

Dr Phil Huguenin
MBBS Dip.RACOG DA (Lon.)

Dr Peter Lewis
MBBS Dip.RACOG

Dr Mark Stainsley
MBBS Dip.RACOG FRACGP

Dr Clare Stainsby
MBBS Dip.RACOG FRACGP FACRRM

Dr Dong Xu
MBBS MMED PhD FRACGP (casual)

Dr Jacqui McDonnell
MBBS FRACGP

Dr DaMing Chi
MBBS FRACGP

Dr David Selvanayagam
MBBS

Dr Boriana Grozev
MBBS FRACGP

Dr Yan Lu
MBBS FRACGP

Dr Muneeza Khalid
MBBS

Dr Paul Cotton
MBBS

Dr Bryan Soh
MBBS

PRACTICE STAFF

Donna Smith (Practice Manager)
Tania Findlay (Nurse Team Leader)

PRACTICE NURSES

Jenny Edwards, Faye Walker,
Tania Findlay, Laura Nicholas,
Sharon Goad, Michelle Bensley,
Nicole Tuckett & Emma Radmore

ADMINISTRATIVE STAFF

Debbie Paterson, Suzie Alger, Wendy
Sellings, Barb Lumby, Maddie Dixon,
Lisa Woollard, Marina Paterson, Julie
Patterson, Genine Gilbert & Amber Cull

SURGERY HOURS AND SERVICES

CONSULTATIONS can be arranged by
phoning. PH: 5655 1355

Monday to Friday 9.00am–5.30pm

Saturday 9.00am–12.00noon
(phone lines open at 8.30am)

The practice prefers to see patients by
appointment in order to minimise people's
waiting time.

Home visits can be arranged when
necessary. If you need a home visit,
please contact the surgery as soon as
possible after 8.30am.

For After hours emergency medical
attention – at night, weekends or public
holidays please call 03 56542753 where
a nurse will triage your needs and contact
the doctor on call.

YOUR DOCTOR

MAY 2021

FREE!

This month we talk about...



LIVING
WITH LUPUS



ANXIETY IN
CHILDREN



WHEN IS A SORE
THROAT SERIOUS?



SPINACH
SPIN-OFFS

Can you bruise your bones?

The answer is yes. You can bruise your skin, muscles and bones – bone bruises are the most serious.

WHAT IS A BRUISE?

Bruises form after bumps or injuries which don't break the skin, but cause small blood vessels to break and release blood. This blood pools under the skin, which is visible as a patch of discoloration. A bruise may also be referred to as a 'contusion', and a bigger build-up of blood under the skin is called a 'haematoma'.

New bruises usually look red or purplish. As the blood clots, it stops the bleeding and becomes darker. After a few days the body reabsorbs the blood and the bruise begins to fade to yellow or greenish. Some bruises take longer than others to fade, depending on your age and health.

WHY DO BONE BRUISES HAPPEN?

When we think of bones the familiar image of a skeleton often comes to mind, so it's easy to forget that they're actually living, changing parts of the body. They're strong, but can be damaged or broken. The bones closest to your skin's surface are more likely to get bruised, such as knees, elbows and heels.

Bruising the bone takes some force, so it's usually the result of a fall or sports injury. People who play high-impact sports, or who have jobs where they might fall and injure themselves are most at risk.

HOW DO I KNOW I HAVE BONE BRUISE?

You may have stiffness, swelling, tenderness or pain that lasts longer than a normal bruise, and difficulties using the affected joint.

Sometimes, bone bruises are entirely within the middle part of the bone, so normal bruise discolouration might take a while to appear. If you've had an injury that's bruised a bone, it's likely that you've also damaged some of the soft tissues around it, so you may have more than one type of bruise.

WHAT CAN I DO ABOUT A BONE BRUISE?

A bone bruise will usually mean that you have to take it easy, and avoid putting stress on the affected part. If any lower joints are injured it can help to keep them elevated. Applying ice can help reduce blood flow and swelling – don't put ice directly onto the skin – wrap it in a towel or use a specially designed cool pack.

It's important to make sure that it's not a sign of a more serious injury, as broken bones also cause severe bruising. Bone bruises can take from a few days to several months to heal depending on the severity. It's important to get medical advice if the pain is difficult to manage, or it isn't healing as expected.

