

FREE TO TAKE HOME!

## DECEMBER - JANUARY 2021 EDITION



STI's



Shin Splints



Gestational Diabetes



Over 65 and exercising?

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](http://www.healthnews.net.au)

### ● PRACTICE DOCTORS

#### Dr Kong Yii Ting MBBS (Adelaide)

A special interest in drug and alcohol addictions, RTW and third-party compensation cases, migrant health problems, men's health, mental health and minor surgery. Fluent in English, Mandarin Chinese, Fu-Chow, Cantonese and Hokkien.

#### Dr Toan Nguyen MBBS

Special interests in lifestyle medicine, mind-body medicine, holistic medicine, child and adolescent health, migrant and refugee health with a total approach to wellbeing. Speaks English and Vietnamese.

#### Dr Tony Thoo

MBBS (Adel), MSc Occ Med, FAOEM (RACP) RTW, third-party and insurance cases

#### Dr Darren Ng

MBBS (Adel), FRACGP, DCH Practices all areas of general medicine, with interests in sports medicine, chronic disease, preventative health, sexual health/ STI's and paediatrics.

#### Dr Ashley Ng MBBS (Adel), FRACGP

Has interests in all areas of general practice, in particular aged care, paediatric care, palliative care, men's health, mental health, preventative medicine, chronic disease.

#### Dr Amra Duvnjak MBBS (Adel), FRACGP

Women's health, paediatric medicine, immunisation, preventive medicine and skin and cosmetic medicine as well as migrants health. Speaks Bosnian, Croatian, Serbian and able to understand Slovenian and Macedonian languages.

#### Dr Nazeer Ibralebbe MBBS, FRACGP

Special interests in diabetes management, chronic disease, paediatrics, RTW Speaks Sinhalese & Tamil

#### Dr Zaw Moe MBBS, FRACGP

Chronic Disease Management such as Diabetes, Obesity and Heart Diseases; Skin cancer and general surgical procedures eg. cyst removal. Speaks Burmese & Mandarin

#### Dr Irwan Hamid MBBS, FRACGP

Special interests in geriatrics, paediatrics, women's and men's Health, Dermatology, Chronic disease. Speaks English, Malay & Indonesian

#### Dr Cathy Tang BClinSci/MD

Born and raised in Adelaide and completed her Bachelor of Clinical Science/Doctor of Medicine (BClinSci/MD) at Flinders University in 2015. Special interests include Women's health; Paediatric health; Implanon insertion; minor procedures Speaks English, Cantonese

### ● VISITING SPECIALISTS

#### Dr Chathurinie Aluthwala

General Physician

#### Dr Chris McDonald

General Surgeon

#### Dr Andrew Markwick

Cardiologist

### ● PRACTICE MANAGER

Tricia

### ● PRACTICE NURSES

Najiba, Doreen & Monaha

### ● RECEPTION STAFF

Sang, Mai, Wah, Stephanie, Dao, Josephine, Natasha, Julie, Angela, Frances & Shona

### ● AFTER HOURS & EMERGENCY

After hours arrangements please call **08 8341 1011**. In the case of emergency please dial **000**.

### ● BILLING ARRANGEMENTS

We direct-bill Medicare. Please bring your Medicare card to your appointment.

This is a bulk billing practice – no cost if Medicare card used.

Third Party / Insurance cases, pre-employment medicals and commercial driving medical examinations are not covered by Medicare and will be billed at AMA recommended fees.

Overseas visitors will be expected to pay the private fees at the completion of the consultation.

Allied Health accept private health extras, return to work (RTW) insurance claims, as well as private payment.

Referrals made to Allied Health by your doctor under a GP Management Plan, or Mental Health Care Plan have no out-of-pocket expense. Please talk to your doctor to see if you are eligible.

### ● SURGERY HOURS

Monday-Friday.....7:00am-7:00pm

Saturday.....8:00am-6:00pm

Sunday.....9:00am-5:00pm

Public Holidays.....9:00am-1:00pm

### ● SPECIAL PRACTICE NOTES

**Referrals.** Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from Specialists. You can discuss this openly with your doctor, including potential out of pocket expenses.

**Patient Feedback.** We welcome your comments or suggestions. Please feel free to talk to your GP or the Admin Staff regarding any issues. If you prefer, you can contact: SA Health and Community Services Complaints Commissioner (HCSCC) on T: 08 8226 8666 or Toll free (SA): 1800 232 007.

### ● APPOINTMENTS

**Consultation is by appointment.** Urgent cases are seen on the day.

**Booking a long appointment** is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

**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.

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



## Sexually transmitted infections (STI's)

The term Sexually transmitted infections (STI's) applies to a group of infections that are predominantly spread by sexual contact. The group is diverse in both symptoms and severity. It includes Chlamydia, gonorrhoea, hepatitis B, hepatitis C (some people do not classify this as an STI) syphilis, HIV (AIDS) and herpes simplex.

