

ST AGNES SURGERY

1251 North East Rd
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P: 8264 3333



TEA TREE SURGERY

975 North East Rd
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P: 8264 4555



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SURGERY HOURS AND SERVICES

ST AGNES SURGERY

Monday to Friday 8.00am–5.30pm

TEA TREE SURGERY

Monday to Friday 8.30am–6.00pm

Saturday 8.00am–1.00pm

WEEKEND AFTER HOURS & PUBLIC HOLIDAY HOURS

Tea Tree Surgery will close at 1.00pm on weekends. After hours service sessions are at **Tea Tree Surgery**.

Saturday 8.00am–1.00pm

Sunday & Public Hols 9.00am–1.00pm

An appointment time is required.

For urgent medical problems outside these hours, a duty doctor can be contacted on 8264 3333 (St Agnes Surgery) or 8264 4555 (Tea Tree Surgery). Follow the instructions on the recorded message.

You can now find us on the web at

www.stagnessurgery.com.au

YOUR DOCTOR

FREE!!
TAKE ME HOME

NOVEMBER 2019

Psoriasis

Psoriasis is a skin condition which can be experienced by anyone, of any age. It's not catching, but it can run in families. It's estimated that psoriasis affects around one or two people in every hundred.

Different types of psoriasis

There are a few different kinds of psoriasis, and the most common is plaque psoriasis, usually characterised by red or whitish scaly areas on the outside of elbows, knees and scalp. It's often itchy, and can feel very raw and sore.

Other, less common forms of psoriasis include guttate psoriasis – from the Latin word for 'raindrops', guttate psoriasis takes the appearance of lots of small circles of raised, red skin. It usually follows a viral infection such as a bad cold or flu, and is temporary. Another rarer type is pustular psoriasis, where the plaques take the form of small, pus-filled blisters.

Occasionally, psoriasis can be linked to a type of autoimmune arthritis called psoriatic arthritis, and people with psoriasis who experience joint pain or swelling should see their doctor.

Is psoriasis serious?

Psoriasis can range in severity from small areas of skin irritation which respond well to ointments, to significant areas of weeping, painful skin over much of the body, with poor responses to first line treatments. Severe psoriasis should be managed with the support of specialist dermatologists.

Treatment

There are many different skin conditions which can have quite similar appearances but require very different forms of management, so it's important to get a diagnosis from an appropriate professional before starting a treatment plan.

Psoriasis is an autoimmune condition, which means that someone who has it will always be prone to it. Although there is currently no cure, it can be well managed. There are a few different ways of treating psoriasis, depending on the severity of the condition and the way it responds to treatments.

As psoriasis can cause distress and be difficult to manage, it's important to get personalised advice from a healthcare professional.

Essential tremor

Essential tremor is a neurological condition which can affect you in many ways. It's important to know what the symptoms are, and what you can do about it.

A tremor is an involuntary shaking, most commonly of the head and hands, but other parts of the body can also be affected. When this tremor exists as a lone symptom and doesn't seem to be the result of another condition, it's known as 'essential tremor'. Essential tremor can affect people of all ages, but becomes more common as you grow older. It can range from mild to severe, and affect one or both sides of the body.

Essential tremor can have a significant impact on your life, as it can affect any activities requiring fine movement of the hands such as writing, dressing, using utensils, or applying make-up. There are implications for safety in general; pouring boiling water from a kettle, or shaving, can become dangerous undertakings with uncontrollably shaky hands.

As well as affecting the basic activities of daily living, tremor can also have a negative impact on your ability to work, or to continue pastimes like art or playing musical instruments. It can also cause embarrassment, tiredness, stress and frustration.

There is no cure for essential tremor but there are some treatments that may relieve the symptoms. There are also some factors that may worsen the condition such as hunger, caffeine, alcohol, tiredness and lack of sleep, stress, and physical activity.

It's a good idea to get a medical opinion if you develop a tremor with no identifiable cause; sometimes tremor can be a symptom of another condition, and it can also be a side effect of some medications.

It's important to seek help if your tremor is having a negative impact on your life, even if it's mild. Any condition impacting on your daily life can affect physical and mental health in lots of ways, but help is available.

Try the Dark Chocolate, Cranberry, Hazelnut and Cacao Bark recipe inside.

