

FREE TO TAKE HOME!

JUNE - JULY 2021 EDITION



COVID vaccination



Medicinal Cannabis



Haemorrhoids



Tonsillitis

● 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, Melanie, Ella, Haylee & Aileen

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

● SURGERY HOURS

**Monday to Friday.....**8.30am – 5.30pm

**Saturday.....**8.30am – 11.30am

● AFTER HOURS & EMERGENCY

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

Phone **8683 2200**, or phone **000** in the event of an emergency.

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

**COMMUNICATING WITH THE PRACTICE**

You can contact the practice by phone. Depending on the reason for your call and the urgency, you may be able to speak with your doctor. If appropriate a message can be left and the doctor will return your call as soon possible. For confidentiality reasons we do not use email for medical related correspondence, this is for general enquires only.

**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. 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. For full details on our fees please refer to the fee schedule available at reception and on our website.

● 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](http://www.healthnews.net.au)



▷ Please see the Rear Cover for more practice information.



## COVID vaccination

As you read this, the covid vaccination roll out will be well under way.

Phase 1a started first and included aged care residents and staff, quarantine and border force workers and certain frontline healthcare workers. This was estimated to be 1.4 million doses.

Phase 1b is roughly ten times as many doses. The people in this group are those over the age of 70, ATSI people over the age of 55, younger adults with a medical condition or disability and other higher-risk workers ( e.g. healthcare, defence force, police).

Around Australia, 4500 practices have registered to be vaccination centres. It is, rightly, felt that the best place to have your vaccination is where your medical history is known. Before having the vaccine, there is a questionnaire you need to complete. Blood clotting is a rare side effect. However, a history

of blood clots or being on a blood thinner medication does not of itself mean you cannot have the vaccine.

You will be required to wait for at least 15 minutes after having the shot before leaving and also to report any adverse effects that you feel. Some do report headache or being a bit "off colour" the following day. Soreness at the vaccine site can occur.

The two doses of the Covid vaccine should be 12 weeks apart, so you will be encouraged to book your second one at your initial vaccine visit. It is also important to separate the Covid vaccination from the flu vaccination by at least 14 days.

*EDITORS NOTE: This information was current at the time of print*

## Haemorrhoids

One of the most common health issues searched about on the internet is haemorrhoids.

It is estimated to affect 300,000 Australians each year. These are essentially a "varicose vein" at the anus and can be internal (inside the rectum) or external. Risk factors related to pressure such as constipation or heavy lifting and sitting on hard surfaces for prolonged periods. There may be a genetic tendency.

Symptoms include itching or pain at the anus, discomfort when opening the bowels, bleeding at the anus and a "dragging sensation". The severity ranges from mild to severe.

Diagnosis is based on the history and examination. There is no need for tests to diagnose haemorrhoids. However, bleeding from the bowel in the absence of haemorrhoids will need investigation. If you experience this, always consult your GP.

Treatment is about relieving symptoms whilst waiting for resolution, generally taking a few days. There are numerous ointments and suppositories, most of which do not require a prescription. Sitting in a



lukewarm bath may help. Drink adequate water and eat enough fibre so as the stools are not hard. Stool softeners may help. Rarely the haemorrhoid may need lancing and, if infected, antibiotics.

If recurrent and troublesome, haemorrhoids can be treated surgically. Today this is usually by injection or banding rather than formal removal. Prevention measures include avoiding constipation by drinking enough fluid and having plenty of fibre in the diet. Be careful with heavy lifting.



## Medicinal Cannabis

Since legalisation there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia.

Since legalisation, there have now been well in excess of 100,000 approvals granted to prescribe Medicinal Cannabis in Australia. Like all medications, it does not work for everyone. It is also not a cure for any medical condition. The largest number of approvals to prescribe have been for chronic pain. Other more common reasons include cancer symptoms, (e.g. pain, nausea and cachexia), insomnia, and Parkinson's.

The use of medicinal cannabis remains an area where opinions differ in medicine. In March, the faculty of pain medicine stated publicly that it should not be prescribed for pain as there was no evidence to support its use. Many patients who have found improvement in their pain levels would dispute that, as would doctors who have followed the research.

Medicinal cannabis can only be prescribed in Australia with relevant approvals. It can only be used in conditions where the TGA accepts evidence of benefit and where other treatments have either failed to help or have caused unacceptable side effects. There is no PBS subsidy.

Currently, there are a number of trials being done in Australia to learn more about the role of Medicinal cannabis. Some of these are recruiting patients interested to volunteer to be part of trials.

