

**FEBRUARY-MARCH 2023 EDITION**

**FREE TO TAKE HOME!**



Glaucoma



The importance of Exercise



Healthy food choices



Impetigo (School sores)

● **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(PaedS), FRACGP  
Family Medicine

**Dr Dimitry Podorozhnyy**

MBBS, FaegRACGP, MRCGP  
Family Medicine

**Dr Yasheen Sewnarain (Registrar)**

MD  
Family Medicine

**Dr M S. de la Rouviere**

MBChB  
Family Medicine

**Dr Amy Hoile**

MBBS, DRANZCOG (Advanced)  
Family Medicine, Obstetrics

● **PRACTICE STAFF**

**Practice Manager:** Elizabeth White

**Office Manager:** Jackie Lutz

**Nursing Staff:** Kathryn, Megan, Carolyn, Rachel, Ella & Aileen

**Administration Staff:** Leanne, Chanelle, Lynn, Jamison, Yahna, Kelly, Inge, Sharon, Pam & Brooke

● **SURGERY HOURS**

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

**Saturday (Fortnightly)**...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.

● **CHANGE TO BILLING FOR CONCESSION CARD HOLDERS**

The government has not kept the rebate for medical services in line with inflation and the rebate no longer fully covers the constantly rising costs of health care. Due to recent increase of costs and Medicare rebates not increasing to an adequate level that is essential to deliver good quality care for patients in rural communities, there has been a change to our billing policy.

As of the 1st of January 2023- Seniors Health Card holders will be charged a full private fee. Also, Commonwealth Pension Card holders and Health Care Card Holders will be charged at a reduced rate, with patients on Care Plans receiving 2 bulkbilled visits per year not relating to their care plan.

● **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, please notify us no less than **4 hours prior** to your appointment time. A fee will apply to missed appointments.



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

YOUR NEXT APPOINTMENT:

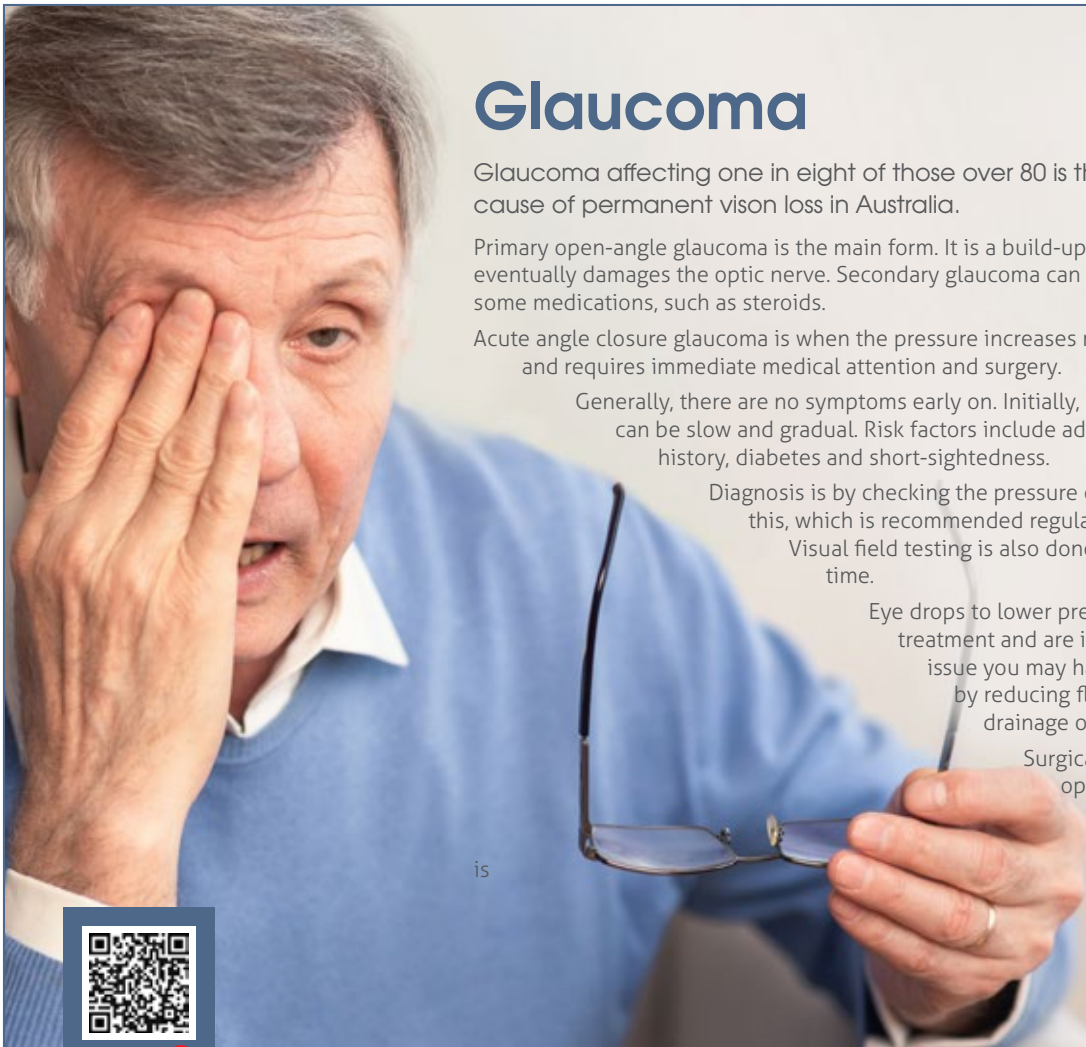
**ENJOY THIS FREE NEWSLETTER**

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)

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# Glaucoma

Glaucoma affecting one in eight of those over 80 is the second commonest cause of permanent vision loss in Australia.

