

Dry Eye



Telehealth



Sinusitis



Exercise in Childhood

● **PRACTICE DOCTORS**

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MBBCh, BAO(NUI), LRCSI&PI, FRACGP, FAMA
Family & Preventative Medicine

Dr David Baker

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Family & Preventative Medicine
Skin Cancer Detection

Dr Patricia Moore

MBBS
Family & Preventative Medicine,
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MRCGP, MBChB(NUI), MBBCh BAO, FRACGP
Family & Preventative Medicine

Dr Paul Baggaley

MBBS, MPH&TM, FRACGP, DRANZCOG
Family & Preventative Medicine,
Travel Medicine

Dr Julie Allen

MBBCh, BAO, FRACGP, MRCP
Family & Preventative Medicine

The philosophy of this practice is to provide comprehensive and thoughtful medical care to families. We work hard to keep up-to-date with the latest medical innovations and to bring you efficient personal service.

● **PRACTICE STAFF**

Practice Manager:

Claire Porter

Practice Nurses:

Leonne (RN) & Amelia (EN)

Reception Staff:

Michelle, Renae, Tania & Grace

● **SURGERY HOURS**

Monday to Friday

8am – 5.30pm

Saturdays

8am – 12.30pm

Sundays & Public Holidays

Closed

● **BILLING ARRANGEMENTS**

We are a Private Billing Practice with fees payable at time of consultation by cash, credit card or EFTPOS.

MEDICARE EASYCLAIM IS AVAILABLE FOR CLAIMING YOUR REBATE AT TIME OF CONSULTATION.

Information about our fees and services can be obtained from reception.

● **AFTER HOURS & EMERGENCY**

EMERGENCIES

DIAL 000

Rockingham General Hospital

9599 4000 – all hours

Outside of normal hours you can access a GP Home visit by calling After Hours Home Doctor Services:

GET BETTER

1800 238 837

● **SPECIAL PRACTICE NOTES**

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Be assured when it comes your turn the doctor will give your problem the time it deserves. Thank you for your consideration.

Telephoning your doctor. Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice. Our staff are experienced in helping you decide whether the matter requires appointment, a return phone call from the practice, or urgent advice.

Results of tests or procedures. Your Doctor will advise when they expect your results to arrive at the practice and whether you will need to make a follow-up appointment or phone for the results.

Interpreter. If you require an interpreter service, please let us know and we can organise this for you.

THIS PRACTICE HAS A NO SMOKING POLICY.

● **APPOINTMENTS**

Online bookings. Bookings can now be made over the internet at: www.healthengine.com.au

Consultation is by appointment however urgent cases will be seen on the day.

If you require an **interpreter service**, we can organise this for you.

Booking a long appointment. If you want a Well Women's Check-up, medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion, please book a longer appointment.

Please notify us if you are **unable to attend an appointment**, well in advance to avoid a cancellation fee.

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.

Home visits are available for regular patients of this practice whose condition prevents them from attending the surgery. A PRIVATE FEE WILL APPLY TO ALL HOME VISITS.

Recall/Reminder System. Our practice is committed to preventative care. Your doctor will seek your permission to be included on our reminder system and we may issue you with a reminder notice from time to time. If you would like to be reminded about your next appointment please talk to our staff.

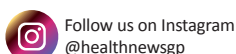
Please let us know if you do not wish to be contacted by SMS.

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



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

Dry Eye

The eyes need constant lubrication, which is provided by the tear glands. Eyes become dry of tears for two main reasons.

Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air, or smoky conditions. It is temporary and is improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses and having low vitamin A levels. Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is mainly on symptoms and a thorough eye examination. Blood tests may be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air. Wear sunglasses when outside. Take breaks when using screens for long periods, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info >>



Telehealth

The term telehealth has generally not been used outside medical circles. It applies to the use of technology (video or phone) to deliver medical services.

At the start of the pandemic, the federal government, for the first time, allowed Medicare funding to support consultations with your doctor that are not in person. Consultations can be done through video conference or telephone.

Guidelines for the use of telehealth are being updated by the Medical Board as of September 1, 2023. These seek to balance the value to consumers of remote consultations whilst recognising there are limitations as to what can be done when a patient is not in the same room as the doctor. For example, one cannot listen to the lungs.

A requirement of a telehealth consultation is

that you understand that it may be necessary to follow up with a clinic visit.