Not all doctors are familiar with the role and use of Medicinal Cannabis, but an increasing number are. As always, talk to your doctor about what the options are for you in your specific circumstances.



# Diagnosing & Treating Hypertension

High blood pressure (hypertension) is estimated to affect nearly one-third of Australian adults.

Risk factors include a positive family history, being male, older age, being overweight, consuming excess salt and insufficient exercise.

Hypertension can be due to a secondary cause like kidney disease, but most commonly is essential hypertension without other underlying cause. Hypertension is a risk factor for heart attack, stroke and kidney disease.

Some people may experience headaches or tiredness, but most have no symptoms. Diagnosis is by measurement of blood pressure. Normal blood pressure is generally regarded as being below 140/90. The upper (systolic) pressure is when the heart contracts whilst the lower (diastolic) is in between beats when the heart rests. Pressure can increase with age. Blood pressure is variable, so one reading is not diagnostic. If your pressure is elevated, your doctor will recommend

further visits to re-check the level. Today many people have home monitors, and 24-hour monitoring can be arranged (this is not covered by Medicare). Your doctor may recommend other tests too.

Regular checks of blood pressure are recommended for people 40 and older and starting younger if need be.

The first line of treatment is lifestyle measures ( weight loss, reducing salt intake, doing more exercise, managing stress, eating more vegetables). Medication may be needed, and there are many alternatives. You may need to trial a few to get the right one for you, and more than one may be needed. Treatment is generally long-term, but some people can reduce or come off medications after a certain time. Ongoing monitoring of blood pressure is lifelong.

 <http://www.hbprca.com.au/high-blood-pressure/>

## Tonsillitis

The tonsils sit half way to the back of the throat and are part of the immune system, helping "trap" infections. They are particularly important in young children with less developed immune systems. Unless enlarged or infected we generally don't even know they are there.

Tonsillitis is an infection of the tonsils caused by a virus (80%) or bacteria. The symptoms are a sore throat, fever, headache, tiredness, feeling generally unwell, pain on swallowing and loss of appetite. The tonsils may enlarge and have white or yellow spots on them. They may have a "coated" appearance. It can occur at any age but is more common in children.

Preventative measures include washing hands, not sharing eating utensils with those who are unwell and coughing/sneezing into tissues.

If you suspect tonsillitis see your GP. Treatment for the viral form is bed rest, fluids, gargling (if possible), or lozenges to ease pain and paracetamol or ibuprofen for fever and pain. Bacterial tonsillitis (usually streptococcus) will be treated with antibiotics. Penicillin is the first choice, but there are other options for those allergic to it.

Some people get recurrent tonsillitis, and the question of having tonsils removed arises. Tonsillectomy is far less commonly done today than previously. The rule of thumb is four or more episodes per year for two or more consecutive years. Severity, response to treatment and time off school or work also are factors. You may be referred to an ENT surgeon. Talk to your GP.

 <http://www.mydr.com.au/respiratory-health/tonsillitis>





## THAI CHICKEN RISOTTO

### Ingredients

- 1 tbsp peanut oil
- 500g skinless chicken thigh fillets, trimmed, cut into 2cm pieces
- 1 onion, finely chopped
- 1 long red chilli, seeds removed, thinly sliced
- 2 garlic cloves, crushed
- 4 kaffir lime leaves, stems removed, finely shredded
- 1 1/2 cups (330g) arborio rice
- 1/4 cup (75g) Thai red curry paste
- 2 cups (500ml) chicken style liquid stock
- 1 cup (250ml) coconut cream
- 2 tbsp fish sauce
- 200g green beans (or peas), trimmed, chopped
- Coriander, to serve
- Fried Asian shallots, to serve
- Lime halves (optional), to serve

### Steps

1. Preheat the oven to 180°C.
2. Heat the oil in a flameproof casserole over medium-high heat. In batches, add the chicken and cook, turning, for 2-3 minutes until browned. Remove the chicken from the casserole and set aside.
3. Reduce heat to medium and add the onion, chilli, garlic and half the kaffir lime leaves. Cook, stirring constantly, for 2-3 minutes until the onion is soft, then add the rice and curry paste and cook, stirring to coat the grains, for a further 1 minute.
4. Return the chicken to the casserole with the stock and 1/2 cup (125ml) water. Bring to a simmer, then cover with a lid and cook in the oven for 25 minutes or until most of the liquid has been absorbed. Remove from the oven and stir in the coconut cream, fish sauce and beans, then cover and stand for 10 minutes.

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**SUDOKU**

## 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. For further information please refer to our privacy brochure available at reception or on our website.