

ST AGNES SURGERY

1251 North East Rd
Ridgehaven 5097

P: 8264 3333



TEA TREE SURGERY

975 North East Rd
Modbury 5092

P: 8264 4555



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MBBS FRACGP

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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

SEPTEMBER 2019

Battling bad breath

Bad breath, or halitosis, affects about 2.4 percent of the adult population, but there are ways you can combat the condition.

Halitosis is usually caused by sulphur-producing bacteria that live on the surface of your tongue and throat. When they break down proteins very fast, they can release bad-smelling compounds. While halitosis is not dangerous or infectious, it can cause self-esteem issues and unpopularity.

What causes bad breath?

Halitosis can have many causes, which unfortunately means that there is no single treatment for it. Common causes are smoking, dry mouth, and poor oral hygiene. Less frequently, halitosis can be the result of post-nasal discharge, kidney failure, and sinusitis. Some people may experience short-term halitosis after eating foods such as cauliflower, onion, or garlic.

What are the signs of bad breath?

Halitosis can't always be identified by the sufferer, and is sometimes only obvious to the people around them. However there are

some common symptoms which go hand-in-hand with halitosis: post-nasal drip, constant throat clearing, a burning sensation on your tongue, bad morning breath, a sour or metallic taste, and thick saliva. A white coating on your tongue and a dry mouth are also good indicators.

Prevention and treatment

In many cases, you can prevent or treat halitosis by drinking plenty of fluids, avoiding certain foods, and sticking to a thorough oral hygiene routine. Some mouthwashes, toothpastes, and lozenges may also help. If you have a white coating on your tongue, invest in a tongue cleaner and use it from the back of your tongue, where the smell is strongest, to the front.

If you think you have halitosis and home treatment is not helping, talk to your local doctor, chemist, or dentist, to identify the cause and work on a solution.

A fashionable future for family planning

There are many different contraceptive options for both men and women, but what if they could be both functional and fashionable?

Instead of taking a daily pill, or relying on other contraceptive methods, your family planning could be as simple as putting on your watch in the morning.

Researchers are developing contraceptive patches which stick to small items of jewellery, making contraception easy to use and stylish. Patches that administer medication through the skin have been around since 1979, and are commonly used for motion sickness, easing menopause symptoms, and helping to cease smoking.

The contraceptive patches consist of three layers which form the backing for the jewellery. The first layer adheres to the jewellery, and the third layer adheres to your skin. The middle layer is the solid contraceptive drug which releases hormones through the third layer into your skin, so it can move into your bloodstream and circulate throughout your body.

While this technology was first designed for developing countries with limited access to health care, developers saw global potential for the idea. Because wearing jewellery is routine for many women, jewellery-worn contraceptives can be easier to remember, and have the additional advantage of being more discreet than some conventional methods.

Medication developers have taken into account the average length of time jewellery might be worn in a day; studies so far have found that hormonal contraceptive cover is still assured when the jewellery is removed for eight hours of sleep.

Testing and research is underway to ensure the patches are what the market wants; and that they are safe, effective, and easy to use. Jewellery-worn hormonal contraceptives are yet to undergo human testing, but the technology holds huge potential, and market release looks promising in the near future.

Try the Spicy Lentil and Sweet Potato Dhal recipe inside.



Turmeric: the spice of life

This colourful spice adds flavour and colour to your meals, but what else could turmeric do for you?

Turmeric has long been considered one of the most beneficial foods in the world, and now shows promising results from many high-quality studies on its health benefits. The roots of the turmeric plant are used fresh, or dried and ground into a powder; both forms have been used in Asia as a medicine and a spice for thousands of years.

One of the compounds that make turmeric so nutritious, and also gives it the orange-yellow colour, is curcumin. Curcumin boasts anti-inflammatory and antioxidant effects, improves brain function, shows promise in cancer prevention, and much more.

Brain and heart health

Curcumin can increase the levels of growth hormone in your brain, helping your neurons form new connections. This shows promise for improved learning and memory, and in the prevention of depression.

Curcumin can play a part in heart health by improving the lining of the blood vessels which helps regulate blood pressure, clotting, and inflammation.

Anti-inflammatory compound

Inflammation is an essential function that helps your body repair damage and fight bacteria. However, extensive or chronic inflammation can cause serious health problems. It's believed that chronic inflammation may contribute to some illnesses, such as cancer, heart disease, stroke, diabetes, arthritis, and Alzheimer's.

Curcumin is powerful in fighting chronic inflammation. Studies show that it can match the effectiveness of some anti-inflammatory drugs.

Turmeric is one of the most beneficial foods in the world

Antioxidant benefits

We often hear about antioxidants, but what exactly are they? Antioxidants are molecules in our bodies that fight damage caused by unstable molecules (known as free radicals). We need a balance of free radicals and antioxidants. When this balance is disrupted, our health can suffer.

Curcumin is an exceptionally powerful antioxidant that neutralises free radicals to slow down the aging process, and prevent disease.

Cancer treatment prospects

Intensive studies have shown that curcumin can help reduce the growth of malignant cells in some forms of cancer. Research is in its infancy, but the results are promising.

To reap the health benefits, it's important to know that it's not as easy as stocking up on the spice, or heading out for a turmeric latte. The curcumin content in turmeric is a mere three percent, and is also difficult for your body to absorb, so curcumin supplements may be the most effective approach.

