



Cardiovascular Risk



Spring Time



Sweaty Breakthrough



Exercise in Childhood

● **PRACTICE DOCTORS**

Dr Myrna Jover
MD, FRACGP
Awarded GP of the Year 2012
Illawarra/Shoalhaven Area

Dr Neill Jover
MD, FRACGP

Dr Verman De La Cruz
MD, FRACGP

Dr Gary Fisher
MBBS, FRACGP D.(Obst), RCOG, Dip.RACOG

Dr Michael Petinga
MBBS, FRACGP

Dr Jamie Mercado
MBBS

Dr Michelle Medenilla
MBBS

Dr Samia Shawkat
MBBS

Dr Matthew Lam
MD

● **PRACTICE NURSES**
Beverley – Awarded Highly
Commended Nurse of the Year 2012
Margaret, Matthew, Cherry & Debbie

● **RECEPTION STAFF**
Krystal, Melinda, Mikayla, Vanessa,
Cherry, Robin, Katie & Debbie

● **SURGERY HOURS**
Monday – Friday..... 8am – 6pm
Saturday 8am - 12pm
Sun & Public Hols..... Closed

● **AFTER HOURS & EMERGENCY**
For after hours consultations call:
Wollongong Radio Doctor:
4228 5522

In case of an emergency dial: **000**

● **BILLING ARRANGEMENTS**
Mixed Billing Practice.
Please bring your Medicare
and concession cards to your
appointment.

Private medicals are charged at AMA
rates.

Payment at the time of consultation
for non-Medicare card holders can be
made by cash or EFT.

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

● **SPECIAL PRACTICE NOTES**

Our practice philosophy is to provide thoughtful medical care to families by keeping up-to-date with medical innovations and bringing you efficient personal service.

Our practice **has been selected by the** University of Wollongong’s Graduate School of Medicine to help train senior (phase 3) medical students. Each July a new student will join our practice team for a 12 month placement. The student will participate in the delivery of care to consenting patients under supervision. For example he or she may conduct a consultation, prior to the doctor’s arrival. The student may complete a pre immunization check on children, administer influenza vaccinations over 65 year olds, take part in patient education and health screening, and be an extra pair of hands in emergencies.

Referrals. Doctors in this practice are competent at handling common health problems. When necessary, they can use opinions from specialists. You can discuss this openly with your doctor.

Patient Feedback. We would like to hear about your concerns, complaints or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer to make your concerns known outside the surgery, you can call the Health Care Complaints Commission on **(02) 9219 7444 or 1800 043 159.**

Telephone advice. Most problems are best dealt with in consultation. A doctor is available during normal surgery hours for **emergency** advice. Our staff are experienced in deciding the appropriate response to any phone request.

Test results. It is your responsibility to ensure you follow-up test results, particularly when practice staff or your doctor stress that you do this. Ask reception staff about the best way to go about it.

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

● **APPOINTMENTS**

Consultation is by appointment. Urgent cases are seen on the day.

ONLINE APPOINTMENTS AVAILABLE. Please visit our practice at www.imsberkeley.com.au or the Hotdoc website.

Home Visits. Doctors at this practice make home visits at their discretion.

Booking a long appointment. This is important for more complex problems – insurance medical, health review, counselling, a second opinion. Please bring all relevant information. Please notify us if you are unable to attend an appointment, well in advance. If more than one person from your family wishes to see the doctor at the same time, please ensure a separate appointment is made for each family member.



This is a family owned AGPAL Accredited Practice.

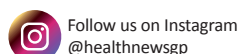
We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.

Practice doctors are experienced in a broad range of health problems affecting all age groups.

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





Cardiovascular Risk Assessment & Management

Heart disease remains a major concern in Australia and the world. The Australian Bureau of Statistics suggests that approximately 1 in 20 Australians had heart, stroke and vascular disease in 2022.

This has increased from approximately 1 in 25 in 2001 and is more common in males.

Typical symptoms are pain in the chest, left arm, neck, jaw, or back, nausea, sweating, and shortness of breath. Not everyone gets typical symptoms. Warning signs can include tiredness, chest discomfort on exertion, and shortness of breath.

The diagnosis is based on history, electrocardiogram (ECG), and blood tests. You will likely undergo an angiogram, where dye is inserted into the arteries to examine blood flow to the heart. Survival rates have increased due to better and earlier treatment. This can include medications, stenting (opening the artery), or surgery. The length of

hospital stay is much less than in the past.

Risk factors include family history, smoking, raised cholesterol, high blood pressure and diabetes. There may be no risk factors.

Prevention, where possible is key. There are online tools where you can work out your overall risk. These tools consider a number of factors. There is much you can do to reduce your risk. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check-up with your GP. Managing risk factors such as high blood pressure, raised cholesterol, and diabetes can include both lifestyle measures and medication. Regular monitoring is important. Limit salt intake, reduce weight (if overweight), and reduce sugars in the diet. Managing stress also can help.



More info »

Spring Time

Spring is when allergy symptoms are most prevalent. The classic "hay fever" is a runny nose, sneezing, and watery eyes.

The technical term allergic rhinitis means inflammation of the nose caused by an exaggerated response to a substance. Allergic conjunctivitis is when the same underlying response affects the eyes, causing watery, red and itchy eyes.

The symptoms result from the body trying to get rid of an irritation.