Avoiding injuries is the best way to prevent bone bruises, so if you take part in high-risk activities make sure you use the right safety equipment and follow procedures.

Our bones are constantly being remodelled, with old bone being resorbed and replaced with new bone tissue. It takes about 10 years for most of the bone in your body to be renewed.



Our newsletter is free! You can take a copy with you.

WORD SEARCH

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

ALLERGY
 ANXIETY
 AUTOIMMUNE
 BACTERIA
 BLOOD
 BONE
 BRUISE
 COLLAGEN
 CONTUSION
 DISEASE
 FATIGUE
 FLU
 FOLATE
 GENETIC
 HAEMATOMA
 ICE
 INFECTION
 LESIONS
 LUPUS
 PAIN
 PHOBIA
 SCALY
 SKELETON
 SKIN
 SPINACH
 STRESS
 SWELLING
 TRAUMA
 VIRUS
 VITAMINS

Sore throats can be serious

WHY DO WE GET SORE THROATS?

Sore throats are usually caused by viral infections, like a cold, the flu or glandular fever. They can also be caused by a bacterial infection, sometimes called a 'strep' throat.

Other reasons include allergies, reflux allowing stomach acid to irritate the throat, or strain from shouting or yelling. Throats can also be damaged from injuries – think of a child tripping over with a lollipop in their mouth.

HOW CAN I HELP A SORE THROAT?

Sore throats with minor coughs and colds can usually be managed at home with simple painkillers, fluids, and rest. Some people find that iced water makes swallowing easier, and ice blocks can help to keep fluid intake up. Gargling with salty water can soothe a sore throat, and may help prevent it from getting worse. Throat lozenges can also provide relief, and water with a spoonful of honey is a pleasant-tasting old remedy.

WHEN SHOULD I BE CONCERNED?

If you have a sore throat accompanied by any of the following symptoms, seek treatment from a doctor as soon as possible:

- high fever, shivering, or you're feeling generally unwell or very tired
- swollen tonsils with visible flecks or spots on them
- earache, headache, joint pain
- skin rash
- you have a high risk of serious complications from viral or bacterial illnesses – this may be because of medical conditions or medication which affects the immune system.

Very swollen throats which are stopping you from swallowing should be treated as a medical emergency.

You can usually expect sore throats to improve after 2 or 3 days; if you're not getting better within this timeframe, it's okay to ask for advice. Throat infections that keep recurring should also be reviewed by a doctor.

Children from Aboriginal and Torres Straight Island, Māori, and Pacific Island descent are at much higher risk of serious complications from throat infections than the rest of the population. These complications can be easily treated if they're caught early, so children from high risk groups should have urgent medical assessment for throat infections.



Spinach, tomato & cheese bake

This is a hearty one-dish meal of tomatoes, spinach and pasta, covered with a cheesy vegetable topping, and baked till golden brown.

BASE

350g penne pasta
2x 400g tins of Italian flavoured chopped tomatoes
1/4 cup tomato paste

TOPPING

1 tbsp. olive oil
1 medium onion, chopped
2 garlic cloves, crushed
120g bag spinach leaves, chopped
1 cup fresh wholemeal breadcrumbs
200g cottage cheese
1 egg, beaten
1 1/3 cups tasty cheese

INSTRUCTIONS

1. Cook pasta until just tender. Drain. Place in large bowl and mix with tomatoes and tomato paste.
2. Heat oil in frying pan, add onion and garlic and cook gently for about 3mins. Transfer to a large bowl, stir in chopped spinach and let cool.
3. Mix breadcrumbs, cottage cheese and 1 cup of tasty cheese, egg, salt and pepper and stir into the onion and spinach mixture.
4. Pour the tomato and pasta mixture into a large baking dish, or divide into smaller ramekins, and spread on the topping mixture. Top with remainder of grated cheese.
5. Bake at 190°C for 20 minutes, or until the top is golden brown.



Spinach could make your hair grow and your skin glow!

Spinach is well known to be high in iron – just look at Popeye! One thing Popeye isn't known for though is a good head of hair, but actually spinach is a great source of the nutrients that promote both healthy hair and skin.

