



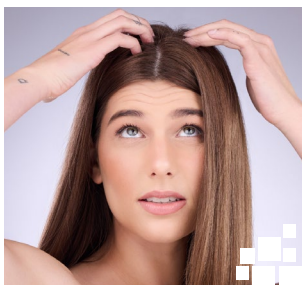
Heartburn



Sleep



Diabetes



Checking for Head Lice

● PRACTICE DOCTORS

**Dr Arne Leschner**

MBBS, MD(Ger), FRACGP  
Family Medicine, Adv Skin Cancer Surgery

**Dr Dimitry Podorozhnyy**

MBBS, FaegRACGP, MRCGP  
Family Medicine, Adv Skin Cancer Surgery

**Dr Christine Lucas**

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

**Dr John Williams**

MB.BS., Dip.Mus., F.R.A.C.G.P.M.Med (skin cancer)  
Family Medicine, Mole Mapping, Adv Skin  
Cancer Medicine & Surgery'

**Dr Ali Lydeamore**

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

**Dr Suzani de la Rouviere**

MBChB  
Family Medicine

**Dr Anke Vermeulen**

MBChB  
Family Medicine

**Dr Wintnie Aung (Registrar)**

MD. Family Medicine

**Dr Alice Fitzpatrick (Registrar)**

MD. Family Medicine

**Dr Camilla Camargo (Registrar)**

MD. Family Medicine

● PRACTICE STAFF

**Practice Manager:** Jackie Lutz

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

**Admin Team Leader:** Lauren Smith

**Administration Staff:** Leanne,  
Chanelle, Jamison, Kelly, Sharon,  
Pam, Brooke, Chantelle, Elsie,  
Georgie & Alison

● CLINIC 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 CLINIC 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 CLINIC**

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

**Patients are not automatically bulk-billed.** 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. 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, please notify us no less than **4 hours prior** to your appointment time. A fee will apply to missed appointments.

● TELEHEALTH APPOINTMENTS

If you are too unwell or unable to physically attend your appointment, please speak to our Reception staff to arrange a telehealth appointment, either video or phone consults are available. Telehealth appointments may occur within a 2 hour window of your allocated time, and usually billing policy applies. Medicare criteria for a rebate to apply, is you must have had a face-to-face appointment in the Clinic in the last 12 months.

● WALK IN AND URGENT APPOINTMENTS

To meet the increasing need of appointments for our patients, we have limited urgent on the day appointments available. Walk-in appointments will be accommodated where there is availability.

● PODIATRIST

Welcome - Jenine Durdin (Podiatrist). Jenine will be consulting from our Clinic one week a month! Appointments are made directly through Jenine by calling: 8682 5493.

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)

# Heartburn

This is a burning pain in the chest or upper abdomen caused by acid “leaking” from the stomach into the oesophagus. It is also known as reflux and Gastro-oesophageal reflux disease (GORD).

It is very common and can affect all age groups, starting with infants, and ranges from mild to severe and occasional to daily. Not everyone with heartburn has GORD. Some with GORD may have a hiatus hernia, where some of the stomach “slips” above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people, but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits, but each person needs to find what “disagrees” with them.

Prevention includes avoiding known triggers and not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies like bicarbonate of soda or herbal teas help some people, and simple antacids can relieve symptoms. At night, it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often, the history is sufficient for diagnosis, but you may be sent for tests to rule out other causes.

Prescription medications can reduce acid production for ongoing problems. Some people need short courses of these, and others need them long-term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



More info »

# Sleep



It is estimated that at the turn of the 20th century, the average person slept for nine hours each night. By the turn of the 21st century, this had shrunk to seven and a half hours.

A century ago, we did not have a 24/7 society complete with computers and smartphones. Even one generation ago, TV stations closed overnight. However, our need for sleep has not disappeared, and it must not be seen as optional.

The human body can go far longer without food than without sleep. The impairment in judgment and coordination after being awake for 20 hours was estimated by NASA to be the equivalent of a blood alcohol level of over 0.05% (the legal cut-off for driving).

Lack of sleep is associated with higher rates of obesity, type two diabetes, high blood pressure, depression, stress and even Alzheimer's. We feel we can “get away” with inadequate sleep because the symptoms are not always immediate nor clearly linked.