Sneezing and runny noses are caused by mucous production under the influence of histamine (produced by the body's reaction to an irritant). Other symptoms can include (paradoxically) a blocked nose, sinus congestion, and an itchy throat. The release of histamines also causes eye watering, redness, and itching.

The most common treatment is an antihistamine, available without a prescription. Some can make you drowsy as a side effect; others do not, so check the label. Other treatments are nasal sprays. Some are on prescription and contain a mild hydrocortisone, which reduces nasal inflammation. There are eye drops for eye symptoms. Some need a prescription.

Avoidance of known allergens is helpful but not always possible. There are ways to be tested for allergies and, in some instances, to be desensitized to what you are allergic to. If symptoms are mild, there is nothing wrong with using a tissue and riding it out as the season passes.

Talk to your doctor about what is best for you.



New breakthrough for Sweaty Armpits

ASX Listed Clinical Dermatology company Botanix Pharmaceuticals announced on the 20th of June 2024 that it had received US Food and Drug Administration (FDA) approval for a new drug called Sofdra™ (sofipironium) gel.

Sofdra is a prescription medicine used to treat primary axillary hyperhidrosis (excessive underarm sweating) in adults and children nine years and older.

Whilst not a life-threatening condition, excessive underarm sweating can affect work productivity, daily routine activities, emotional well-being, and personal relationships. It is said to be the third largest dermatology condition in the US, affecting almost 10 million people annually.

Sofdra is the first and only new chemical entity approved by the FDA to treat primary axillary

hyperhidrosis. It presents a novel, safe, and effective solution for patients who have lacked treatment options for this socially challenging medical condition.

Botanix Executive Chairman commented, "As the first and only new chemical entity, Sofdra represents a new therapeutic approach for dermatologists to treat patients with this debilitating medical condition" in his recent press release.

The product is not available in Australia, but regulatory approvals are expected to follow in due course.



More info »



Myasthenia Gravis

This condition causes muscle weakness and fatigue. It is thought to be due to antibodies "attacking" the nerve receptors in the muscles. The Thymus gland, which sits in the chest, produces the antibodies, but what triggers this is unknown. There is also a form of Myasthenia without antibodies involved.

It can occur at any age but is more common in women under 40 and men over 60. Symptoms are typically weakness and tiredness, and severity ranges from mild to near-full paralysis. It can affect any muscle but the upper body more than the lower part. Facial muscles are often first affected. People may notice droopy eyelids or problems with swallowing or chewing. In the most severe cases, the breathing muscles can be affected.

Diagnosis is based largely on the symptoms and a neurological examination, which shows muscle weakness but no effect on sensation. Blood tests may show the presence of antibodies. You would be referred to a neurologist, and some

specialised tests can be performed.

Treatments include cholinesterase inhibitor medications (to improve muscle function), immunosuppressants (e.g., steroids), and plasmapheresis (filtering the plasma from the blood). Some have a growth in the Thymus gland, which can be surgically removed.

Around 20% will go into spontaneous remission. Living with myasthenia gravis can mean making adjustments to your routine. You may need to do things more slowly and plan your day. Simple measures like an eye patch, eating smaller, more frequent meals, and installing handrails or other aids can help.

Relevance of Exercise in Childhood

Once upon a time, children didn't need to "exercise" because they were active. They walked to and from school and played outdoors rather than on screens.

The growing trend of children spending more time with technology and devices and less time outdoors is something that most parents face.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both the consumption of more processed foods higher in fats and sugars and a reduction in physical activity.

We cannot turn back the clock, but we can help our children be healthier. The Australian government recommends one hour of physical activity each day for children over the age of five. This should be a mix of moderate and vigorous exercise. It can include walking, running, bike riding, any form of suitable sport, and outdoor play. It does not have to be in one continuous block of time.

Being active has many benefits for your child. It reduces childhood obesity, improves motor function, improves circulation, strengthens bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, as regular exercise reduces the chances of many diseases, including heart disease, stroke, and some forms of cancer.

A bonus is that when you encourage your children to exercise, they may encourage you to do the same. Most importantly, remember that any form of exercise is better than none.



More info »



BANANA, BLUEBERRY & LEMON MUG CAKE

Ingredients (serves 2)

- 1 tsp vanilla extract
- 1 banana, mashed
- 1 cup frozen blueberries
- 1 tbs maple syrup
- 2 tbs light Greek yoghurt
- 1/3 cup wholemeal flour
- 1/2 tsp baking powder
- 1 lemon, zest only
- 1 free range egg

Directions

Combine all ingredients together and separate into two microwave proof mugs and microwave for 2 minutes, checking halfway through.
Serve Warm with some sliced banana to garnish.



• OTHER SERVICES

- Accident & Emergency Care
- Antenatal Care
- Dietitian
- Berkeley Pharmacy next door
- Clinical Psychologist
- Podiatrist
- Women & Men's Health
- Mental Health
- Immunisation
- Medicals e.g. Driving, Seaman's
- Exercise Physiologist
- Psychologist
- Pathology on site
- Physiotherapist
- Minor Surgery
- Wheelchair access is available
- Skin Cancer Clinic – e.g. Mole check
- Aged Care Facilities – we visit the local nursing homes and hostels
- Travel Medicine (Accredited Yellow Fever Vaccination Centre)

• SPECIAL PRACTICE NOTES

Medical record confidentiality.

This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act.

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.



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