Spinach is loaded with vitamins and minerals.

- Folate helps normal cellular function and tissue growth, essential for healthy skin and hair.
- Iron is essential for hair growth as well as all-round health and metabolism. What's more, having low iron levels can cause thinning hair.
- Vitamin A helps skin produce sebum, its protective natural oil.
- Vitamin C helps us produce collagen, and is a powerful antioxidant – a substance which helps prevent aging, certain types of damage within the body, and even some serious diseases.
- Vitamin E is well known for improving skin, and is often included in skincare products.

The combined nutrients in spinach promote healthy collagen growth – the substance which keeps skin stretchy and allows it to bounce back into shape instead of sagging, especially as we age, or for those of us with dry skin conditions.

If all this is making you think of taking spinach extract supplements, be aware that although these can provide some of the nutrients, they lack the overall healthy qualities of fresh spinach. Supplements have lower levels of some vitamins, less fibre, and aren't filling in the same way as eating a whole food. Spinach is versatile and readily available, so it's easy to include in your diet.

Spinach also contains lots of vitamin K – the vitamin that controls how well blood clots. Although this is an important nutrient for most people, those who take blood thinners may be advised to avoid or limit spinach. If in doubt see your doctor for advice.

Living with Lupus

Lupus is an autoimmune disease caused by a person's own immune system attacking parts of their body. The cause is unknown and symptoms can be variable and unpredictable, affecting almost any part of the body. This means that getting a diagnosis of lupus can take a long time, and there are often many other conditions to rule out first.

TYPES OF LUPUS

There are two main types:

Systemic Lupus Erythematosus, or SLE

When we talk about lupus, we're usually referring to SLE. As a 'systemic' disease, SLE can affect any part of the body, though there are a few common symptoms. These can include extreme fatigue, pain, swelling of the joints, and sometimes problems with memory or a feeling of 'brain fog'. Some people with SLE seem to be more likely to develop certain cardiovascular diseases like strokes and heart disease.

World Lupus Day on May 10 raises awareness about this autoimmune disease.

Cutaneous Lupus

This is an autoimmune skin condition related to lupus. People with cutaneous lupus develop round, red, sometimes thickened and scaly skin lesions. The affected skin can become particularly sensitive to sunlight. Around 1 in 10 people with cutaneous lupus will also develop SLE.

There are two other rarer forms of lupus: neonatal lupus, a temporary form of lupus which affects new-born babies of mothers with lupus, and drug-induced lupus, where certain medications can cause some people to develop lupus-like symptoms.

LIVING WITH LUPUS

Currently there is no cure for lupus; but the disease and symptoms can often be well-managed, and most people can expect to have a good quality of life.

Autoimmune disease treatment can be complex, and treatment of the underlying disease should be managed by a specialist. Managing the symptoms of lupus depends on each person's individual experience of lupus, as the symptoms can be so varied.

There are some useful support organisations for people with lupus, including local, national, and international groups. Lifelong management of lupus will involve a mix of self-care and professional medical input.

How to help your child with their anxiety

Feeling anxious about certain situations or events is normal, even necessary. But sometimes, anxiety can become severe enough to have a serious negative impact on a person's life – this can happen to adults and children alike.

Anxiety in childhood can cause children to become withdrawn; often missing school and social interactions at a time when developing social skills and friendships is incredibly important.

WHY ARE SOME CHILDREN MORE ANXIOUS THAN OTHERS?

Some people are simply more likely to suffer from anxiety than others. There appears to be a genetic element to how resilient children are in different situations, and different responses to stressors can be seen in children as young as six weeks old.

Some events naturally cause more anxiety or fear than others; and a strong emotional response to traumatic events – the death of a much-loved pet, for example, is very normal. Being able to move on and continue normal activities despite difficult events requires emotional resilience, and some people find it harder than others. The good news is, resilience can be learned at any age and there are many resources available to help with this.

WHAT CAN I DO TO HELP?

Sometimes anxiety can be managed at home with simple techniques including:

- helping your child to recognise when they're anxious
- making sure your child knows that they can ask for help, and who to ask
- finding out about any particular worries or triggers – it can help just to talk about what makes people anxious and why. If they don't want to talk about it, perhaps they could write it down or draw their anxieties.
- practicing simple relaxation exercises like deep breathing or grounding techniques.