The symptoms depend on the infection. The most common symptoms of an STI are pain or burning with passing urine, discharge from the penis or vagina, discomfort in the pelvis and sores on the genitals or groin. It is important to note that there may be no symptoms.

The best form of treatment is prevention so practising safe sex is the key. It is also important to have STI screening tests if you are sexually active and not in a monogamous relationship. This can be arranged by your GP and involves both a blood and urine test.

Treatment depends on what is diagnosed.

Chlamydia is by far the commonest STI and is easily treated with antibiotics. Gonorrhoea and syphilis are also treated with antibiotics. Treatment for hepatitis or HIV is far more complex. Fortunately, these conditions are less common. There is a vaccination against hepatitis B.

If you have any symptoms you are concerned about, ask your GP. If you are diagnosed with an STI, it is important to notify people you have been with so they can be treated too. Some STIs have to be reported by your GP to the health department who track cases of some infections. Do not be alarmed about this.



## Gestational Diabetes

This is a rise in blood sugar during pregnancy, which generally returns to normal after giving birth. It affects 3% to 8% of pregnant women and typically starts between week 24 and 28, hence there is routine blood testing for glucose at this stage of pregnancy. The test is a glucose tolerance test where blood is taken before and after consuming a glucose drink

Risk factors for gestational diabetes include being overweight, being over age 30, having a family history of diabetes and having had gestational diabetes in a prior pregnancy. People of Chinese Polynesian, Vietnamese and Indigenous Australian background are at increased risk.

During pregnancy, hormones from the placenta help the baby grow. However, they can block the effects of maternal insulin leading to insulin resistance. It is estimated that insulin requirements when pregnant can be three times normal. For some people, the body doesn't handle the load and thus gestational diabetes develops. When insulin levels drop post-delivery, blood sugars can return to normal.

Gestational diabetes increases your chances of developing Type 2 diabetes later in life, but it is not a given. It does not mean your baby is born diabetic.

Eating a healthy diet, doing regular exercise and maintaining a healthy weight all reduce the risk.

If you have gestational diabetes, it is important to monitor and control sugar levels in the bloodstream. This means eating a healthy diet low in sugars and refined carbohydrates. You may benefit from seeing a dietician. Regular exercise helps.

## Shin Splints

Shin splints are a common condition seen in runners and those who play sports involving running and rapid acceleration.

The exact cause is not known but is thought to be due to repeated stress on the shinbone, and it's attaching connective tissue. It is more common in females and those with a previous leg injury and in those often running on hard or uneven surfaces.

The typical symptom is pain in the shin with running. There may be associated swelling. At first, the pain is when one starts running and eases after warming up. As the condition advances, pain persists for longer and can even continue after ceasing exercise.

Diagnosis is based mainly on the history. There is no diagnostic test. X-rays (or rarely, an MRI scan) may be done to rule out other causes such as a stress fracture.

There is no specific treatment. Ice packs and simple painkillers provide symptom relief in the short term. Rest and avoiding activity, which worsens the pain, is key. However, you don't need to stop all exercise. Swimming or walking in water are two options to maintain fitness.

Attention to training techniques can be helpful. Use of orthotics or insoles may also help as can change of shoes. For the more serious athlete, having a biomechanical assessment of their running style may lead to technique changes, which are beneficial.



<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/shin-splints>

<https://www.diabetesaustralia.com.au/about-diabetes/gestational-diabetes/>





## Over 65 and exercising?

Work on strength, balance & coordination.

We often think of exercise as running swimming or other cardiovascular type pursuits. This is important for fitness, but other exercises can be just as important. As we get older resistance (or weights) based exercise maintains bone strength and also muscle mass. This reduces the chances of getting osteoporosis (brittle bones) and sarcopenia (loss of muscle mass). You are never too old.

Research in NSW looked at resistance

training in people with an average age of 89 and found that people could make new muscle at the age of 102! And you do not have to be Arnold Schwarzenegger.

Start with lighter weights and increase slowly. You do not have to purchase weights. Exercises using the body's own weight such as push-ups can be very effective. Consider getting input from a physiotherapist or trainer. Do not try to be a hero!

Exercise that improves balance and

coordination can reduce the chances of falls, which is increasingly important as years go by. Pilates, yoga, Tai Chi are three examples. Start at a low level and increase slowly. Get good instruction, so you do it right.

The key to exercise is consistency, doing exercise that you enjoy and of course, not getting injured. Those exercising regularly enjoy better mental health and tend to be more resilient. The risks of heart disease stroke and bowel cancer are lowered too.