Not all curcumin supplements are created equal though, and more evidence on the reported benefits is needed. Some contain other ingredients such as piperine (a compound in black pepper), which can help aid absorption by up to 2,000 percent. Consuming curcumin with a fatty meal could also help, as it is fat soluble.

There's no denying that turmeric is a delicious and healthy addition to your diet, but too much can sometimes cause stomach irritation, so remember, everything in moderation. Talk to your GP about whether curcumin supplements would be suitable for you.

WORD SEARCH

- HALITOSIS
- HAEMORRHOIDS
- CONSTIPATION
- PILES
- VEGAN
- VEGETARIAN
- CONTRACEPTIVE
- MIGRAINE
- TURMERIC
- CURCUMIN
- CHRONIC
- BRAIN
- HORMONES
- PROTEIN
- INFLAMMATION
- LEGUMES
- GRAINS
- NUTS
- BACTERIA
- SALIVA
- VEINS
- CLOT
- AURA
- NAUSEA
- STRESS
- TENSION
- NEURONS
- PIPERINE
- DIET

A word search grid containing the following words: HALITOSIS, HAEMORRHOIDS, CONSTIPATION, PILES, VEGAN, VEGETARIAN, CONTRACEPTIVE, MIGRAINE, TURMERIC, CURCUMIN, CHRONIC, BRAIN, HORMONES, PROTEIN, INFLAMMATION, LEGUMES, GRAINS, NUTS, BACTERIA, SALIVA, VEINS, CLOT, AURA, NAUSEA, STRESS, TENSION, NEURONS, PIPERINE, DIET.

What **type of headache** do I have?

Headaches are one of the most common health problems that medical professionals treat, but did you know the diagnosis can differ from one person to the next?

Headaches can be painful, irritating, and debilitating. Sometimes, you can make it through the day without a problem, but other times you have to crawl into bed and block out the world.

There are many different kinds and causes of headaches, two of the most common are tension headaches and migraines. Both can range from mild to severe, and can be experienced on one or both sides of the head; however there are some differences that can help determine which kind of headache you have.

Tension headaches

Tension headaches are the most common and can make you feel like your head is tight or under pressure; they don't usually get worse with exertion. The pain may be associated with tenderness of the muscles of the head, neck, and shoulders, and can last for a few hours, or even up to a week.

Migraines

Migraines are usually described as a throbbing sensation, and physical exertion can make the pain worse. The throbbing is believed to be related to blood flow changes in the brain causing irritation and swelling of the blood vessels.

Unlike tension headaches, migraines can cause nausea, vomiting and sensitivity to light, smell, and sound. Migraines can be with or without aura; a migraine aura can be any of a collection of neurological symptoms such as numbness, speaking difficulties, vision changes, and tingling, which signal the onset of a migraine.

What causes headaches?

Tension or stress is more likely to cause a tension headache, but there are many triggers for migraines. Certain foods, smells, weather changes, hormones, and a lack of sleep can all cause them.

Diagnosis and treatment

There are no migraine-specific tests, but your GP may run tests to rule out other conditions. It can be helpful to monitor your headache activity by noting your diet, events, symptoms and medication, before and during your headache.

Determining the cause of your headaches or migraines may involve a process of elimination. Sometimes, it can be as simple as cutting out an ingredient from your diet. While there is no overall cure, doctors will often recommend medication or therapeutic intervention.

If you are suffering from severe, ongoing headaches, or are experiencing head pain with unusual symptoms and a high fever, see your GP immediately. They can rule out underlying conditions before helping you to manage the pain.

Healing your **haemorrhoids**

Haemorrhoids are common, with nearly three out of four adults experiencing them at some point, yet many people suffer in silence.

Haemorrhoids can be irritating, inconvenient, and worst of all, painful. They are swollen veins, also known as piles, which occur in the lower rectum and anus. A lack of understanding and education can mean recurrent episodes and needless suffering from this largely preventable and manageable condition.

Symptoms of haemorrhoids

Internal haemorrhoids are in your rectum, and external ones are under the skin around your anus. Some people don't experience any symptoms from having piles, but others have pain, itching, discomfort, and some bright red bleeding from the anus or rectum. Painful lumps near the anus are also common.

Occasionally, a clot can form in a haemorrhoid (known as a thrombosed haemorrhoid), which can be extremely painful, and may require drainage or lancing.

While some rectal bleeding is common with haemorrhoids, excessive blood loss and

changes in bowel movements can be symptoms of other more serious conditions. See your GP immediately if you have concerns. If you are experiencing severe pain, copious rectal bleeding, dizziness, or faintness, seek emergency help.

Causes of haemorrhoids

Haemorrhoids occur for many reasons and often these are unknown. They may result from pressure on the rectal veins which can be caused by excessive straining during bowel movements, sitting on the toilet for long periods, constipation, and pregnancy.

Anal intercourse, a low-fibre diet, obesity, and diarrhoea can also all contribute to the risk. The likelihood of developing piles increases as you age, due to weakening of the tissues that support rectal veins.

Haemorrhoids are preventable in many cases with a few lifestyle changes. Increase your fibre and fluid intake, exercise more, try not to strain during bowel movements, and use the toilet as soon as you feel the urge to do so. See your doctor if these methods aren't helping.

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.

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.

Take me home to complete our **PUZZLE**