



Healthy Lunch Boxes

Making a healthy lunch is not that hard. Kids need energy so include some fresh fruit. Vary this to keep it interesting. Use whole grain instead of white bread. Mix it up with bread rolls, and pitta or flat bread. Use avocado instead of margarine.

Growing bodies need protein too so egg, lean meat or tuna is good. In summer use a freezer brick to keep lunch cool and fresh or freeze a fruit juice box (without added sugar).

And we do not want the brain drying out so add a cold bottle of water.

Avoid packaged treats. But hey, every kid loves a homemade biscuit in their play lunch!

Involve your child in choosing and making their lunch. That way it is far more likely it will get eaten.

www.freshforkids.com.au/lunch_box/lunch_box.html

Quitting Smoking



By February, New Year's resolutions can be a distant memory. One of the most common resolutions is to quit smoking. There is good news for quitters. Analysis in over 500 studies showed that over 70% of successful quitters did so by themselves.

If you have fallen off the wagon there is no reason not to get back on. Many things in life require more than one attempt to succeed so if you have tried and "failed" use the learning and do it again.

Talk to your doctor about quitting and the options, which range from cold turkey to support groups, to medications and even hypnosis. As the shoe manufacturer said, "Just do it".

Word Search

Bee
Bile
Bone
Burns
Carpal
Clot
Cough
CPR
Dairy
Dark
Diet
DNA
Dry
Ear
ECG
Elbow
Eyes
Fat
Fever
Flu
Fruit
Glue
Gout
Graft
Grief
Heavy
Heel
Hours
Ice

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

Iron	Mite	Risk	Toe
Itch	Mouth	Salt	Ulcer
Jaw	MSG	Shin	Uric
Kidney	Nausea	Skeleton	UTI
Knee	Nuts	Sleep	Wart
Laser	Old	Sore	Wheeze
Lazy	Pale	Sputum	Wound
List	Pets	Stem	Wrist
Low	Pox	STI	
Men	Red	Sun	



Recipe for health

CAESAR PENNE PASTA SALAD

Stuck for lunch box ideas? Try this pasta salad for a quick and tasty midday meal.

INGREDIENTS

- 1 cup Penne pasta, cooked
- ½ cup Ham, coarsely chopped
- ¼ punnet Cherry tomatoes, halved
- Handful Baby spinach leaves
- 100gms Shaved parmesan cheese

- Caesar salad dressing
- Boiled egg cut into quarters
- Olives (optional)

METHOD

Combine pasta, ham, cherry tomatoes, baby spinach, boiled egg, parmesan cheese, olives and Caesar salad dressing.

Laughter the Best Medicine



■ A guy walks into work, and both of his ears are all bandaged up. The boss says, "What happened to your ears?"

He says, "Yesterday I was ironing a shirt when the phone rang and shhh! I accidentally answered the iron."

The boss says, "Well, that explains one ear, but what happened to your other ear?"

He says, "Well, jeez, I had to call the doctor!"

■ An old fellow came into the hospital truly on death's door due to an infected gallbladder.

The surgeon who removed the gallbladder was adamant that his patients be up and walking in the hall the day after surgery, to help prevent blood clots forming in the leg veins. The nurses walked the patient in the hall as ordered, and after the third day the nurse told how he complained bitterly each time they did. The surgeon told them to keep walking him.

After a week, the patient was

ready to go. His family came to pick him up and thanked the surgeon profusely for what he had done for their father. The surgeon was pleased and appreciated the thanks, but told them that it was really a simple operation and we had been lucky to get him in time. "But doctor, you don't understand," they said, "Dad hasn't walked in over a year!"

■ A man went to see his doctor because he was suffering from a miserable cold. His doctor prescribed some pills, but they didn't help.

On his next visit the doctor gave him a shot, but that didn't do any good.

On his third visit the doctor told the man, "Go home and take a hot bath. As soon as you finish bathing throw open all the windows and stand in the draft."

"But doc," protested the patient, "if I do that, I'll get pneumonia."

"I know," said the doctor, "I can cure pneumonia."

