

## FEBRUARY-MARCH 2023 EDITION

**FREE TO TAKE HOME!**



Glaucoma



The importance of Exercise



Healthy food choices



Impetigo (School sores)

### ● PRACTICE DOCTORS

#### Dr Kong Yii Ting MBBS (Adelaide)

A special interest in drug and alcohol addictions, RTW and third-party compensation cases, migrant health problems, men's health, mental health and minor surgery. Fluent in English, Mandarin Chinese, Fu-Chow, Cantonese and Hokkien.

#### Dr Toan Nguyen MBBS

Special interests in lifestyle medicine, mind-body medicine, holistic medicine, child and adolescent health, migrant and refugee health with a total approach to wellbeing. Speaks English and Vietnamese.

#### Dr Darren Ng

MBBS (Adel), FRACGP, DCH  
Practices all areas of general medicine, with interests in sports medicine, chronic disease, preventative health, sexual health/ STI's and paediatrics.

#### Dr Amra Duvnjak MBBS (Adel), FRACGP

Women's health, paediatric medicine, immunisation, preventive medicine and skin and cosmetic medicine as well as migrants health. Speaks Bosnian, Croatian, Serbian and able to understand Slovenian and Macedonian languages.

#### Dr Nazeer Ibralebbe MBBS, FRACGP

Special interests in diabetes management, chronic disease, paediatrics, RTW  
Speaks Sinhalese & Tamil

#### Dr Zaw Moe MBBS, FRACGP

Chronic Disease Management such as Diabetes, Obesity and Heart Diseases; Skin cancer and general surgical procedures eg. cyst removal.  
Speaks Burmese & Mandarin

#### Dr Cathy Tang BCLinSci/MD

Born and raised in Adelaide and completed her Bachelor of Clinical Science/Doctor of Medicine (BCLinSci/MD) at Flinders University in 2015. Special interests include Women's health; Paediatric health; Implanon insertion; minor procedures  
Speaks English, Cantonese

#### Dr Chek NG

(MBBS, University of Adelaide)  
Check has over 30 years' experience in General Practice especially in the Western Region of Adelaide. His major special interest is in aged care.

### ● GP REGISTRARS

#### Dr Graham Chua

#### Dr Louise Fischer

### ● VISITING SPECIALISTS

#### Dr Chathurinie Aluthwala

General Physician

#### Dr Andrew Markwick

Cardiologist

### ● PRACTICE MANAGER

#### Janell

### ● PRACTICE NURSES

#### Najiba & Luda

### ● RECEPTION STAFF

Arman, Mai, Wah, Dao, Natasha, Ping & Carlene

### ● AFTER HOURS & EMERGENCY

After hours arrangements please call **08 8341 1011**. In the case of emergency please dial **000**.

### ● BILLING ARRANGEMENTS

We are a Mixed Billing Practice. Bulk-billing will only be available to children under 16, health care card, pension card and DVA Cardholders for an appointment during regular business hours. For patients outside of these groups, there will be a small out of pocket expense for most consultations. We will continue to bulk-bill all Health Assessment and Chronic Disease Management Plans. A full list of fees is available at Reception. Please speak with our team if you have any questions.

Third Party / Insurance cases, pre-employment medicals and commercial driving medical examinations are not covered by Medicare and will be billed at AMA recommended fees.

Overseas visitors will be expected to pay the private fees at the completion of the consultation.

Allied Health accept private health extras, return to work (RTW) insurance claims, as well as private payment.

Referrals made to Allied Health by your doctor under a GP Management Plan, or Mental Health Care Plan have no out-of-pocket expense. Please talk to your doctor to see if you are eligible.

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

### ● SURGERY HOURS

**Monday-Friday**.....7:00am-5:00pm  
**Saturday**.....9:00am-5:00pm  
**Sunday**.....9:00am-4:00pm  
**Public Holidays**.....CLOSED

### ● SPECIAL PRACTICE NOTES

**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, including potential out of pocket expenses.

**Patient Feedback.** We welcome your comments or suggestions. Please feel free to talk to your GP or the Admin Staff regarding any issues. If you prefer, you can contact: SA Health and Community Services Complaints Commissioner (HCSCC) on T: 08 8226 8666 or Toll free (SA): 1800 232 007.

### ● APPOINTMENTS

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

**Booking a long appointment** is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. 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.