WORD SEARCH

AEROBIC
ALCOHOL
ANXIETY
ARTHRITIS
AUTOIMMUNE
CAFFEINE
CARDIOVASCULAR
DANGEROUS
DEPRESSION
DERMATOLOGISTS
EXERCISE
FITNESS
HORMONAL
INTENSITY
MUSCLE
NEUROLOGICAL
OXYGEN
PERINATAL
PHYSICAL
POSTNATAL
PSORIASIS
SEDENTARY
SHAKING
STAMINA
SYMPTOM
TREMOR
VIRAL

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

Energise with **aerobic exercise**

We know that those who exercise and follow sensible healthy lifestyles live longer, healthier lives. More specifically, aerobic exercise is great for improving overall body function, stamina and fitness, but many people are unsure what it involves and how much to do.

What is aerobic exercise?

Sustained, low to moderate intensity exercise such as brisk walking, swimming, jogging, cycling, dancing, or any other activity comprising continuous energetic movement is known as 'aerobic' exercise. This means that it triggers the body's oxygen use in the muscles to generate energy and burn calories.

Is it good for me?

Regular aerobic exercise is a great way to stay in shape, and excellent for improving cardiovascular function – the health of the heart and blood vessels. However, if you're looking to build significant muscle mass, aerobic exercise will need to be supplemented with high intensity exercise like weight training.

Aerobic exercise is achievable for many people as it can be adapted to suit most levels of ability and mobility; plus it can be a social activity. Many people find it easier and more enjoyable to exercise with a friend or in

a group, and physical activity and socialising are both linked to good mental health.

It's important to consult your doctor first if you have specific health conditions that might be affected by a sudden change in your activities.

How much should I exercise?

It depends on your starting point; if you currently do little exercise, start off gradually and progress towards an optimal exercise regime. Going straight from sedentary to serious sustained exercise can increase your risk of injury, or just

prove so difficult and unenjoyable that you give up.

It's hard to say how much to exercise exactly; some health authorities recommend around three hours per week, spread out over several days. It's okay to adapt either the length or the intensity of the exercise to suit your ability.

Any increase in your fitness level is a good thing, so be guided by your body, and gradually build up the amount of aerobic exercise you do until you're comfortable with your fitness and schedule.





The chocolate choice

Chocolate: considered a delicacy for thousands of years, it's indulgent, sophisticated, delicious... but is it really good for you?

Chocolate is made from cocoa beans, the seeds from the cacao tree - an evergreen tree native to the tropical area of South America. After harvesting, the beans are fermented, dried, roasted and crushed, resulting in cacao nibs. These nibs are then ground into non-alcoholic liquor ready to be made into chocolate.

Not all chocolate is created equal; to reap the benefits you need to choose the highest quality dark chocolate, raw cacao powder, or cacao nibs, as these products usually have less added sugar and are higher in nutrients.

Generally, the darker the chocolate the higher the cacao (cocoa) content, so choose your chocolate carefully and enjoy:

Flavonoids: good for heart and cardiovascular system health, these chemicals help to regulate blood clotting and even lower blood pressure.

Antioxidants: those chemical compounds that neutralise harmful free radicals – chemicals that cause damage in the body.

Vitamins and minerals: dark chocolate is rich in iron, selenium, zinc, magnesium, vitamins A, D, E, as well as a range of the vitamin B group. Great for energy and all-round health.

Good mood chemicals: chocolate contains tryptophan, phenyl ethylamine and other chemicals which give you that feel-good factor, and even a mild caffeine buzz.

Lower LDL cholesterol: dark chocolate can increase the amount of HDL cholesterol: the good, protective kind in the blood, which in turn decreases the amount of LDL cholesterol, the kind that causes vessel disease.

Be careful how much you have though, chocolate contains high levels of fats, and usually has added sugar, which makes it high in calories.

If you're looking for a sweet treat, a square or two of carefully chosen quality dark chocolate can be a good option.

Dark chocolate, cranberry, hazelnut and cacao bark

This is easy to make, and looks elegant and festive. Try experimenting with your own favourite toppings.

Ingredients

- 280g good quality dark chocolate, chopped
- $\frac{2}{3}$ cup coarsely chopped unsalted roasted hazelnuts
- $\frac{1}{4}$ cup coarsely chopped dried cranberries
- $\frac{1}{4}$ cup chopped freeze-dried plums or cherries
- 2 Tbsps pumpkin seeds
- 1 Tbsp cacao nibs
- $\frac{1}{4}$ tsp coarse sea salt (optional)

Instructions

Line an oven tray with baking paper.
Gently melt the chocolate in a large bowl over a pot of boiling water.
Remove from heat and spread evenly and thinly on the tray with a spatula.
Sprinkle over the rest of the ingredients, and leave at room temperature to set.
Break or chop into shards, and store in a sealed container in a cool place.
Place into cellophane bags for great gifts!



