



OCTOBER-NOVEMBER 2024 EDITION

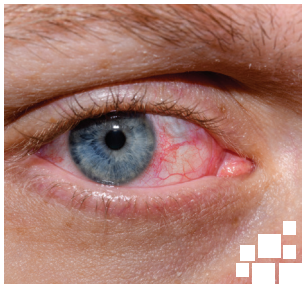
FREE TO TAKE HOME!



Connecting with teens



Colds & flu



Dry Eye



How to manage stress

● 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 & 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.

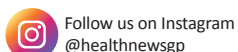


YOUR NEXT APPOINTMENT:

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



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Connecting with your teenager

Social distancing has meant parents and teens are being forced to spend more time together. The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-shut bedroom door.

Whilst there is some validity to this, it is far from the whole story. The transition from being a child to 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) are still wanting 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 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. Talking 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 their 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, and remember, adolescence is a time of physical, mental, emotional, and social change.

How to prevent the spread of colds & flu

Despite passing the worst of the season, winter cold and flu viruses have not disappeared. In fact, the 2024 season peaked later than that of 2023 according to new data from the National Notifiable Disease Surveillance System (NNDSS), which noted a peak in June & July as opposed to May in 2023.

There is much we can do to reduce the spread of this disease, and whilst we should not let this rule our lives, we should always remain mindful. Viruses are spread by airborne droplets. 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 fine.

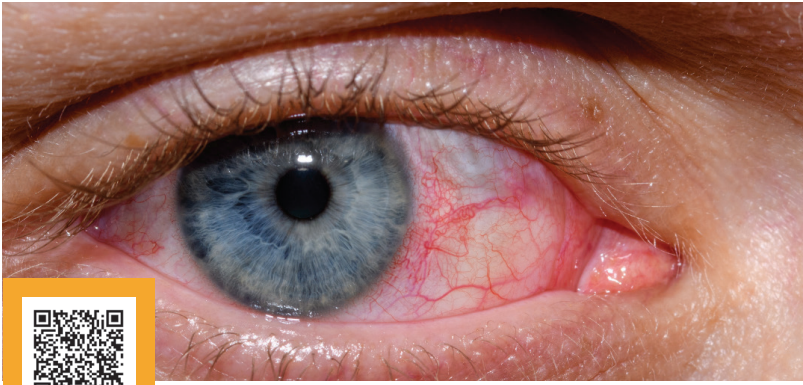
Typically, people try to soldier on with a virus on board, but times have changed. Those not working at home need to stay home when unwell. This helps you get better quicker and, more importantly, makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when you are sick!

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.

Going forward, the importance of preventing the spread, including staying away from others when not well, will hopefully stay with us. And, of course, speak with your GP about your recommended vaccination plan.



More info »



More info »

Dry Eye

The eyes need constant lubrication, which is provided by the tear glands.

Eyes become dry for two main reasons. Firstly, tears can evaporate too quickly. This can be on planes, in air conditioning, in dry air, or in smoky conditions. It is temporary and improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses, and having low vitamin A levels. Symptoms are a burning, itching, stinging, or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is based mainly on symptoms and a thorough eye examination. Blood tests would be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air, and wear sunglasses when outside. Take breaks when using screens for long periods of time, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info »

Oral Thrush

Thrush, caused by the fungus *Candida albicans*, can affect different parts of the body, most commonly the genitals and the mouth and throat. Oral thrush typically causes white plaques in the mouth and throat, which may be surrounded by redness. It is not painful.

Risk factors include having diabetes, being on steroids (including asthma sprays containing steroids) and having dentures. It is also more common after chemotherapy or radiotherapy and sometimes after courses of antibiotics. Interestingly, it is estimated that the fungus may sit dormant (not causing any symptoms) in 75% of the world's population.

Treatment is with antifungal drops or lozenges. Rinsing the mouth with salty water can be helpful in some cases. For those with asthma, gargling with salty water after inhalers can help prevent oral thrush.

Many mouthwashes kill off the good bacteria in the mouth, enabling thrush to grow. Beware of excessive use of these.

How to manage stress

Stress is claimed to be the scourge of the 21st century. Economic pressure has added to this for a lot of society, as does the days of social media.

Even in normal circumstances, 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 with the release of 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 the source of the stress is paramount. 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.



More info »



STIR FRY PORK AND SNAKE BEANS

Ingredients

- 2 tbsp canola oil
- 1 garlic clove, crushed
- 500 gm snake beans, cut into 5-6cm pieces
- Thai Basil (to taste)
- 2 tbsp soy sauce (or to taste)
- Sesame oil to taste
- 500 gm coarsely minced pork (marinated with the below)
 - 1¼ tbsp caster sugar
 - 1 tsp Shaoxing wine
 - 1 tbsp coarsely ground white pepper
 - 1¼ tbsp oyster sauce
 - 1¼ tbsp soy sauce

Method

1. For marinated pork, combine ingredients in a glass or ceramic bowl and marinate in refrigerator (half a day or up to 1 day).
2. Heat a wok over high heat and add oil, then add garlic and stir-fry until light golden (2-3 seconds), then add marinated pork, stirring to break up pork and prevent it from catching on the wok
3. Once pork is cooked and juices have evaporated (4-5 minutes) add snake beans and stir-fry until tender, reducing the heat to medium if they start to burn.
4. Add the Thai Basil and season with soy sauce, one or two drops of sesame oil, and salt to taste and continue to stir-fry until beans are soft but still hold their shape

Note – for some extra authentic flavour, try adding a few drops of liquid smoke.

WORD SEARCH

E	R	B	A	S	I	L	N	S	H	A	S	S	E
U	L	S	R	I	S	T	E	T	W	S	N	S	O
R	E	R	T	E	L	E	X	R	N	E	E	S	T
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P	A	C	E	E	X	C	E	R	S	I	S	E	E
I	T	S	R	E	A	W	E	R	A	L	S	S	P

TEARS
TEENAGER
NEWS
SEASON
HERBAL
EYES
ITCHING
COLD
PARENTS
STRESS
HEALTH
FUNGUS
PRESSURE
BASIL
EXERCISE
TALKING
THRUSH



• 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.