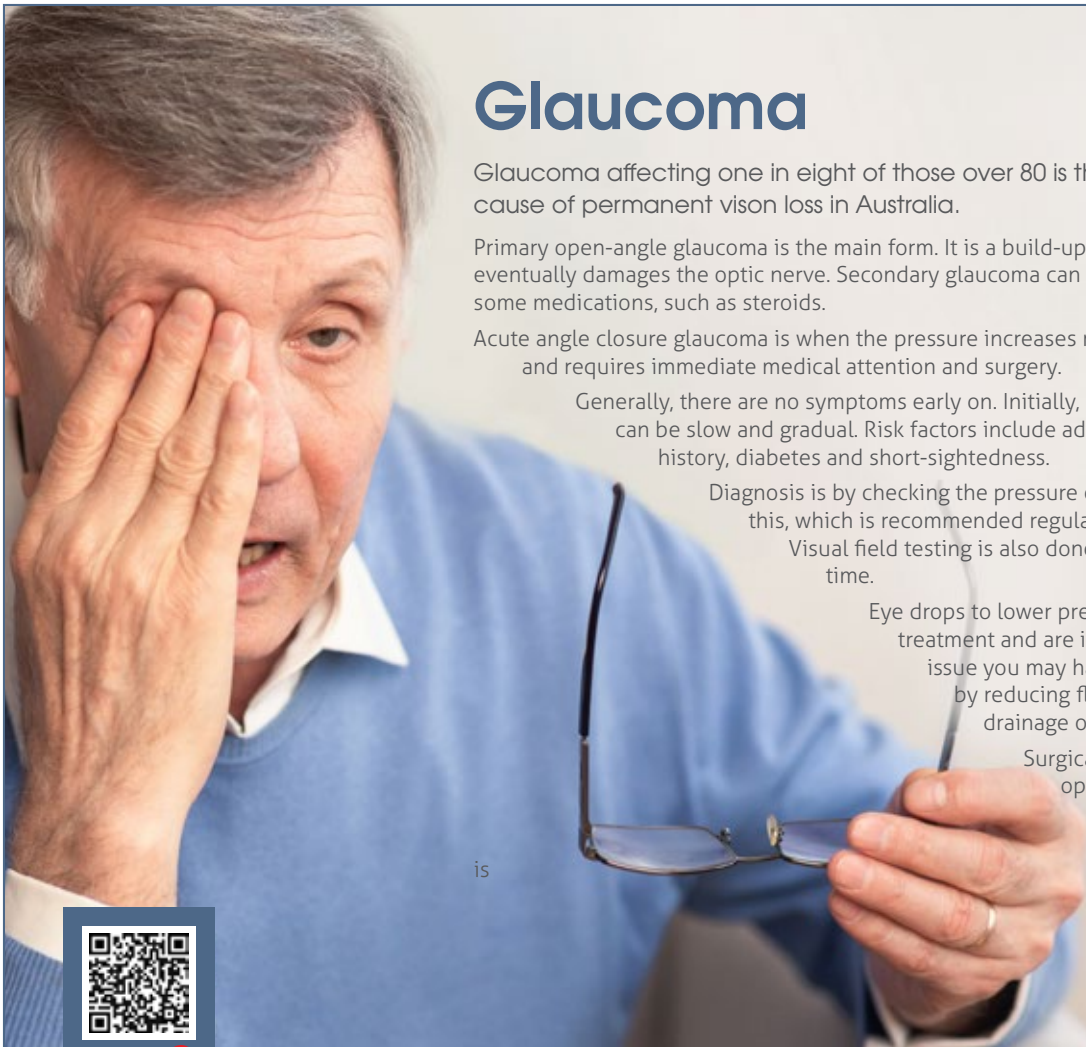
YOUR NEXT APPOINTMENT:

### 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)

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# Glaucoma

Glaucoma affecting one in eight of those over 80 is the second commonest cause of permanent vision loss in Australia.

Primary open-angle glaucoma is the main form. It is a build-up of pressure in the eye, which eventually damages the optic nerve. Secondary glaucoma can follow eye trauma or the use of some medications, such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no symptoms early on. Initially, side vision is affected. Vision loss can be slow and gradual. Risk factors include advancing age, a positive family history, diabetes and short-sightedness.

Diagnosis is by checking the pressure of the eyes. An optometrist can do this, which is recommended regularly for those aged 40 and above.

Visual field testing is also done, and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment and are influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving drainage of fluid.

Surgical options include laser surgery or open surgery. A newer treatment is a minimally invasive surgery and involves using a stent. This is used where drops have failed or where the use of drops may be difficult for the person.



More info »

# Medicinal cannabis

It is now six years since Medicinal Cannabis was legalised in Australia and in that time well over 300,000 approvals have been issued for its use.

Therapeutic Goods Administration (TGA) data shows that chronic pain remains the most common indication, with mental health conditions (anxiety, insomnia and PTSD) next. Over the last two years, there has been an increased use of the dried herb, which now accounts for over a third of approvals, with oral liquid still being the most common form.

It remains that medicinal cannabis products (with two specific exceptions) are unregistered products and not subsidised. They can be prescribed in situations where the TGA recognises evidence for medicinal cannabis and that other treatments have either not helped or caused unacceptable side effects. There is no set level of side effects nor a set number of prior treatments to be trialled.