 [https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/\\$File/Tips&Ideas-Older-Aust-65plus.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/$File/Tips&Ideas-Older-Aust-65plus.pdf)

## Migraine

A migraine headache is a particular form of headache characterized by being one-sided and accompanied by nausea or vomiting and sensitivity to light. It can be preceded by a sensory warning (aura) such as flashes of light or tingling.



The term has come to be used to describe a severe headache, but whilst most migraines are severe in nature, not all severe headaches are migraines.

The exact cause is not known. Theories revolve around circulation to the brain and changes in serotonin levels within the brain. Both genetics and the environment play a role.

Around 90% of sufferers have a family history of migraines. Women are three times more likely to have migraines. Generally, they start before age 40. There are thought to be hormonal influences in some women as migraines may be more prevalent around the time of periods.

Some triggers include certain foods (alcohol, cheese, chocolate and MSG), stress, certain medications (e.g. The contraceptive pill) bright lights, strong smells and sudden changes in atmospheric

pressure. However, for many people, there are no identifiable triggers.

There is no specific test for migraine. It is diagnosed on history. Where tests are done it is to exclude other causes of headaches.

Treatment is with painkilling medications. Milder migraines may respond to over the counter tablets, but others will need prescription painkillers. Some specific migraine headache medications can be prescribed. They are only useful in migraine headaches but do not work for everyone. Ask your doctor about this. There are also preventative medications for people who have frequent migraines. Some new biologic medications have recently been approved for this use. None are an absolute cure.

Simple measures that can help are maintaining good hydration, getting enough sleep, managing stress and avoiding known triggers where possible.

 <https://headacheaustralia.org.au/migraine/migraine-a-common-and-distressing-disorder/>



## ONE CARE

MEDICAL CENTRE

*One Care Medical Centre is a state of the art medical facility located in Pennington.*

*We believe in providing comprehensive, high quality, affordable health care to all members of the community.*

*We have a large range of services to cater for all of your health care needs in a professional, respectful and friendly environment.*

### ● PRACTICE SERVICES

- Guardian Pharmacy
- Abbott Pathology
- Physiotherapy
- Podiatry
- Dietician
- Visiting Cardiologist
- Echocardiogram
- Holter Monitor
- General Physician
- General Surgeon
- Hearing Screening
- Gastroenterologist
- Exercise Physiologist

### ● SPECIAL PRACTICE NOTES

**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.

**Test Results.** Your doctor will advise when they expect the results to arrive at the practice. All results need to be booked with a follow-up appointment.

**Patient Privacy.** This practice protects your personal health information to ensure 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.

**Despite our best intentions,** we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.



**Accredited  
General Practice**



## CHRISTMAS CAKE

### Ingredients

- 3 cups (approx. 500 grams) sultanas
- 1 1/2 cups (approx. 250 – 270 grams) raisins
- 1 cup (approx. 150 grams) currants
- 1 cup (approx. 150 grams) pitted dates, roughly chopped
- 100g red glazed cherries, quartered
- 1/2 cup (approx. 75grams) craisins
- 1/2 cup (approx. 75grams) dried pineapple, roughly chopped
- 2 teaspoons finely grated orange rind
- 1/4 cup (approx. 50 grams) mixed peel 185ml
- 3/4 cup brandy
- 4 eggs (75grams eggs)
- 250g butter, at room temperature
- 200g of brown sugar
- 2 cups plain flour
- 2 teaspoons of mixed spice
- Red Glazed Cherries and Blanched almonds to decorate

### Method

**1.** Combine sultanas, raisins, currants, dates, cherries, craisins, pineapple, mixed peel, brandy and orange rind in a large bowl.

Cover with plastic wrap and set aside, stirring occasionally, for a minimum of 2 days to macerate. The longer this is left the more the flavours will develop.

**2.** Preheat oven to 150°C. Brush a round 22cm (base measurement) cake pan with melted butter to lightly grease and line the base and side with 3 layers of non-stick baking paper.

**3.** Beat butter and sugar in a bowl until pale and creamy (an electric beater is preferred). Add eggs, 1 at a time, beating well between each addition until just combined. Add butter mixture to fruit mixture and stir to combine. Add mixed spice and stir until well combined. Spoon into prepared pan and smooth the surface. Lightly tap pan on benchtop to release any air bubbles. Arrange almonds and cherries on top of the cake.

**4.** Bake in oven, covered with foil, for 2 hours 40 minutes to 3 hours or until a skewer inserted into centre comes out clean. Drizzle hot cake with extra brandy. Set aside to cool before turning out.



**This practice wishes you a very Merry Christmas and Happy New Year!**

