



Parkinson's disease



Winter viruses



Managing stress



Connecting with teens

● 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

● A/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

Telephone: All telephone calls are answered by our reception staff. Our staff will ask you if your matter is an emergency before placing the call on hold (if required). Our staff will confirm your identity with three approved patient identifiers such as your name, date of birth, and address. Doctors are not available to take telephone calls during consulting times. Messages can be taken and actioned as soon as practically possible. Urgent calls may be directed to a practice nurse.

Email: Is not a secure form of communication with regards to patient privacy. We use fax and secure electronic messaging as our main communication tools in order to maintain your privacy. No medical advice is given via electronic communication. Our email is for business purposes only. For appointments and requests, please phone the Clinic on 08 8683 0788

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.

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

A close-up photograph of a person's hands, likely of an older age, holding a clear glass filled with water. The person is wearing a plaid shirt. The background is slightly blurred, showing another person in a white shirt.

Parkinson's disease

A progressive degenerative condition that affects body movements, Parkinson's disease affects over 40,000 Australians. It is more common in men, and the incidence rises with age. It is caused by a loss of dopamine production in the brain, but why this happens is unknown. Genetic factors, some toxins, and head trauma may be involved.

The condition may start six years before symptoms commence, which typically include trembling hands and arms, muscle stiffness, shuffling when walking, and loss of facial expression. Not all symptoms may be present, and they don't start concurrently.

Diagnosis is based on history and examination. There is no specific diagnostic test to diagnose Parkinson's. However, you may be sent for tests to exclude other causes. In most instances, you will be referred to a specialist neurologist for an opinion. It can take some time for the diagnosis to be made as, in mild instances, the diagnosis is not clear. Paradoxically, this does not matter as the use of medication is generally delayed

until symptoms are severe enough to warrant it. This is because effectiveness can wane over time.

Lifestyle measures such as not smoking, maintaining a healthy weight, and exercising can help. Physiotherapy can also play a role. A number of potential medications can be used, and surgery is an option in selected cases. There is no one-size-fits-all treatment regime.



[More info](#) »

Tips to reduce winter viruses

Typical winter cold and flu viruses have not disappeared. There are various theories about why they are usually more prevalent in winter, but nobody really knows

There is much we can do to reduce the spread. Covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. Wash your hands. Sanitiser is not essential. Soap and water are delicate.

Historically, people tended to soldier on with a virus on board. COVID changed that, and now people stay home when unwell. This not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when sick!

There are no force fields, but there are many ways to reduce the likelihood of contracting a virus. Talk to your doctor about vaccinations.

Regular exercise has been shown to strengthen the immune system, but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation herbal teas) has been shown to benefit immunity, as does having adequate vitamin D levels.



Whooping cough

Whilst relatively rare these days due to vaccination, there are still over 1000 cases of the infectious condition whooping cough in Australia each year caused by the bacteria *Bordetella Pertussis*. The bacteria are spread from person to person and cause irritation of the lining of the airways and increased mucus.

It can affect any age group but is most serious in the elderly and those under age one, where the risk of secondary pneumonia is also higher. Symptoms start seven to ten days after exposure and may be non-specific, with runny nose, low-grade fever, and cough. The paroxysmal stage starts seven to 14 days later with the hallmark cough on spasms ending with the "whoop." Later, vomiting may also occur.

Diagnosis is not always straightforward. In the early stages, there are no specific features. Swabs from the nose or throat can be diagnostic. Blood tests are not always reliable and can take some weeks to turn positive.

Treatment is directed to easing the cough and other symptoms. Steam inhalation helps. A course of antibiotics may be needed. Young children may need to be hospitalised. Those with infection need to stay away from school or work. Exclusion times vary according to circumstances.

Prevention is key, so ensure you and your family are fully vaccinated. The whooping cough vaccine is part of the childhood schedule and is recommended for pregnant women between weeks 28 and 32. Regular review and blood tests through your doctor are also important.



[More info](#) »



[More info](#) »

Managing stress

Stress is claimed to be the scourge of the 21st century. It doesn't seem to matter who you talk to; everyone feels stressed at some stage.