FIVE FACTS ABOUT CHOCOLATE

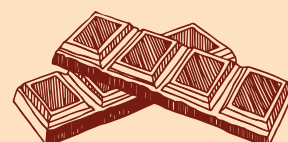
1. It takes **400** cocoa beans to make **450g** of chocolate

2. **'Cacao'** is how you say 'cocoa' in Spanish

3. Chocolate has over **600** flavour compounds, while red wine has just **200**

4. 'White chocolate' isn't chocolate as it contains **no cocoa solids** or cocoa liquor

5. The smell of chocolate increases theta brain waves which can help you **relax**





Perinatal depression and anxiety

Pregnancy, childbirth, and having a new baby are some of the most exciting and magical times in anyone's life, but it doesn't always feel that way for everybody.

Pregnancy and childbirth can cause major changes; huge physical and emotional stress, hormonal peaks and troughs, sleep deprivation, and what feels like unreasonable expectations from everyone around you. Feeling anxious, stressed or depressed around this time is very common and understandable, but it can feel incredibly lonely.

Symptoms of mood disturbance, anxiety and depression during this period are referred to sometimes as pre-, peri- or post-natal depression. Prenatal means before the birth and postnatal means after. The term 'perinatal depression' refers to depression experienced at any time during the pregnancy or up to approximately 12 months following the birth of a baby.

Australian research shows that perinatal depression is common; up to one in ten women experience depression during their pregnancy, and around one in seven new mums experience depression in the first year following the birth. It's also common for women to experience depression and anxiety concurrently. Hormonal and physical changes can play a huge part in perinatal depression, but it's not just new or expectant mothers who might feel this way. The reality of the perinatal time can be hard on everybody in the family.

Anxiety and depression can affect different people in different ways, and there's no right or wrong way to feel at this time.

It can be much more than feeling sad, although that can be a part of it; depression can mean having no energy, feeling nervous about situations which didn't bother you before, or struggling to engage with friends or family. It can be expressed as anger, excessive tiredness, sadness, or feeling numb; which can be devastating.

"If you have symptoms of anxiety or depression around this time, it's important to seek help as soon as you can"

Some people experience negative thoughts towards the new baby or other members of the family, and this can lead to feelings of guilt, perpetuating a cycle of depression.

The first thing to realise is that you're not alone; there are organisations available to help you. If you have symptoms of anxiety or depression around this time, it's important to seek help as soon as you can. Some people find that just talking helps, but there are lots of options available to support you through this time, and help you feel better.

Seeking help doesn't mean you're failing at anything; it's a responsible decision to make because recognising your needs and taking it easy on yourself are the first steps towards recovery.

Looking after yourself is important, especially when you're looking after a new life – having a baby is hard work.

PRACTICE UPDATE

MOLESCAN

Molescan is available again through Dr Harb at Tea Tree Surgery.

DUTY DOCTOR CLINIC

Each weekday from 4.00pm to 6.00pm our patients who need to be seen on that day, but cannot get an appointment, can be seen at Tea Tree Surgery by the Duty Doctor. An appointment time is required. Normal fees apply.

DIABETES CLINICS

St Agnes Surgery and Tea Tree Surgery offer a Diabetes Clinic (held at the St Agnes Surgery) which is proving very successful with patients achieving significantly improved control and knowledge of their diabetes.

PAP SMEAR CLINIC

Saturday mornings at Tea Tree Surgery with a female Doctor. Normal fees apply.

ENURESIS CLINIC

Dry Bed Program for children 6 years and over. Speak to your Doctor for more information.

SENIOR'S HEALTH ASSESSMENTS

St Agnes Surgery provides a comprehensive health assessment for patients 75 years of age and over – the program involves a detailed functional and safety assessment conducted by our Nurse, followed by a medical check-up with your Doctor.

PRACTICE ACCREDITATION

St Agnes Surgery and Tea Tree Surgery have achieved FULL ACCREDITATION until 2020. Accreditation reflects the attainment of national standards of quality at a practice level.

PRIVACY

This practice is committed to maintaining the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

Disclaimer: The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

Take me home to complete our PUZZLE.