An exchange of emails or text messages (even for a prescription renewal) is not considered adequate. There needs to be video or audio discussion in real-time. To be entitled to a Medicare rebate, there is a requirement that you have had a face-to-face consultation with the doctor (or another at the same practice) in the 12 months before the telehealth consult.

Telehealth consultations can be booked in a similar way to regular appointments. Prescriptions can be collected or sent electronically to yourself or a nominated. Referrals can also be collected or sent directly. Ask your practice staff about their procedures.

Varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue twisted cords on the legs. Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured, there can be significant bleeding. In more severe cases, there can be ulceration. However, they are not associated with deep vein thrombosis.

Treatment depends on the severity of the condition. There are no specific medications available to treat varicose veins. While painkillers may provide temporary relief from symptoms, they should not be solely relied

upon. In the past, formal surgical stripping procedures were performed, which required several days of hospitalization. However, surgical treatments have advanced, and the most common approach now involves injecting substances to close the affected vein. Since varicose veins are no longer functioning correctly, removing or closing them is not problematic. This can be done as an outpatient, and recovery is relatively rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you. Preventative approaches include maintaining a healthy weight, exercising regularly and changing position regularly.



More info >>

Sinusitis

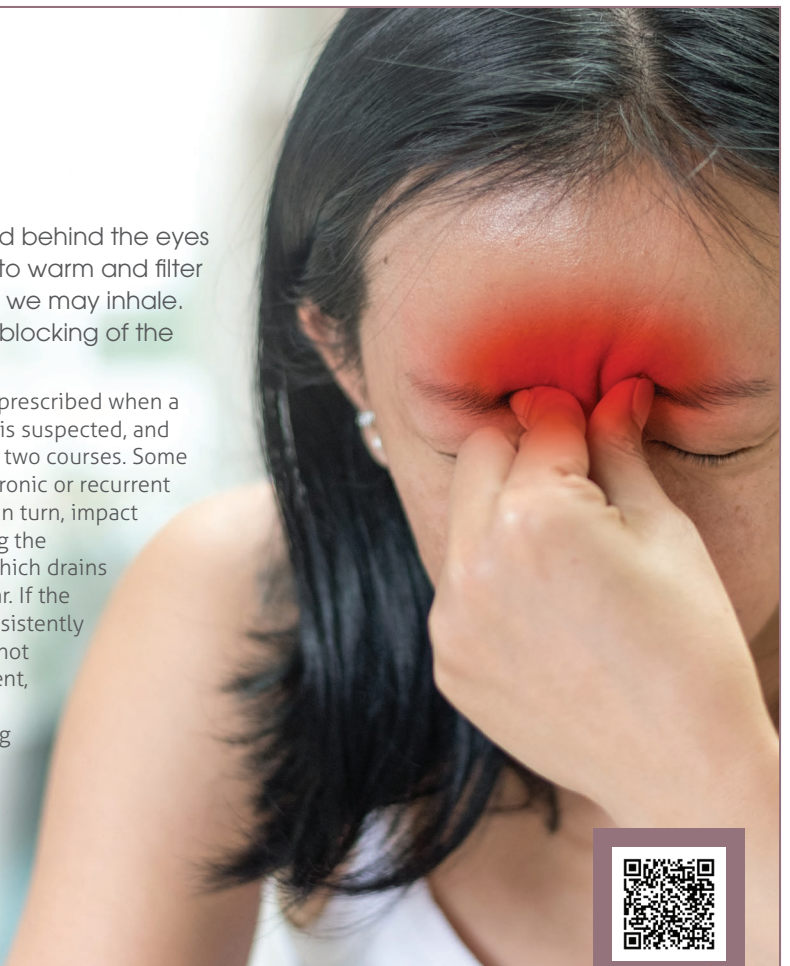
The body has several air-filled sinuses below, above, and behind the eyes in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap dust and other irritants we may inhale. Too much mucous production, swelling of the linings or blocking of the internal passages can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are viral illness, such as a cold, or allergy issues, such as hay fever. Sinusitis can also be of itself.

Typical symptoms are a blocked nose, headache or facial pain, postnasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

Treatment depends on the cause. If allergy-related, antihistamines and steam inhalation with or without eucalyptus can help. Avoid decongestant sprays. Over-the-counter steroid sprays may help, but talk to your doctor before self-medicating. Simple analgesics like paracetamol or ibuprofen can ease symptoms.