Relationships, money, and work are usually shown as the big three in polling. Our body reacts to stress today like it did in caveman days. It goes into fight or flight mode by releasing hormones like adrenalin and cortisol, which were very helpful when the threat had a physical solution and would be over soon (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress. Regular exercise is a great stress beater. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful too. There are many apps designed to

help people deal with stress, and many are free. Drinking herbal tea helps some people, as does keeping a journal or writing things down. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short break, if possible, may help.

Ultimately, dealing with what stresses you is the key. Remember, you don't always have to do this alone. For many, chatting with your GP or a counsellor (which can be done online or via phone) can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.

Connecting with your teenager

The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-closed bedroom door. Whilst there is some validity to this, it is far from the whole story. Adolescence is a time of change, physically, mentally, emotionally, and socially.

The transition from being a child to being an adult is not always easy. In this era of social media and smartphones, there are additional pressures.

Parents often lament that their teenagers do not listen, and they may be right. However, communication is a two-way street. This means listening is as important (possibly more so) than talking to your teens. We know that teenagers (despite what they may say) still want guidance and parental support.

Whilst publicly, they may claim to know it all, deep down, there is still insecurity.

Look for common interests. Talk about topics that they raise. Be prepared to talk when

they are ready to open up about a situation (even if you are doing something else). Be opportunistic. When driving to school (starts again) or other places, you have a captive audience. This can be a good time to talk. Aim to sit down for dinner with your teen at least a few times a week. Talk around the dinner table can be revealing. No matter how many times the answer is nothing much, ask each day how was school or what happened in your day?

Communication is the key to connecting. Ask your own parents how they coped with you. Talk to your doctor about any concerns you have about your teenager.





QUICK AND EASY EGG FRIED RICE

This quick and easy fried rice is a great use for leftover steamed rice or just a hearty meal to fill up children and dinner time. Adding your choice of protein is a great way to make it a one meal dinner. Serves 4 using two 250g microwave rice packs.

Ingredients (serves 6)

- 2 eggs for every 250grams of rice (scrambled)
- 2 x 250 gram ready to heat microwave Jasmine or Long Grain white rice
- 1 cup of Frozen vegetables (peas, corn and carrots work great)
- 1 clove of garlic
- Light Soy Sauce
- Sesame Oil
- 1 tsp Chicken Powder or Salt to taste
- White pepper to taste
- Chives or Spring Onion

Method

1. In a wok or large pan add some rice bran or vegetable oil and then the eggs. Wait for a few seconds and then add the rice will the egg mixture is still runny. It is best to heat the rice before adding to avoid dropping the temperature of the pan.
2. Stir fry the rice and egg mixture for a few minutes focusing on separating all the rice looking for a dryer consistency. Add a teaspoon of Chicken Powder or a pinch of salt to taste along with the frozen vegetables and stir for another 30 seconds.
3. Add a dash of soy sauce around the edges of the pan or wok to help it cook off and add to the Smokey flavour. Careful to not go overboard here as you can always add more to taste.
4. Add a dash of sesame oil and white pepper to taste. Follow up with the Chives or the greens of the Spring Onions and remove from the heat whilst stirring through.

WORDSEARCH

H	E	S	N	B	L	O	O	D	R	S	D	S	Y
D	A	T	I	S	S	E	R	T	S	R	I	N	E
H	D	A	H	U	N	T	E	X	T	C	S	O	E
U	L	D	G	S	S	S	S	M	E	I	E	S	S
D	D	I	U	N	T	D	I	X	V	S	A	N	I
E	V	E	O	S	R	T	S	N	U	U	S	I	S
L	I	S	C	I	S	X	S	O	R	M	E	K	R
Y	R	O	H	M	Y	W	S	Y	A	L	M	R	E
T	U	N	E	U	M	E	L	B	K	P	S	A	C
S	S	U	A	S	P	T	H	R	O	A	T	P	X
E	E	T	L	C	T	S	O	S	P	I	L	T	E
F	S	E	T	L	O	T	E	E	S	B	A	W	S
I	S	I	H	E	M	E	L	D	E	R	L	Y	A
L	N	D	Y	S	S	T	I	S	S	U	E	S	R

DISEASE
THROAT
TESTS
MUSIC
SWABS
MUSCLES
COUGH
LIFESTYLE
PARKINSONS
DIET
SYMPTOMS
STRESS
BLOOD
ELDERLY
EXERCISE
SOAP
TISSUES
HEALTHY
VIRUSES
NOSE

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.