

FREE TO TAKE HOME!

FEBRUARY - MARCH 2021 EDITION



Schoolyard bullying



Positive attitude



What is 'normal' in puberty?



Cataracts

● PRACTICE DOCTORS

Dr Christine Lucas

MBBS, DRACOG
Women's Health, Obstetrics, Family Medicine

Dr John Williams

MB, BS., Dip. Mus., F.R.A.C.G.P.M. Med (skin cancer)
Family Medicine, Mole Mapping

Dr Arne Leschner

MBBS, MD(Ger), FRACGP
Family Medicine

Dr Ali Lydeamore

BMBS, BAppSc(Sp Path), Cert(Paed), FRACGP
Family Medicine

Dr Dimitry Podorozhnyy

MBBS, FaegRACGP, MRCGP
Family Medicine

Dr Alan Jardine (Registrar)

MBChB BSc (Hons)
Family Medicine

Dr Joe Irimpen (Registrar)

MBBS
Family Medicine

Dr Jia Rong Lee (Registrar)

MBBS
Family Medicine

● PRACTICE STAFF

Practice Manager: Elizabeth White

Office Manager: Pam Curtis

Nursing Staff: Kathryn, Megan, Carolyn, Rachel, Bonnie, Melanie, Ella & Haylee

Administration Staff: Konny, Theresa, Allison, Melissa, Leanne, Judeane, Vanessa, Naomi, Vanessa, Jessica & Chanelle

● SURGERY HOURS

Monday to Friday.....8.30am – 5.30pm

Saturday.....8.30am – 11.30am

(urgent appointments)

● AFTER HOURS & EMERGENCY

For after hours care Please phone Port Lincoln Hospital Accident & Emergency

Phone 8683 2200

Charges may apply for this service

● YOU CAN HELP US IMPROVE ACCESS TO THE SURGERY BY:

- Ringing after 2pm for test results.
 - Ringing after 10.30am for non-urgent appointments.
 - Prescription orders take 7 days to process unless urgent.
 - Please make follow up appointments at the time of your last visit.
- Phone Health Direct 1800 022 222 for general medical advice prior to phoning our clinic nurses.

● SPECIAL PRACTICE NOTES

Phone Access: Phone messages are taken and given to the requested Doctor. It is possible to talk to your Doctor by phone though you may be asked to clarify your request by the receptionist.

Reminder System/Recall System: The Investigator Clinic is committed to preventative care. We may issue you with a reminder notice from time to time offering you preventative health services appropriate to your care. If you do not wish to be part of this system, please let reception know.

● BILLING ARRANGEMENTS

Please bring your Medicare card, healthcare card and/or pension card to your appointment. Current Consultation Fees as set by AMA - our fees reflect the quality of our service. All doctors have their own individual billing practices. **Patients are not automatically bulk-billed.** Charges may apply for phone consultations & nurses services. Fees are payable at time of consultation. Payment can be made by cash, cheque, credit card or EFTPOS. Virtually all services rendered by health professionals in private practice are GST free, however GST will be applied to any non-treatment, non-medical or non-health services rendered. Please note extra charges may apply for faxing & posting.

Miscellaneous charges:

- \$15 Non Urgent script allow 7 days
- \$22 Urgent script less than 3 days notice
- \$22 Authority script allow 7 days
- \$25 Urgent authority script less than 3 days notice
- \$20 PATS forms allow 7 days notice
- \$25 Referral (without appointment)
- \$20 Doctors support letter allow 7 days notice

● APPOINTMENTS

Please ring 8683 0788 for an appointment. Every effort will be made to accommodate your preferred time. Emergencies will always be given priority and our reception staff will attempt to contact you if there is any unforeseen delay or your doctor has been called away. Longer consultation times are available, so please tell Reception if you require extra time. An interpreter service is available on request. Please let us know when you make the appointment.

