted nutritionist.

To enter visit us online at win.yourhealth.net.au

Competition opens 1st December 2018. The winning entry will be selected on 1st March 2019. The prize winner will be notified by email. Good luck!

Reminder—is your yearly Skin Check due?

Two in three Australians develop some form of skin cancer before they reach the age of 70. “Each year, over 2,000 Australians die from skin cancer, yet skin cancer is one of the most preventable cancers.”¹

Long-term sun exposure and sunburn damages skin cells

There are 3 main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma (which is the most serious skin cancer).²



Risk Factors

- Long-term sun exposure (eg. working outdoors, outdoor sport)¹;
- Sunburn (whether mild or severe) causes skin cell damage.¹;
- Hereditary factors play an important part in susceptibility to skin cancer (eg. increased incidence of skin cancer among people of Anglo-Celtic origin)¹;
- Fair skin (people with darker skin naturally have more protection against sunburn, but are still at risk).¹

Why you should book a SKIN CANCER CHECK at Blackburn Clinic:

- The appointment is a special time set aside to check the skin health of your whole body.
- Our doctors have the skills needed for skin cancer management.
- We have special diagnostic equipment dedicated to the Skin Cancer Clinic.
- We will also be able to keep photographic records of skin lesions where necessary (to help track changes over time).
- If your doctor recommends further investigation, we have Theatre facilities on-site suitable for biopsies and excisions.
- Most patients should have their skin checked for skin cancers yearly.

Appointments will usually take 15 minutes. Please phone the clinic to book. A SKIN CHECK appointment is only for skin cancer checks and other medical issues cannot be dealt with during this appointment.

Normal consultation and procedural fees apply.

References:

1- <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/skin-cancer>

2- http://www.cancervic.org.au/about-cancer/cancer_types/skin_cancers_non_melanoma/

WHEN WE ARE CLOSED

Phone the clinic after hours on 9875 1111 and your call will automatically be transferred to the After Hours GP Clinic at 36 Wellington Rd, Box Hill (Ph 9899 9980), during their opening hours:

Mon-Fri 6.30pm-11.00pm,

Sat 1pm-11.00pm,

Sun & Pub Hols 10am-11.00pm.

Outside these hours your call will divert to our Home Doctor Service (Ph 13 74 25). Box Hill, Maroondah and Knox Private Hospitals all have emergency departments.

APPOINTMENTS

Appointments should be made to see the doctor of your choice. Urgent problems are always seen quickly – please notify the receptionist.

BILLING POLICY

We are a private billing clinic. Fees are subject to regular review and changes will be advertised in the waiting room. Current fees are displayed in the waiting room. Full payment on the day will attract a discount. Veterans Affairs gold card holders will continue to be bulk-billed. If you have any difficulty paying our fees at any time, please discuss this with your doctor.

DIABETES CLINIC

Education and information about use of devices, healthy eating, and strategies to help manage your condition to avoid complications. Our Diabetes Clinic will keep you up to date with the latest approaches. Ask your doctor for a referral.

SKIN CANCER CHECKS

Most patients should have a skin cancer check once per year. Please ask your doctor for a specific appointment for this, and to send you a reminder letter when your next SKIN CHECK is due

IRON INFUSIONS

We can treat iron deficiency anaemia on-site, where medically appropriate, at considerable savings compared to the traditional day-surgery model. Please see your doctor for advice.

75 PLUS HEALTH ASSESSMENTS

If you are 75 years or older (or 55 for those of Aboriginal or Torres Strait Islander descent), please ask your doctor about this preventative service, aimed to keep you living independently in your own home. The assessment is only for your doctor's use. This is a comprehensive health assessment involving time with the nurse and your doctor, and is billed to Medicare so that there is no cost to you.

MELBOURNE PATHOLOGY

Blackburn Clinic patients are able to access Melbourne Pathology services within Blackburn Clinic, from 8.00am - 1.00pm, Mon - Fri. Please take a number at reception and wait in our reception waiting area to be called.