Health news

FEBRUARY-MARCH 2012

Your next appointment:



> Following Parents' Footsteps



> Cataracts



> Premature Ejaculation



> Rheumatic Fever



Enjoy this free newsletter from our practice. Please remember that decisions about medical care should be made in consultation with your a health care provider so discuss with your doctor before acting on any of the information.
www.healthnews.net.au

Kelvale Medical Group

53 Railway Avenue, Kelmscott WA 6111
Tel 9495 1230 Fax 9495 1641
Website: www.kelvale.com.au

● PRACTICE DOCTORS

Dr Kandiah Sritharan
MBBS, LRCP, MRCS, DA, DRCOG
Aged Care, Anaesthetics, Obstetrics

Dr Peter Lim
MBBS
Acupuncture, Circumcisions, Minor Surgery

Dr Stuart Burton
MBBS(WA), DipRACOG, FRACGP
Anaesthetics, Palliative Care

Dr Adrian Jameson
MBBS(WA), DA(U.K.), DipRACOG,
Anaesthetics, Colposcopy, Obstetrics

Dr Colin Stevens
MBBS(WA), FRCS(Ed)
Family Medicine, Vasectomy, Skin Cancer Surgery

Dr Ted Collinson
MA, MB, BChir(Cantab), MRCP, DRCOG, FRACGP
Aged Care, Minor Surgery, Sport's Medicine

Dr Jane Potter
BSc, MBBS, MRCP, DCH, FRACGP
Children & Women's Health

Dr Leif Thonell
MBBCh, D.T.M.H. M.Fam. Med. DA., FRACGP
Men's Health, Anaesthetics, Tropical Medicine

Dr Michelle Skellern
MBBCh, FRACGP
Family Medicine, Women's Health

Dr Suzanne Elliott
MBBS (WA), FRACGP
Family Medicine, Minor Cosmetic Procedures

Dr Fatin Wajdi
MBChB MRCP(UK) FRACGP
Female Arabic Speaking, Family Medicine

Dr David Moore
MBChB MRCP(UK)
Family Medicine

● CHRONIC DISEASE MANAGEMENT

Primary Health Nurse: Maryke

● PRACTICE STAFF

Practice Manager: Jackie

Business Manager: Pauline
Nursing Staff: Julie, Fiona, Maija,
Heather & Jeanette

Reception Supervisor: Jo

Reception Staff: Sylvia, Jill, Alana,
Monique, Heather, Liz, Joan & Paula

Home Assessment Nurse: Ruth

Nursing Home Liaison: Jeni

Counselling Facilitator: Susanne

● SURGERY HOURS

Monday to Friday 7.30am - 7.30pm

For Emergency After Hours phone advice ring: 0417 924 576

● AFTERHOURS & EMERGENCY

This Practice Supports GP Afterhours Armadale

Weekdays 7pm - 10pm

Weekends & Public Holidays 2pm - 10pm

Tel: 9391 2285



● OTHER SERVICES OFFERED

- Audiometry
- Heart Traces
- Employment Medicals
- Vasectomy
- Immunisations
- Home Visits
- Pathology
- Veterans' Medical Problems
- Lung Function Tests
- Hospital Care at Armadale or Galliers Private Hospital
- Diving Medicals
- Epidural Service
- Pregnancy Care & Deliveries
- Travel Advice
- Colposcopy
- Palliative Care
- Wound Dressings
- Podiatry
- Mental Health

● BILLING ARRANGEMENTS

This practice does not bulk bill routinely. This practice bulk bills Pensioners & Childhood immunisations at certain times.

Fees for common services are displayed on the board at accounts.

Due to the complexity special fees are payable for Maternity, Insurance and some other procedures.

Cash payment is preferred at the time of the consultation; credit card or EFTPOS facilities are available.

● PRESCRIPTIONS & OTHER TELEPHONE SERVICES

Prescriptions can be ordered by phone. Please allow 3 days, and there will be a fee of \$10.00. Our Practice Nurse can advise on simple matters or tell you if a matter requires an appointment with the Doctor.

● APPOINTMENTS

Appointment are made at 10 minute intervals.

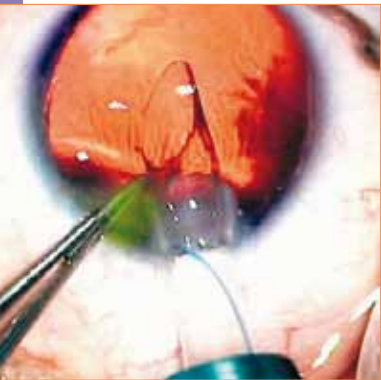
Longer consultations can be requested. You may be asked to make longer times for Insurance, Diving and other medicals and for Counselling.