Primary open-angle glaucoma is the main form. It is a build-up of pressure in the eye, which eventually damages the optic nerve. Secondary glaucoma can follow eye trauma or the use of some medications, such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no symptoms early on. Initially, side vision is affected. Vision loss can be slow and gradual. Risk factors include advancing age, a positive family history, diabetes and short-sightedness.

Diagnosis is by checking the pressure of the eyes. An optometrist can do this, which is recommended regularly for those aged 40 and above.

Visual field testing is also done, and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment and are influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving drainage of fluid.

Surgical options include laser surgery or open surgery. A newer treatment is a minimally invasive surgery and involves using a stent. This is used where drops have failed or where the use of drops may be difficult for the person.



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# Medicinal cannabis

It is now six years since Medicinal Cannabis was legalised in Australia and in that time well over 300,000 approvals have been issued for its use.

Therapeutic Goods Administration (TGA) data shows that chronic pain remains the most common indication, with mental health conditions (anxiety, insomnia and PTSD) next. Over the last two years, there has been an increased use of the dried herb, which now accounts for over a third of approvals, with oral liquid still being the most common form.

It remains that medicinal cannabis products (with two specific exceptions) are unregistered products and not subsidised. They can be prescribed in situations where the TGA recognises evidence for medicinal cannabis and that other treatments have either not helped or caused unacceptable side effects. There is no set level of side effects nor a set number of prior treatments to be trialled.

Australia is part of a global trend toward wider use and acceptance of cannabis. There are an increasing number of formulations on the market, and the ability of prescribers to fine-tune treatment to the needs of the individual is increasing.

As with all medications, effectiveness varies. Some people get significant improvement in symptoms, and some get no response, with everyone else somewhere in between. Continuing treatment is always based on patients experiencing symptom improvements. Further research is also being undertaken in Australia at a number of centres.

There does remain some hype, and it is not a panacea nor suitable for all. However, the progress over six years has started to silence the naysayers.



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# The importance of Exercise for young and old



The human body was designed to be active and for most of human history has been. Till modern times most work was physical as was the means of getting from "A" to "B".

The human body was designed to be active and has been for most of history. Till modern times most jobs were physical, as was the means of getting from "A" to "B". Even as recently as the 1970s, we had to get out of our chairs to change TV channels. It is estimated that between the mid-1960s and today, the amount of incidental movement taken over by labour-saving devices is around 2000 calories per week (about one day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance-type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the likelihood of falls and has been shown to be positive for the immune system. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at a lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. However, that does not mean it has to be every day or a set amount of time. The key is being consistent.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it!

The benefits of exercise are many. As the shoemaker says -just do it!

## Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this.



Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on a computer or other electronic devices. We can't turn back time, but it is not all bad news. You can do much as a parent or guardian to help a child battling weight.

Back to school means thinking about lunch boxes. It is fine to have a sweet treat in the lunchbox sometimes, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits

too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies) and dried fruit is another simple snack, as are cheese sticks or popcorn.

Substitute water for sweet drinks. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

Sugar-free sweets and drinks are not necessarily a better alternative, as artificial sweeteners can be just as harmful.

## Impetigo (School sores)

**Impetigo is a skin infection caused by common bacteria (staphylococcus and streptococcus).**

It is far more common in children, and the name school sores reflects this, but it can also affect adults. It is not a reflection of poor hygiene. The bacteria can live quietly on the body, but minor grazes or other disruptions of the skin surface may allow infection to set in.

The condition is not harmful or serious but is unsightly and very contagious. It often starts with redness which quickly develops into blisters that may have crusts or be weepy. They may be itchy or sore. Some children feel unwell, but many do not. It can spread from point to point around the body.

Diagnosis is generally on appearance. Sometimes your doctor may suggest swab tests to confirm the type of bacteria.

Treatment is with antiseptic on the sores and mainly with an antibiotic. It is important to keep your child home from school and away from other children. Wash the child's clothes, bedding and towels in hot water and add something germicidal. Avoid sharing towels. Encourage hand washing and discourage scratching the sores and cover them if advised. The sores will heal within a few days, and there should be no permanent scars.



More info »



## COCONUT PINEAPPLE CHICKEN

### Ingredients

- 1 can whole coconut milk (preferably unsweetened)
- 3/4 cup pineapple juice
- 1/4 cup chilli-garlic sauce
- 2 fresh limes - juiced
- 1/4 cup light brown sugar
- 3 cloves garlic, finely chopped
- 2 tbsp of light soy sauce
- 1 tbsp finely grated peeled ginger
- 1kg boneless, skinless chicken thighs (about 8 small)
- Salt
- 1/2 cup of diced pineapple or pineapple rounds
- Coriander to taste
- Spring onions to garnish

### Method

1. In a large bowl mix the coconut milk, soy sauce, pineapple juice, chilli sauce, lime juice, brown sugar, ginger and garlic together. Add chicken to marinate and cover and place in fridge for 1 hour – 3 hours.
2. Transfer the marinade to a saucepan and bring to the boil, stirring occasionally until the marinade has thickened. Remove from the heat.
3. Grill the chicken on a lightly oiled grill or pan, seasoning with salt along the way.
4. Add the pineapple to the pan at the end and grill slightly.
5. Transfer the chicken and pineapple to a serving plate and drizzle with the marinade. Add coriander and spring onions to garnish.

## WORDSEARCH

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## 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
  - 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.