If you are unable to attend your appointment, **24 hours notice** would be appreciated. A fee will apply to missed appointments.

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.



What is 'normal' in puberty?

A normal part of life, puberty is the time when children start turning into adults. Technically it is the development of the capacity to reproduce (sexual maturation). 95% will start between the ages of eight and 14 (girls) or nine and 14 (boys). The process generally goes on for three to four years.

Together with the development of secondary sexual characteristics, there is also a period of rapid growth. For many, there are emotional changes too. With girls, parents worry about the onset of periods. These generally start two years after the onset of breast development. In boys, the worry is about later puberty and later onset of the growth spurt. There is no need for medical concern in either case.

The appearance of pubic hair does not indicate the onset of puberty. This comes from an increase in the production of androgens (male sex hormones) by the adrenal gland. It is a separate process and may happen simultaneously but can start up to two years earlier.

Precocious puberty is onset before age eight (girls) or nine (boys) and warrants a medical check as does lack of commencement by age 14. For some, a specialist referral may be needed.

Many of the puberty problems are more to do with changes in the adolescent's life which occur at the same time rather than being due to puberty itself. Have a chat with your doctor about supporting your child or about any concerns you may have.

Cataracts

This is the leading cause of blindness and vision loss worldwide. Cataracts occur when the lens of the eye goes cloudy or opaque. Around 10% of Australians have cataracts increasing from 4% of 50-59 year olds to over 60% of 90-year-olds.

Advancing age is the most typical cause. Trauma, radiation exposure some drugs (e.g. steroids) and metabolic conditions (e.g. diabetes) can also lead to cataracts. Women are more affected than men. Indigenous Australians, Caribbean or African Americans are more prone than Caucasians. Smoking and excess alcohol consumption are also risk factors.

Cataracts are classified by their level of maturity (progression), cause, or appearance. Nuclear cataracts are the most common affecting the centre of the lens. A "mature" cataract is one where the whole lens is opaque. Reduced visual acuity (ability) is the hallmark symptom. The onset is gradual and progression slow but constant in most instances. If only one eye is affected, it may not be noticed for quite a while as the other eye "compensates".

Cataracts are easily diagnosed on examination. When looking in the eye with an ophthalmoscope, your doctor can see a cataract. Those over 40 are advised a regular eye check with an ophthalmologist who can do



other eye assessments simultaneously. Your GP can refer you.

Treatment for cataracts is surgical removal and insertion of an intra-ocular lens. This is done when symptoms warrant it, and prescription glasses no longer are helping. This may be

many years from the time of diagnosis.

The procedure is generally done under local anaesthetic, and you will be in and out in a few hours. Recovery is quick. The eye is padded for a short period of time, and you will be prescribed drops post operatively.



BRAISED BEEF CHEEKS WITH TORTILLAS

Ingredients

- 1 dried ancho chilli (or more to taste)
- 4 garlic cloves, crushed
- 1 tablespoon tomato paste
- 1 tablespoon honey
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika (pimenton)
- 1/3 cup (80ml) olive oil
- 4 beef cheeks, trimmed
- 2 cups (500ml) beef stock
- Juice of 2 limes
- Small corn tortillas, lightly grilled
- 1 avocado, chopped
- 2 butter lettuces, outer leaves discarded
- Sour cream, to serve
- Red onion, to serve
- Corriander, to serve
- Fetta Cheese, to serve

