



BLACKBURN CLINIC FAMILY GENERAL PRACTICE

Autumn 2018 Edition

Family Medical & Licensed Travel
Vaccination Centre

195 Whitehorse Rd, Blackburn
www.blackburnclinic.com.au
Telephone: 9875 1111
Appointments: 9875 1123

Dr Grant CONNOLEY
Dr Scott GARDINER
Dr Peter ELLIOTT
Dr Peter LOVASS
Dr Adrian TANG
Dr Praba RATNARAJAH
Dr Robert DUNN
Dr Patricia GARLICK
Dr Janice KRELTSZHEIM
Dr Claire St JOHN
Dr Melanie HATTOTUWA
Dr Ann DONAGHY
Dr Sean DAS
Dr Kazunori NAKAJIMA
Dr Suzanne ASHDOWN
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.

Welcome to Dr Andrew Rawlin

We are delighted to welcome Andrew to our talented team of doctors! Andrew studied Medicine at Monash University, trained in Bendigo, Mildura and Swan Hill, and since graduating in 2012 has worked as an Intern and Basic Physician Trainee at three Eastern Health hospitals. He also holds a Masters in Tropical Medicine and Public Health, so Andrew brings a wide range of experience with him.

Q— Why did you choose to become a GP?

A— Growing up in Yea, my parents were the local GPs. I remember spending many hours after school playing in the tearoom of the town's General Practice. I always expected to do Medicine, but needed to try a few areas of Medicine before I 'knew' that General Practice was for me.

Q—What are your hobbies and passions outside work?

A—I love the footy, and I try to get to every Bombers game possible. My hope for 2018 is to get to a few interstate games. I also love running (when my knee allows it!), and have to admit to enjoying a glass of red wine.

Q—Tell us one of the best things you've done.

A—My fiancée (who is training to be a midwife) and I took one year off work to travel the world. We spent lots of time living as the locals do in places like Mexico, Peru, India and Japan. It was truly amazing.

Q—How do your friends and your patients describe you?

A—My friends say I'm easy going, supportive, and always ready for a laugh. My patients say I have a great bedside manner, but I'm not sure I can take credit for it—I think I inherited it from my parents!



New iron infusion service available at Blackburn Clinic

Iron is essential for the body, and the symptoms of low iron levels can be debilitating.

TURN TO THE BACK PAGE TO READ MORE ABOUT IRON DEFICIENCY

Nutrition

Sweet potato and pearl barley risotto

Preparation time:	Cooking time:	Serves:
10 minutes	30 minutes	4

The nutty texture of the nutrient rich pearl barley marries well with the creamy consistency of a risotto.

Ingredients

- 2 tsp oil
- 2 cups cubed sweet potato
- 1 tbsp oil, extra
- 1 leek, sliced
- few sprigs thyme, removed from stem
- 1 litre reduced salt vegetable stock
- 2 cups pearl barley, rinsed
- 1 cup reduced salt vegetable stock, extra
- ¼ cup finely grated parmesan
- 2 cups baby spinach leaves
- 1 tablespoon pepita seeds

Instructions

1. Toss cubed sweet potato with oil and place on a baking tray. Bake in a hot oven, 200°C, for 20 minutes or until golden.
2. Heat extra oil in a cast iron pot and saute leek and thyme until leek is tender.
3. Add stock and bring mixture to the boil.
4. Stir through pearl barley and bring mixture back to the boil, then reduce heat and simmer with lid on for 20 minutes, stirring occasionally.
5. Remove lid and add extra hot stock and simmer for remaining 10 minutes with lid off.
6. When pearl barley is cooked, fold through roasted sweet potato, parmesan and baby spinach leaves. Sprinkle with pepitas.

Nutrition

PER SERVE: Energy 2118 kJ (506 Cal); Protein 14.7 g; Fat, Total 13.8 g; Saturated Fat 0.6 g; Carbohydrate, Total 72.7 g; Sugars 6.9 g; Dietary Fibre 15.5 g; Sodium 947 mg; Potassium 728 mg; Calcium 151 mg; Iron 4.0 mg.

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

For more Sanitarium recipes please go to www.sanitarium.com.au/recipes

Get a Move On!

According to the 2011–2012 Australian Health Survey, nearly 70% of Australian adults are sedentary or have low levels of physical activity, while 60% of us do less than the recommended 30 minutes of moderate intensity physical activity per day. There's also increasing evidence showing the health risks associated with prolonged sitting and the benefits of breaking up our sitting time.

Clearly, we need to move more!

While planning time for regular exercise is important, there are also easy ways to incorporate more activity into our day and reduce sitting time, even when time is short.