WHEN SHOULD I BE CONCERNED ABOUT MY CHILD'S ANXIETY?

Some forms of anxiety can come and go as a normal part of development – for example, young children may experience some separation anxiety when apart from their parents. If anxiety is manageable, it's considered a normal developmental stage.

Anxiety becomes a problem when it prevents a child from enjoying normal life; when they avoid social settings, and are unable to manage their usual activities at school, home, or out and about. Some of the forms that a child's anxiety can take are phobias, social anxiety, or obsessive-compulsive behaviour.

If your child is suffering with severe, unmanageable anxiety, or if it persists despite simple management techniques, seek professional help and advice. There are lots of resources available, and seeing your doctor is a good place to start.

RETURNING TO COVID "NORMAL"

The last 12 months have certainly been different for everyone, and there lots of changes to how we do things. Here at the clinic we also had to adapt to the pandemic and restrictions that have been implemented by the department of health. Some of these included: restricting the amount of patients we were allowed to see at the clinic, the introduction of telehealth appointments, compulsory masks, and patients having to wait in their cars instead of in the waiting room. But as we are now learning to live with the pandemic, things that were put on hold are now important to follow up. Below are some of the additional services that we offer at the clinic, and whilst some things have been modified to be Covid safe it's important not to put these important health checks off any longer.

SKIN CLINIC

Are you concerned with any spots or bumps on your skin? Then you should book in our skin clinic for a skin check by Dr Mark Bensley. Skin clinic runs every Tuesday.

WOMEN'S HEALTH CLINIC

This is a clinic that runs once a fortnight specifically for women's health. They are 30 minute appointments that include not only cervical screening, provided by one of our nurses trained in women's health, but also a discussion on women's issues regarding health and education.

LIFE PROGRAM

Are you at risk of developing type 2 diabetes, heart disease or stroke, have a BMI >35? Then this is the program for you! The life program is a FREE program that is run fortnightly for 8 weeks. During this time we discuss lifestyle changes that can dramatically reduce your risks of developing type 2 diabetes, heart disease and stroke. The program includes a session with a dietician to discuss food labelling and better food choices, and a session with a physiotherapist to explain ways we can get moving at home. Our programs are currently offered online or over the phone.

SMOKING CESSATION SESSION

We are all aware how hard it is to QUIT smoking, research shows us that the more support we receive the more likely we are to succeed. Here at the clinic we offer QUIT sessions with the nurse and GP. During these sessions we help you develop a plan to QUIT. These sessions are available at the clinic every day, if you are interested please ask your GP

IMMUNISATIONS

We offer a variety of immunisations here at the clinic, from childhood immunisations including catch up schedules, teenagers (particularly those that are a bit concerned about having a needle), through to adult immunisation such as flu, pneumonia and shingles vaccination. We have a team of nurse immunisers and GP's who can advise you on the right vaccinations for you.

CHRONIC DISEASE MANAGEMENT

If you have a medical condition that lasts longer than 6 months, please discuss this with your GP as you may be eligible for a Chronic disease management plan. This is a detailed plan to help you manage your condition. If eligible you may even be entitled to some rebates for allied health care.

ASTHMA EDUCATION

If you suffer from asthma then you should have an asthma action plan. For children and teenagers these action plans are required by schools and need to be updated annually. We have an asthma educator who will discuss with you your current medication, if you are using them correctly and also develop an action plan for when your asthma flares up.

WOUND MANAGEMENT

Do you have a non healing ulcer or acute wound that needs attention? Our nurses are highly skilled and offer wound care services in conjunction with your GP. There may be additional costs associated with this service, please discuss this with your doctor.

These are just a few of the additional services that we provide here at the Korumburra medical centre. If you would like any more information about any of these services please ask any of our reception or nursing staff, or talk to your GP.

Discuss your concerns with the doctor

It's a good idea to think about what you'd like to discuss before your visit. This form can help you organise your thoughts. After you make an appointment, take a minute to write down the doctor's name and appointment details. Then use this form to make a list of your concerns.

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

Disclaimer: The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

Our newsletter is free! Take a copy with you.