

APRIL - MAY 2023 EDITION

FREE TO TAKE HOME!



Tennis Elbow

● 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.



Coeliac Disease



Warts



Stress incontinence in women

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.

Dr Joshua Yee
 MBBS, FRACGP
 Dr Yee has completed 5 years of surgical training in South Australia, Northern Territory and Canada. In 2018 Dr Yee was admitted as a Fellow of the Royal Australian College of General Practitioners, his interests are skin cancer and

minor surgery. Dr Yee has completed professional and advanced certificates in Skin Cancer Surgery and is currently enrolled in The University of Queensland Skin Cancer Program and is a member of the International Dermoscopy Society. and

Dr Chang Sup Jeong
 Chinese Herbal Medicine Practitioner and Acupuncturist
 Chang has studied for 5 years for his Bachelor Degree, 3 years for his Masters of Clinical Medicine and 4 years for his Doctoral degree of Medical Science. Chang services include Children's digestive health, Acupuncture, Herbal Medicine and Natural Creams.

● VISITING SPECIALISTS

Dr Chathurinie Aluthwala
 General Physician

Dr Andrew Markwick
 Cardiologist

Dr Christopher MacDonald
 Colorectal Surgeon

Dr Sowmya Krishnan
 Respiratory and Sleep Physician

● PRACTICE MANAGER

Janell

● PRACTICE NURSES

Najiba, Luda & Qiannan

● RECEPTION STAFF

Arman, Mai, Wah, Dao, Natasha & 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.

● 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.

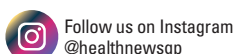
Please notify us if you are unable to attend an appointment, well in advance.

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



Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow.

It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting, gardening, and other racquet sports can bring it about, as can using a computer mouse. It can affect anyone and is most common in those aged 35-55.

Aside from pain at the elbow, it can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination. Typically, the bony point on the elbow's lateral (thumb) side is tender. The pain is often reproduced on the extension of the wrist against resistance. Sometimes imaging helps define the extent of the condition or if it is not responsive to treatment.

Initial treatment includes rest of the elbow, ice packs, and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed. Avoid activities that aggravate the situation. This can include changing technique, especially if sport or work-related. However, elbow exercises are important, and seeing a physiotherapist may be helpful.

Sometimes, a steroid injection and, in rare instances, surgery can be recommended. Your GP will advise you about treatment options.

Most people recover fully, and it is not in itself a recurrent condition nor a precursor to arthritis.



More info >>

Coeliac Disease

Coeliac Disease is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley.

This can damage the small bowel and interfere with the absorption of nutrients. The symptoms vary from mild to severe, including tiredness, intermittent diarrhoea, abdominal pain, bloating, and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It is a genetic condition. It affects about 1% of the population, although many with it are unaware they have it either because the symptoms are mild or they have put the symptoms down to other causes. The main risk factor is having a first-degree relative with it.

Accurate diagnosis is important as it is very controllable. Your GP can do screening blood tests. A positive test is not absolutely diagnostic but a strong pointer. Definitive diagnosis is by a small bowel biopsy, but not everyone wants or needs to do this test. A gluten challenge is another useful test.

There is no medication to take or "cure". However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free options, and many who do not have coeliac are also choosing to eat these. Neither adults nor children need to feel they are "missing out" on foods they like.

There are many causes of the symptoms of coeliac disease, so it is important to talk to your doctor and not rely on self-diagnosis or "unorthodox" testing.





Warts

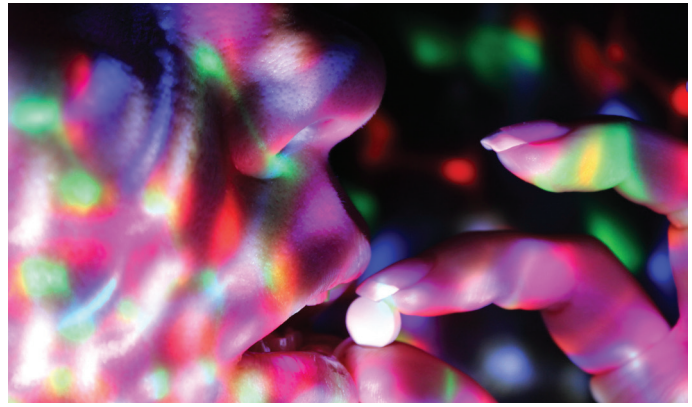
Warts are extremely common small eruptions on the skin caused by the Human papillomavirus (of which there are at least 70 types).