Many people find getting enough sleep difficult. Sleep patterns can be changed, but you must allow at least four months. Regular exercise helps, as does not eating within two hours of bedtime. Switch off screens 45 minutes before going to bed and have a regular routine. Have a comfortable bed and pillow and consider guided relaxation or meditation before bed. Some people find herbal teas relaxing. Avoid sleeping tablets, as regular use causes addiction. Above all, do not stress about sleep. Relax and let the body do its thing.

# Diabetes – differences between Type 1 & Type 2

There are two types of diabetes, broadly divided into insulin-requiring (type 1) and non-insulin-requiring (type 2). This is not absolute, as some people who do not need insulin at the start may go on to do so.

Type one occurs when the body cannot produce insulin, often starting in childhood or adolescence. There are genetic tendencies, although the exact inheritance pattern is not known. Type two comes about when the body's cells become resistant to the effects of insulin, generally occurring later in life. Weight and consumption of refined carbohydrates play a bigger role, although there are genetic tendencies here, too.

Diabetes is diagnosed by testing for glucose and glycated haemoglobin (HbA1c) in the bloodstream. A further test known as a

glucose tolerance test may also be done. This involves "challenging" the body with a sugar load and monitoring how the body handles it.

Managing diabetes includes lifestyle changes and possibly medications. Those with type one will need lifelong insulin. A low-sugar diet is vital for diabetics. Losing weight can help control glucose levels. Regular exercise is also beneficial. Blood glucose monitoring allows people with diabetes to control their blood sugar and live in relative freedom. Regular review and blood tests through your doctor are also important.



More info »

# Checking for Head Lice - signs & symptoms



More info »

Lice are annoying but not serious. Head lice are tiny, wingless insects that are common in school-age children but can potentially affect anyone.

Lice can only live on humans (they die within 24 hours if not on the body) and they feed on minuscule amounts of blood drawn from the scalp. They cannot jump or fly but only crawl. Hence, they are spread by direct hair-to-hair contact. The typical symptom is an itchy scalp. A note from school saying head lice have been found will often first alert parents.

Adult lice are grey or tan insects the size of a sesame seed on the scalp. Nits (lice eggs) are tiny white or brown dots usually attached to hair near the scalp. Although they look like dandruff, they can't be "shaken" off.

To find them, comb hair with any conditioner and use a fine tooth comb. Wipe the conditioner from the comb onto a paper towel. Look for eggs or lice. Do this through all the hair a few times.

Treatment is removing lice and nits from the hair. You can use the conditioner method (described above) every other day till none have been found for ten days. There are also specific head lice treatments (both synthetic and organic) that can be used. Follow the directions on the pack. Wash pillowcases in hot water. Family members need only be treated if lice or nits are found on them.

# Managing sun-damaged skin

After summer is a good time to have a skin check. Australia has the highest rates of skin cancer in the world.

A step before skin cancer (this applies to basal and squamous cell cancers, not to melanoma) is the development of solar keratoses, commonly known as sunspots. These cause redness and roughness on the skin. Due to this and the potential to become cancerous, solar keratoses are usually treated.

The most typical treatment is cryotherapy, better known as freezing. This involves applying liquid nitrogen (or dry ice) in a "freeze-thaw" sequence to the area. Although it can cause redness and some loss of pigment, it is usually successful, and most people have no complications. It can be used on most keratoses and is particularly good for scattered individual spots.

Several creams can also be used to treat solar keratoses. These are available on prescription. Which one and the duration of treatment depend on the individual case. They are most suited to areas on the skin where there are multiple spots.

Salicylic acid applied topically can reduce roughness and retinoid creams can help rejuvenate skin.

Laser resurfacing and photodynamic (light) therapy are newer options, but they are less widely available and more expensive.

The key remains prevention. Remember to always slip on a shirt, slap on a hat, and slop on sunscreen in the summer sun. See your doctor about any skin spots of concern and ask your doctor about an annual skin check.