Australia is part of a global trend toward wider use and acceptance of cannabis. There are an increasing number of formulations on the market, and the ability of prescribers to fine-tune treatment to the needs of the individual is increasing.

As with all medications, effectiveness varies. Some people get significant improvement in symptoms, and some get no response, with everyone else somewhere in between. Continuing treatment is always based on patients experiencing symptom improvements. Further research is also being undertaken in Australia at a number of centres.

There does remain some hype, and it is not a panacea nor suitable for all. However, the progress over six years has started to silence the naysayers.



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# The importance of Exercise for young and old

The human body was designed to be active and for most of human history has been. Till modern times most work was physical as was the means of getting from "A" to "B".

The human body was designed to be active and has been for most of history. Till modern times most jobs were physical, as was the means of getting from "A" to "B". Even as recently as the 1970s, we had to get out of our chairs to change TV channels. It is estimated that between the mid-1960s and today, the amount of incidental movement taken over by labour-saving devices is around 2000 calories per week (about one day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance-type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the likelihood of falls and has been shown to be positive for the immune system. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at a lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. However, that does not mean it has to be every day or a set amount of time. The key is being consistent.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it!

The benefits of exercise are many. As the shoemaker says -just do it!



## Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this.



Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on a computer or other electronic devices. We can't turn back time, but it is not all bad news. You can do much as a parent or guardian to help a child battling weight.

Back to school means thinking about lunch boxes. It is fine to have a sweet treat in the lunchbox sometimes, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits

too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies) and dried fruit is another simple snack, as are cheese sticks or popcorn.

Substitute water for sweet drinks. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

Sugar-free sweets and drinks are not necessarily a better alternative, as artificial sweeteners can be just as harmful.

## Impetigo (School sores)

**Impetigo is a skin infection caused by common bacteria (staphylococcus and streptococcus).**

It is far more common in children, and the name school sores reflects this, but it can also affect adults. It is not a reflection of poor hygiene. The bacteria can live quietly on the body, but minor grazes or other disruptions of the skin surface may allow infection to set in.

The condition is not harmful or serious but is unsightly and very contagious. It often starts with redness which quickly develops into blisters that may have crusts or be weepy. They may be itchy or sore. Some children feel unwell, but many do not. It can spread from point to point around the body.

Diagnosis is generally on appearance. Sometimes your doctor may suggest swab tests to confirm the type of bacteria.

Treatment is with antiseptic on the sores and mainly with an antibiotic. It is important to keep your child home from school and away from other children. Wash the child's clothes, bedding and towels in hot water and add something germicidal. Avoid sharing towels. Encourage hand washing and discourage scratching the sores and cover them if advised. The sores will heal within a few days, and there should be no permanent scars.



More info »



# ONE CARE

MEDICAL CENTRE

*One Care Medical Centre is a state of the art medical facility located in Pennington.*

*We believe in providing comprehensive, high quality, affordable health care to all members of the community.*

*We have a large range of services to cater for all of your health care needs in a professional, respectful and friendly environment.*

### ● PRACTICE SERVICES

- Guardian Pharmacy
- Abbott Pathology
- Physiotherapy
- Podiatry
- Dietician
- Visiting Cardiologist
- Echocardiogram
- Holter Monitor
- General Physician
- General Surgeon
- Hearing Screening
- Acupuncture
- Exercise Physiologist

### ● SPECIAL PRACTICE NOTES

**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.

**Test Results.** Your doctor will advise when they expect the results to arrive at the practice. All results need to be booked with a follow-up appointment.

**Patient Privacy.** 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. To obtain a copy of our Privacy Statement or your medical records, please ask.

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



**Accredited General Practice**



## COCONUT PINEAPPLE CHICKEN

### Ingredients

- 1 can whole coconut milk (preferably unsweetened)
- 3/4 cup pineapple juice
- 1/4 cup chilli-garlic sauce
- 2 fresh limes - juiced
- 1/4 cup light brown sugar
- 3 cloves garlic, finely chopped
- 2 tbsp of light soy sauce
- 1 tbsp finely grated peeled ginger
- 1kg boneless, skinless chicken thighs (about 8 small)
- Salt
- 1/2 cup of diced pineapple or pineapple rounds
- Coriander to taste
- Spring onions to garnish

### Method

1. In a large bowl mix the coconut milk, soy sauce, pineapple juice, chilli sauce, lime juice, brown sugar, ginger and garlic together. Add chicken to marinate and cover and place in fridge for 1 hour – 3 hours.
2. Transfer the marinade to a saucepan and bring to the boil, stirring occasionally until the marinade has thickened. Remove from the heat.
3. Grill the chicken on a lightly oiled grill or pan, seasoning with salt along the way.
4. Add the pineapple to the pan at the end and grill slightly.
5. Transfer the chicken and pineapple to a serving plate and drizzle with the marinade. Add coriander and spring onions to garnish.

# WORDSEARCH

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