They are more common in children and, whilst they can appear anywhere, are most often found on the hands, knees and feet. They are almost always pain-free and do not itch. They may be single or in clusters, are usually raised and have a rough appearance whilst having (usually) the same colour as surrounding skin. The exception is plantar warts (also called verrucae) on the feet, which may be flat on the surface. The main problem caused is the cosmetic appearance, although on the soles of the feet, they can be painful due to the pressure from weight bearing on them. They can be spread by direct contact with other people or to other parts of your own body.

Left alone, most will disappear after months to years. However, many do not want to wait. Treatment is relatively simple and involves burning the wart. This can be done chemically (with ointments or paints), by freezing (with liquid nitrogen or dry ice) or via cautery with a hot wire under local anaesthetic.

Freezing is the most popular method. It may need to be done a few times over some weeks. The wart may swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with regards to treating or leaving warts nor with treatment methods. Chat with your GP about the options before deciding.



Psychedelic medicine

In a move taking most by surprise, the Therapeutic Goods Administration (TGA) has announced that "from 1 July this year, medicines containing the psychedelic substances psilocybin and MDMA (3,4-methylenedioxy-methamphetamine) can be prescribed by specifically authorised psychiatrists for the treatment of certain mental health conditions".

These substances were researched for medical use in the 1960s but became tied into the counterculture and subsequently banned through the war on drugs. Over the last decade, there has been renewed interest in the use of MDMA to treat Post Traumatic Stress Disorder (PTSD) and psilocybin for treatment-resistant depression. The TGA notes that these are the only conditions where sufficient evidence exists for potential benefits in certain patients.

The medications will not be able to be prescribed by any doctor and will be limited to psychiatrists. Furthermore, they must be approved under the Authorised Prescriber Scheme by the TGA following approval by a human research ethics committee.

Currently, no specific medication treats PTSD, even though medications are used for associated problems such as depression and anxiety. There remain a not insignificant number of people with depression who do not respond to the plethora of available medications.

MDMA and Psilocybin are not "miracle drugs" and are suitable only in certain situations. However, in North America, research and limited use have been encouraging. Given the issues with mental health in Australia, additional treatment options are to be welcomed.



Stress incontinence in women

Urinary incontinence is the inability to voluntarily stop the flow of urine. It is far more common in women than men affecting up to 50%, and whilst not age-specific, it is more frequent in later years.

The two forms are urge (where one can't hold on when feeling the need to pass urine) and stress (where coughing, sneezing, or movement can cause urine flow).

The exact cause is unknown, but damage to the pelvic floor muscles (e.g., pregnancy) is a factor. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to maintain a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing, which assesses the workings of the bladder.

In days gone by, women were often told, "don't worry about it, dear". Today we know better. There are many treatment options. Losing weight (if overweight) helps, as does quitting smoking (if a smoker). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication, and, in some cases, surgery is recommended. This has been controversial in recent years. There are options aside from mesh surgery.

The key is discussing the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.



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**



CARROT CAKE

Ingredients

- ¾ Cup (100g) gluten-free plain flour
- ½ Cup (65g) gluten-free self raising flour
- ¼ cup (20g) gluten-free baby rice cereal
- 1 tsp mixed spice
- ½ cup chopped walnuts (optional)
- 2/3 Cup (150g) brown sugar
- 1 ½ cups grated carrot
- 2 Eggs
- ½ cup (125ml) vegetable oil
- 60g butter, softened
- 1 cup (160g) pure icing sugar
- 1tbsp lemon juice

Method

1. Preheat oven to 180°C. Grease an 18cm x 28cm slice pan and line the base and 2 long sides with baking paper, allowing the sides to overhang.
2. Place the combined flour, rice cereal, mixed spice and sugar in a large bowl. Stir to combine. Add the carrot, walnuts, egg and oil and stir until just combined.
3. Spoon the mixture into the prepared pan. Bake for 25-30 mins or until a skewer inserted in the centre comes out clean. Set aside in the pan to cool.
4. Place the butter and icing sugar in a small bowl. Stir to combine. Stir in enough lemon juice to make a spreadable paste.
5. Transfer the cake to a board. Spread the top of the cake with lemon icing and top with some chopped walnuts. Cut into pieces.



**EASTER
COLOUR
FUN!**