## CARAMELISED ONION TART

### INGREDIENTS

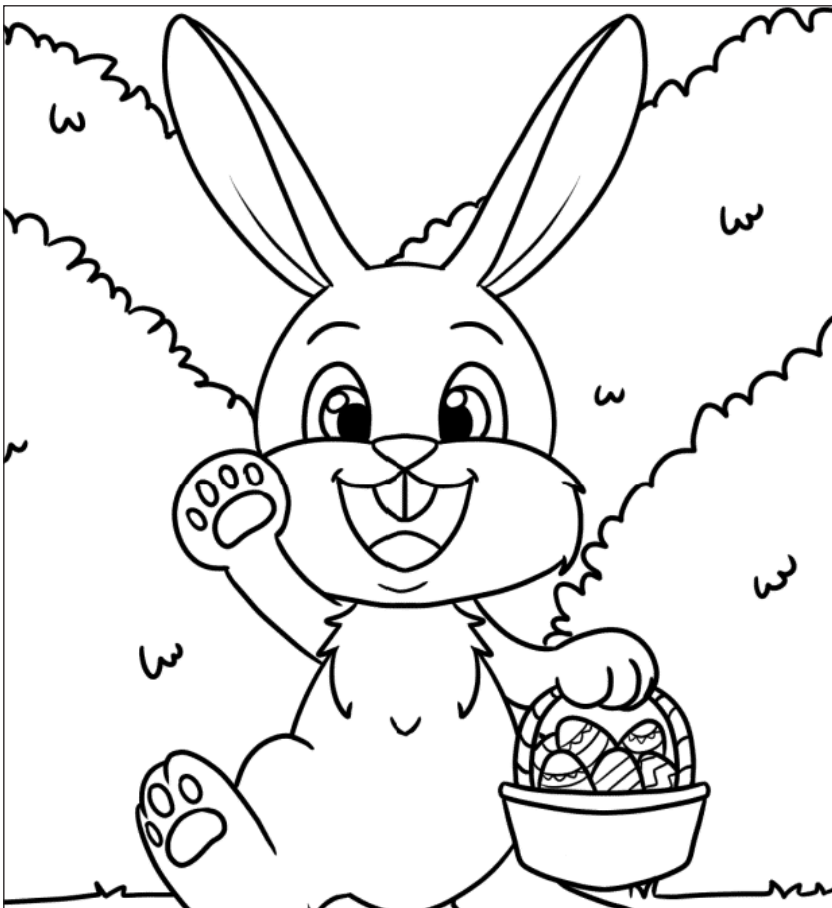
- 20g butter
- 1 tsp olive oil
- 2 red onions, thickly sliced lengthways
- 1 garlic clove, thinly sliced
- 2 tbsp caster sugar
- 1 1/2 tbsp red wine vinegar
- 2 sheets frozen puff pastry, just thawed
- 50g goat's cheese, crumbled
- 25 grams chopped walnuts

### DIRECTIONS

1. Stir Fry the onion and garlic on a medium heat, for 10 mins or until the onion softens. Sprinkle with sugar and drizzle with vinegar. Season. Cook for 3-5 mins or until the sugar dissolves

and mixture thickens slightly. Remove from heat.

2. Preheat a 20-25cm ovenproof pan in the oven and grease with butter. Transfer the onion mixture to the pan.
3. Place 1 pastry sheet on a clean work surface. Top with the remaining pastry sheet. Use a small sharp knife to trim to a 25cm disc. Place the pastry over the onion mixture in the pan, carefully tucking the edges into the pan.
4. Bake for 20-25 mins or until pastry is golden and puffed. Cool in the pan for 5 mins. Place a serving plate over the pan and invert tart onto the plate. Sprinkle with goat's cheese and chopped walnuts



**EASTER COLOUR FUN!**

## The Investigator Clinic

### ● SERVICES OFFERED

- Family Medicine
- Paediatric Health
- Adolescent Health
- Men's Health
- Women's Health
  - Antenatal Care
  - Postnatal Care
  - Colposcopies
  - Mirena and Implanon insertions
- Aged Care Management
- Family Planning
- Chronic Disease Management
- Asthma Management
- Mental Health Care Plans
- Counselling services
- Skin Clinics
  - Mole mapping
  - Skin checks
- Medicals
- Ear Syringing
- Other Onsite Services
  - ECG's
  - Spirometry
  - Holter Monitors
- 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 from attending the clinic during normal surgery hours. Please call Reception to request a home visit, and the team will facilitate a suitable time with your Doctor if they are happy to attend. 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.