Antibiotics will be prescribed when a bacterial infection is suspected, and some people need two courses. Some people develop chronic or recurrent sinusitis. This can, in turn, impact hearing by blocking the Eustachian tube, which drains from the middle ear. If the sinuses remain persistently congested and do not respond to treatment, they may require drainage or clearing through a hospital procedure.



More info »



Relevance of Exercise in Childhood

Once upon a time, children didn't require "exercise" as a separate activity because they led active lives by walking to and from school and engaging in outdoor play rather than spending excessive time in front of screens.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumption of more processed foods higher in fats and sugars and reduced physical activity.

We cannot turn back time, but we can make changes moving forward to promote the health of our children. The Australian government recommends that children over the age of five engage in one hour of physical activity each day. This should consist of a combination of moderate and vigorous exercises. Examples include walking, running, bike riding, participating in suitable sports, and engaging in outdoor play. This activity doesn't need to be completed in one continuous block of time.

Do not fret if you can't manage this amount every day. Any amount of physical activity is better than none.

There are many benefits to your child from being active. It reduces childhood obesity. It improves motor function. It improves their circulation, strengthens the bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, where regular exercise reduces the chances of many diseases, including heart disease, stroke and some forms of cancer.

A bonus is when you encourage your children to exercise, it may encourage you to do the same.



More info »



CHINESE STYLE – CHICKEN & SWEET CORN SOUP

Ingredients (serves 6)

- 2 cups (500ml) chicken or vegetable broth/stock
- 1 can creamed corn
- 1 tsp soy sauce (all-purpose or light)
- 1 tbsp Chinese cooking wine OR Dry Sherry
- 1 tsp minced ginger
- 1 minced garlic clove
- 1 tsp cornflour/cornstarch, mixed with a splash of cold water into a slurry
- 1 egg, whisked
- 1 ½ cups of shredded cooked chicken
- Salt and white pepper, to taste
- 2 chopped Spring Onions

Method

1. Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour/water mixture in a saucepan over high heat.
2. Bring to a boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Adjust seasoning with salt, turn off the heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
4. Add the chicken, season with white pepper, and serve, garnished with spring onions.

WORD SEARCH

M	E	G	A	N	I	A	R	D	M	I	I	G	E
I	T	T	E	L	E	H	E	A	L	T	H	S	E
S	T	R	E	A	T	M	E	N	T	I	A	M	E
A	I	E	A	C	T	I	V	E	S	N	E	C	S
S	Y	M	P	T	O	M	S	S	E	F	E	E	S
I	E	V	I	S	I	O	N	T	L	E	L	X	G
H	A	M	T	O	N	E	H	A	T	C	A	E	L
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H	E	A	D	A	C	H	E	G	N	E	R	E	L
X	I	D	O	C	T	O	R	R	R	G	A	D	O
A	I	R	E	A	M	E	D	I	C	A	L	E	D

DRAINAGE
STANDING
DOCTOR
MEDICAL
INFECTIO
SINUS
VISION
FEMALE
EXERCISE
HEADACHE
GLANDS
ACTIVE
TELEHEALTH
TEARS
VEIN
TREATMENT
SYMPTOMS

● SKIN CHECKS

Now is a good time to book in for a Skin Check. Call to make an appointment.

● SERVICES OFFERED

We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.

- General family medical care
- Minor surgical procedures
- Men/Women's health
- Vaccinations
- Travel Vaccinations
- Nutrition advice
- Skin Checks
- Family Planning
- ECG
- Spirometry
- Chronic Disease Management
- INR Testing

We also conduct Nurse Pap Smear/ Diabetic Clinics.

For your convenience we also have on site Pathology and Podiatry.

● SPECIAL PRACTICE NOTES

Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised staff members.

To keep your records up to date please make sure you inform us of any changes to your details.

Comments & Suggestions. We take your concerns, suggestions and complaints seriously. If you are unhappy with any aspect of the care you receive from this practice, we are keen to know about it. Please feel free to talk to your doctor or receptionist or you may prefer to write to us. You may also contact the: Health & Disability Services Complaints Office (HADSCO) GPO Box B61, Perth. WA 6838. Phone: 9323 0600.



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