Method

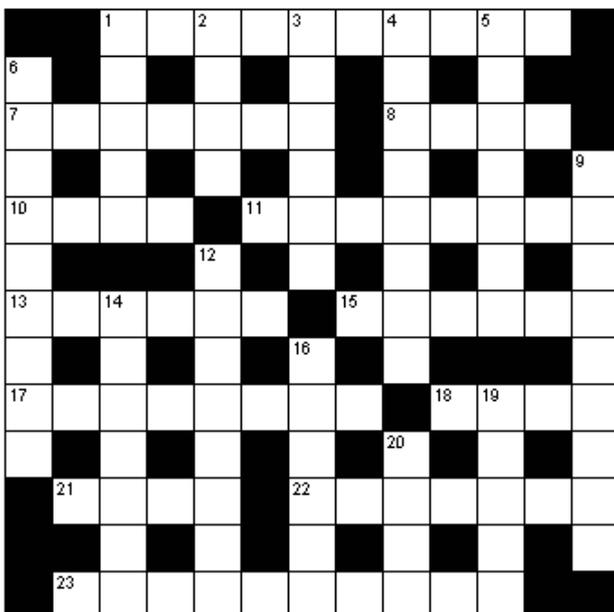
1. Place the ancho chilli in a bowl and cover with 1/2 cup (125ml) boiling water. Soak

for 10 minutes or until softened. Place the chilli and soaking water in a small food processor with the garlic, tomato paste, peanut butter, honey, cumin, paprika, 2 tablespoons oil and 1 teaspoon salt and whiz until a paste. Transfer to a bowl, toss the beef cheeks in the marinade, cover and chill in the fridge overnight.

2. Preheat the oven to 180 degrees. Heat 2 tablespoons oil in a flameproof casserole dish over medium-high heat. Remove the beef from the marinade (reserving marinade) and brown. Add stock, lime juice and reserved marinade to the casserole dish, then cover and cook in the oven for 3 hours or until the meat is tender. Remove from the oven and cool slightly. Remove beef from the braising stock and shred, using 2 forks.

3. For serving, place the shredded beef on the tortillas with avocado, lettuce, sour cream, pickled red onion and coriander.

CROSSWORD



Across

- 1 Credible (10)
- 7 Chic (7)
- 8 Arrange in order (4)
- 10 Cook in an oven (4)
- 11 First showing of a film (8)
- 13 Uncover (6)
- 15 Northern Ireland (6)
- 17 Roomy (8)
- 18 Warmth (4)
- 21 Orient (4)
- 22 Bishop's district (7)
- 23 Unnecessarily (10)

Down

- 1 Fracture (5)
- 2 Flesh without fat (4)
- 3 Whole (6)
- 4 Put together (8)
- 5 Of greatest size (7)
- 6 Robin (9)
- 9 Rued (9)
- 12 Helped (8)
- 14 Mollify (7)
- 16 Obstacle (6)
- 19 Sorrowful poem (5)
- 20 Throw carelessly (4)

The Investigator Clinic

● SERVICES OFFERED

- Family Medicine
- Paediatric Health
- Adolescent Health
- Men's Health
- Women's Health
 - Ante Natal Care
 - Post Natal Care
 - Colposcopies
 - Mirena and Implanon insertions
 - Nurse led Cervical Screening Clinic
- Aged Care Management
- Family Planning
- Chronic Disease Management
- Asthma Management
- Mental Health Care Plans
- Counselling services
- Skin Clinics
 - Mole mapping
 - Skin checks
- Medicals
- Other Onsite Services
 - ECG's
 - Audiometry
 - Spirometry
- Immunisations and Vaccinations
- Childhood immunisations are performed by our Registered Nurses in our Treatment Room by appointment only.
- SA Pathology on site
- **Home Visits:** Home visits are available for regular patients whose condition prevents them from attending the clinic during normal surgery hours. You will be transferred to the RN Treatment Room Nurse who will liaise with you and the treating Doctor to arrange the time of the home visit. A private charge may apply for this service.
- **Your Rights:** We take your concerns, suggestions and complaints seriously. If you have a problem, we would like to hear about it. Contact the Manager by phone (8683 0788) or in writing with details of your concern. However, if you wish to take the matter further and feel that you need to discuss the matter outside of the surgery, contact the Office of Health & Community Service Complaints Commissioner on Free call: 1800 232 007.
- **Personal Health Information:** 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 this information is only available to authorised staff members.