Please advise the reception staff if the consultation is related to a Work Place injury.



Cataracts

Cataract is when the lens of the eye goes cloudy or opaque. This happens in around 10% of Australians and increases with age – from 4% of 50-59 year olds to over 60% of 90 year olds. Cataract shows up as the need for stronger glasses, washed out colours, glare around lights at night, or double vision when looking with one eye. The loss of vision can be so slow that it may go unrecognised until someone fails a driving vision test!



As well as ageing, cataracts can be caused by trauma, radiation exposure, some drugs (e.g. steroids) and metabolic conditions (e.g. diabetes). Women are more prone than men. Indigenous Australians, Caribbean or African Americans are more prone than Caucasians. Smoking and excess alcohol consumption also put people at risk.

Cataract never causes internal damage to the eye, it just blocks out vision. If only one eye is affected it may not be noticed for quite a while as the other eye 'compensates'.

Placing a replacement lens into the eye

A cataract is easily diagnosed on thorough eye examination using your doctor's ophthalmoscope. It is recommended that people over 40 have a regular eye check with an ophthalmologist or optometrist to screen for this problem and things like glaucoma or macular degeneration.

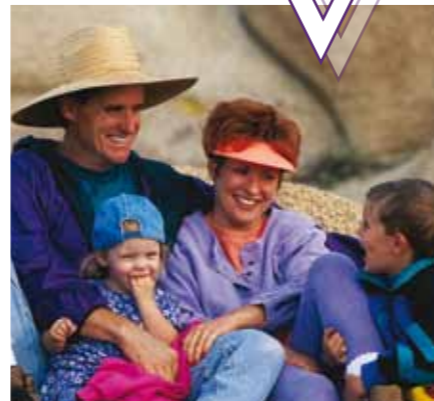
Treatment for cataracts is surgery to remove the opaque lens and replace with a new artificial lens. This is done when symptoms warrant it and it may be many years from diagnosis to time of surgery.

These days the procedure is usually done under local anaesthetic and you will be in and out in a few hours. Recovery is quick. You will need the eye padded for a short time and will be prescribed eye drops until healing is finished.

The bonus is that the replacement lens used can correct for any short or long-sightedness, and even astigmatism. Following surgery, glasses may only be needed for reading.

Children Following their Parents' Footsteps

Each of us is a combination of our parents' genes – one strand of DNA from our mother and one from our father. Various traits are passed down through the genes, the most obvious being appearance, so we all resemble one or both of our parents in some ways.



The tendency to many health problems are also inherited, as can be the tendency to respond well to some treatments. Talents or aptitudes, say for sport or music, have genetic links too.

When it comes to health patterns that run in families, there are two factors, genetics and role modelling (or as some prefer to say, 'nature' and 'nurture'). The genetics of personality and behaviour is poorly understood and many genes are likely involved, so there is no one 'behaviour gene'.

As for role modelling, this is where parenting becomes important! The newborn child takes in their surroundings and relies on and learns from both parents, who are at the centre of their world. As the child grows, it becomes more self-reliant using the behaviours it has picked up first from carers or parents, as well as from others. Children learn how to relate to the world and hopefully feel safe in it.

Although they might fight over food, bedtime and just about anything else, they are often just testing the boundaries set by parents who are their strongest role models. Young children see their parents as all-knowing and if Mum or Dad does something, this must be the way it is done!

Actions speak louder than words when raising children. The tendency for children to imitate a parent's behaviour provides a golden opportunity for parents to take on healthy behaviours that will stay with the child for life.

Key areas to think about are a healthy diet, regular exercise, limiting TV, skills for dealing with conflict and failure, achieving goals, and learning to care for others. Make it a family affair!

Endometriosis

This is a condition where endometrial cells (which normally line the uterus) grow outside the uterus. The commonest sites are on the ovaries, bowel, Fallopian tubes and pelvis lining.

The endometrial cells behave in the same way as they would in the uterus – they thicken, break down and bleed each menstrual cycle. However the cells and the blood are trapped in body cavities and cause symptoms there.