Consider the following:

- Use the stairs rather than the lift or escalator.
- For short trips, walk or cycle rather than using the car.
- For longer trips, park further from your destination and walk or cycle the rest of the way.
- Get off the bus or train one stop earlier and walk the rest of the way.
- Walk to speak to a work colleague rather than emailing or making a phone call.
- Take a break at lunchtime, for a short walk around the block.
- Organise walking meetings with work colleagues.
- Hide the remote control and get up to change the TV channels instead.
- Walk around the house or your office while talking on your mobile phone or on speakerphone.
- Set an alert on your computer to remind you to stand up and move more often.
- Catch up with friends for a walk rather than sitting to chat or have a coffee.
- Limit your TV time and get outside for a walk or to spend some time in the garden instead.

Remember, even a few small changes to your daily routine can make a big difference over time, so plan how you'll start moving more today.

For more information:

Get a copy of the Make your Move – Sit less – Be active for life! brochure from www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines



Coeliac Disease

Coeliac disease is a condition where the gluten found in food causes damage to the lining of the intestinal wall, preventing nutrients from being properly absorbed. According to the Coeliac Society, it affects approximately 1 in 70 Australians but around 80% remain undiagnosed.

The symptoms of coeliac disease vary widely and while some people have all or many of these symptoms, others may only have a few or none at all.

Typical symptoms include:

- Digestive symptoms including wind, bloating, stomach pain or cramps, nausea, vomiting, diarrhoea and constipation
- fatigue, weakness and lethargy
- low iron levels or anaemia
- weight loss
- poor weight gain, delayed growth and delayed puberty in children
- recurrent mouth ulcers
- bone and joint pains
- easy bruising of the skin

Coeliac disease is treated with a life-long strict gluten-free diet. Gluten is the protein found in

grain foods including wheat, rye, barley and oats. So a strict gluten-free diet means cutting out all products made from these grains, which includes most breads, cereals, biscuits, crackers, pasta and noodles as well as a range of processed foods which may contain small amounts of gluten.

When gluten is removed from the diet, the intestinal wall can heal so that nutrients can be absorbed, and symptoms will improve. If not diagnosed and treated, coeliac disease can affect a child's growth and development and in adults it can lead to long-term health problems including osteoporosis, infertility, miscarriage, tooth decay and an increased risk of cancers of the digestive system.

If you have symptoms of coeliac disease it's important to see your doctor to be tested. Don't start a gluten-free diet before you see your doctor, as this makes the tests used to diagnose coeliac unreliable.

For more information:

You can find out more about Coeliac disease, including the symptoms, diagnosis and management, by visiting the Coeliac Society www.coeliac.org.au or calling them on 1300 458 836.

Women's Health: Managing Menopause

If you're struggling with the symptoms of menopause, you are not alone. According to the Australasian Menopause Society, the majority of women will have at least some symptoms and for most women these symptoms will last for 5 to 10 years.

The symptoms of menopause are a result of changing hormone levels, in particular a reduction in oestrogen, the main sex hormone in women. In the time leading up to menopause (when you have your last menstrual period), oestrogen levels can vary and your periods can become irregular.

The symptoms of menopause will vary from one woman to the next but can include those detailed in the box to the right.

For some women, these symptoms are relatively mild and easy to cope with, while for others symptoms may be severe and can interfere with daily life. This will depend somewhat on whether you went through menopause naturally (which occurs on average at around 51 years of age) or due to surgery or chemotherapy.

The management of your symptoms will vary according to your individual circumstances and needs. There are a number of options available, including lifestyle changes (such as diet, exercise, smoking cessation and mindfulness), natural and complementary therapies, hormone replacement therapy (HRT) and other (non-hormonal) medications.

If the symptoms of menopause are bothering you, speak with your doctor. They can explain the options available and work out which would be best for you.

For more information:

Visit the Australasian Menopause Society www.menopause.org.au or Jean Hailes for Women's Health jeanhailes.org.au/health-a-z/menopause/menopause-symptoms

LOOK OUT FOR...

- Hot flushes and night sweats
- Difficulties sleeping
- Tiredness
- Joint pain
- Anxiety or mood changes
- Vaginal dryness or discomfort
- An overactive bladder
- Crawling or itchy skin

Dr. LoL:)



COMPETITION

How do you know if your home environment is healthy or not?

NETATMO
healthy home coach



The Netatmo Healthy Home Coach delivers both climate information and remedial advice to improve your home environment!



This smart indoor climate monitor is ideal for families, people with asthma or allergies, new parents and anyone who wants a healthier lifestyle.

We are giving away a Netatmo Healthy Home Coach valued at \$169 to one lucky reader who wins our autumn competition. To enter visit:

www.yourhealth.net.au/win

Competition opens 1st March 2018. The winning entry will be selected on 1st June 2018. The prize winner will be notified by email.

Men's Health: Heart Health for Men

The statistics don't paint a pretty picture. Heart disease is the single leading cause of death in Australia. In 2015 it accounted for 14% of deaths in males (and 11% in females). At the age of 40, one in two men is at risk of developing coronary heart disease in their lifetime.