The cause is unknown. One theory is "reverse" menstruation, where menstrual blood flows back through the Fallopian tubes and into the pelvis. Risk factors are a positive family history, never having given birth, and short menstrual cycles. Unfortunately, nothing specific can be done prevention wise.

The commonest symptoms are unusual pain before and during periods, deep pain with intercourse, and heavy menstrual bleeding. Some may have pain on bowel motions, fatigue, bloating and nausea. The range is from mild to severe.



The main complication is infertility. However, most women with endometriosis will still be able to conceive.

Diagnosis is made from the story, a pelvic examination and tests such as an ultrasound of the pelvis or laparoscopy. Your GP can refer you to a gynaecologist if required.

Treatments vary with the severity of symptoms.

For some women simple painkillers suffice. Warm baths and heat packs can help relax the pelvic muscles easing cramps.

Successful hormonal treatments include contraceptive pills that prevent menstruation for around six months, or pregnancy itself. In more severe cases surgery is performed to remove endometrial deposits in the pelvis or nearby.



www.sexualhealthaustralia.com.au

Premature Ejaculation

Not being able to control ejaculation for long enough is a very personal thing. There is the partners' satisfaction to consider, as well as the man's expectations, and it may not be a consistent problem. When it is, and when time from penetration to ejaculation is less than two minutes, we decide this makes it a medical problem of 'premature ejaculation'.

The key issue is the distress this condition can cause in relationships, even though if we apply the two-minute definition strictly, fewer than 5% of males are affected.

The exact cause is often not known but an effect on the nervous system is high on the list of possibilities. There are genetic factors (i.e. close family member also affected). Psychological factors can also play a part, not to mention problems such as prostate infection, obesity and an overactive thyroid gland.

Treatments are aimed at the likely cause: behavioural training to "control" ejaculation; use of condoms to reduce penile sensation; pelvic floor exercises; and counselling around relationships and sexual health.

There is no medication to treat premature ejaculation although the slowing-of-ejaculation side effect from some anti-depressants can help!

Adult ADHD

ADHD is a set of persistent behaviours that we recognise as a lack of attention, or over-activity/impulsiveness, or both. This exaggerated behaviour interferes with work or relationships and is thought to be a carry-over from childhood, with about 5% of adults affected. Diagnosis is from the story alone.

The exact cause is not known. Genetics probably play a part, as might exposure to alcohol, cigarettes and cocaine in the womb. Head injuries and "chaotic" parenting are also in the mix.

Doctors have ways of noting how many symptoms a person has, how long they last and the impact they have.

Help can come from psychotherapy, behaviour management and support groups. Some people respond to a diet low in particular natural chemicals (amines, salicylates) and artificial food additives.

In badly affected cases, referral to an appropriate psychiatrist can result in a trial of stimulant medication such as dexamphetamine. Different States have different rules around prescriptions and side effects can be severe in some people.



www.adhd.com.au

Rheumatic Fever

This is an autoimmune condition, which can develop a few weeks after infection with a particular strain of the Streptococcus bacteria, usually as a throat infection or 'school sores'. It is a major problem for Aboriginal and Torres Strait Islanders in remote areas where access to health care and penicillin is limited – in 2006, there were 285 deaths from rheumatic fever and 1402 cases. In the rest of Australia it is rare.

It is thought the immune system attacks body tissues, which it 'mistakes' as the bacteria. The disease can affect the heart (50% of first cases), kidneys, joints, skin and brain. Children aged 6-15 are most affected.

Symptoms include fever, abdominal pain, joint pain and swelling, shortness of breath, a skin rash and jerky muscle movements. Not everyone gets all these symptoms.

Diagnosis is largely based on history

and clinical examination findings. Blood tests assist in diagnosis but are not specific enough to be 100% sure.

Treatment is with antibiotics and anti-inflammatory medications. Typically this is a combination of penicillin and aspirin (where tolerated). Some people may need a long course of low dose antibiotic after initial treatment.

Complications can be severe, the most important being rheumatic heart disease that attacks heart

valves (some people will need valve replacement) and can cause heart failure.

Fortunately prevention is realistic. Early treatment of streptococcal throat infections and school sores significantly reduces the occurrence of rheumatic fever. This should be done very early in those with previous rheumatic fever, as recurrence is high in these people.



www.aihw.gov.au/rheumatic-fever-and-rheumatic-heart-disease/