The good news is that there's a lot you can do to reduce this risk and avoid being a statistic.

The first step to reducing your risk is to know your risk factors. While there are a few you can't change, such as age, being male, your ethnic background and family history, there are also plenty that you can change. These include smoking, being overweight, eating an unhealthy diet, lack of physical activity, having high cholesterol and/or high blood pressure, suffering from depression and being socially isolated.

So what can you do to reduce your risk?

- ▶ If you smoke, quit. If you need help to do this, speak with your doctor or call the Quitline on 13 7848.
- ▶ Eat a healthy diet, based mainly on plant foods including fruits, vegetables, wholegrains, legumes and nuts, and avoid processed foods high in saturated fat and added sugars.

- ▶ Exercise regularly for at least 30 minutes each day and reduce your sedentary time by looking for opportunities to move more throughout your day and breaking up your sitting time regularly.
- ▶ Achieve and maintain a healthy weight by balancing healthy eating and regular exercise.
- ▶ Manage your cholesterol levels and blood pressure – this can be through lifestyle changes, with the addition of medication where needed.

▶ If you have diabetes, keep it well managed. High blood glucose levels can contribute to heart disease risk.

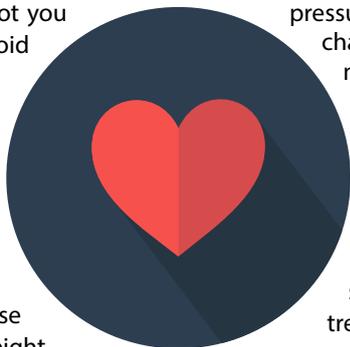
▶ Be socially active and if you are suffering from depression, speak with your doctor about treatment options.

If you are over 45 years (or over 35 years if you are from an Aboriginal and Torres Strait Islander background), the Heart Foundation recommend seeing your doctor for a heart health check.

For more information:

Visit the Heart Foundation to find out more about heart disease and reducing your risk visit www.heartfoundation.org.au

Find out more about a Heart Health Check at www.heartfoundation.org.au/your-heart/know-your-risks/heart-health-check



Continued from front page: IRON INFUSIONS

Why do we need iron?

The body uses iron to make haemoglobin (Hb), which is the pigment that makes our blood the colour red. Haemoglobin carries oxygen from the lungs to the rest of the body. Without enough iron in the body, the haemoglobin level falls as well, resulting in “iron deficiency anaemia”.

SYMPTOMS

According to betterheath.vic.gov.au, depending on the severity, the symptoms of iron deficiency anaemia may include:

Pale skin; Fatigue; Weakness; Tiring easily; Breathlessness; Drop in blood pressure when standing from a sitting or lying position (orthostatic hypotension) – this may happen after acute blood loss, like a heavy period; Frequent headaches; Racing heart or palpitations; Becoming irritated easily; Concentration difficulties; Cracked or reddened tongue; Loss of appetite; Strange food cravings.

What treatments are available?

First line treatments may include oral iron supplements or iron injections into the muscle. These are not always suitable, as oral iron supplements can cause constipation, and iron injections can cause pain and scarring. Where necessary, iron infusions have traditionally been given in hospital environments as day surgery. We now also have access to Ferinject iron infusions onsite, which is used for the treatment of patients with iron deficiency, when oral iron preparations are ineffective or cannot be used.



What is Ferinject?

“FERINJECT is an intravenous iron preparation, a medicine that is used in the treatment of iron deficiency conditions. It contains iron in the form of ferric carboxymaltose, an iron carbohydrate compound. Iron is an essential element required for the oxygen-carrying capacity of haemoglobin in red blood cells and of myoglobin in muscle tissue. Moreover, iron plays an important role in many other vital processes in the human body.” (National Prescribing Service, <https://www.nps.org.au/medical-info/medicine-finder/ferinject-solution-for-injection>)

Since early 2016, Blackburn Clinic has been giving Ferinject iron infusions onsite, where medically appropriate, at considerable savings to the traditional day-surgery model. The infusion takes 15-30 minutes, and patients need to remain at the clinic for around 30 minutes for monitoring afterwards. This service has proved very popular and there is sometimes a waiting period. We do not offer Ferinject infusions unless the patient has been diagnosed with iron deficiency by a Blackburn Clinic doctor, so the first step is a consultation.

Take home message:

Nobody should self-diagnose iron deficiency, as many of the symptoms described above can be caused by other problems. Likewise, nobody should self-medicate by taking iron supplements without consulting a doctor—excess iron can be dangerous to the body, so don't waste money on supplements that you might not need, and put your health at risk in the process.

CALENDAR OF EVENTS

4 April World Parkinson's Day - Parkinson's Australia
24-30 April World Immunisation Week - World Health Organisation
20-26 May National Palliative Care Week - Palliative Care Australia

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 onsite, 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.