

KORUMBURRA MEDICAL CENTRE

50 Radovick Street
Korumburra 3950

P: 5655 1355

F: 5655 1537



Dr Phil Huguenin

MBBS Dip.RACOG DA (Lon.)

Dr Peter Lewis

MBBS Dip.RACOG

Dr Mark Bensley

MBBS Dip.RACOG FRACGP

Dr Clare Stainsby

MBBS Dip.RACOG FRACGP FACRRM

Dr Dong Xu

MBBS MMED PhD FRACGP (casual)

Dr Jacqui McDonnell

MBBS FRACGP

Dr DaMing Chi

MBBS FRACGP

Dr David Selvanayagam

MBBS

Dr Paul Odgers

MBBS

Dr Boriana Grozev

MBBS FRACGP

Dr Yan Lu

MBBS

Dr Muneeza Khalid

MBBS

PRACTICE STAFF

Donna Smith (Practice Manager)

Tania Findlay (Nurse Team Leader)

PRACTICE NURSES

Jenny Edwards, Faye Walker,
Tania Findlay, Laura Nicholas,
Sharon Goad, Michelle Bensley,
Nicole Tuckett, Kristy Grabham &
Emma Radmore

ADMINISTRATIVE STAFF

Debbie Paterson, Suzie Alger,
Carmel Chessari, Wendy Sellings,
Barb Lumby, Karon Mackin, Maddie Dixon,
Heidi Greenwood, Lisa Woollard,
Marina Paterson & Meg Newton.

SURGERY HOURS AND SERVICES

CONSULTATIONS can be arranged by
phoning. PH: 5655 1355

Monday to Friday 8.30am–6.00pm

Saturday 8.30am–12.00noon

The practice prefers to see patients by
appointment in order to minimise people's
waiting time.

Home visits can be arranged when
necessary. If you need a home visit,
please contact the surgery as soon as
possible after 8.30am.

For After hours emergency medical
attention – at night, weekends or public
holidays please call 03 56542753 where
a nurse will triage your needs and contact
the doctor on call.

YOUR DOCTOR



AUGUST 2019

Are you tired of sleep problems?

Sleep deprivation is a common problem, affecting many people at some point in their lives, but what are the long term effects?

We spend around a third of our lives asleep, and it is just as important as exercise and food. Many people think the body shuts down when sleeping, but this is not the case. During sleep you are actively restoring, repairing, and strengthening your body. It's also vital for efficient brain functioning.

The amount of sleep required depends on several factors, but the average adult requires between seven to nine hours a night. Babies, children, and teenagers need between nine to seventeen hours, depending on age.

Why we lose sleep

People struggle to sleep for many reasons; it may be stress, illness, worry, work, or family obligations. Sleep disorders such as sleep apnoea, restless leg syndrome, or snoring, are common and cause ongoing concerns.

Signs of sleep deprivation

Sleep deprivation occurs when you get less sleep than you need to feel awake, energetic and alert. You might find you're forgetful, unmotivated, clumsy, moody and irritable; making everyday tasks and learning a struggle. Other signs can be increased appetite and cravings for carbohydrates.

Daytime sleepiness is a common symptom of "sleep debt," where, over time, a shortfall of sleep has accumulated. The good news is you can improve your health by paying back your sleep debt. You may have to work hard at increasing the hours you normally need, until the missing time is made up.

How lack of sleep affects your health

You might think that losing out on sleep will just make you tired, but if it is ongoing it can affect your health significantly.

Not getting enough sleep increases the risk of respiratory and heart diseases, diabetes, and weight gain. Mental wellness is also affected, and depression is more likely.

Your immunity can suffer; making it harder to fight infection, this is why you need more sleep when you're recovering from illness or injury.

The good news is you can improve your health by paying back your "sleep debt"

Sleep deprivation also disrupts your focus, emotions, reasoning, alertness and judgement. Many tragic accidents happen when overly tired people are in charge of machinery and vehicles.

What can you do to get more shut-eye?

There are many self-help methods to help you sleep; see the suggestions below for some tried-and-true tips. Trying just one to start with may make all the difference.

If these methods don't work, then getting to the root of the problem is crucial. See a medical professional to diagnose the cause. Treatment can include therapy to change behaviour and thought patterns, medication, or mechanical and physical sleep aids.

We need sleep and it's crucial to get enough of it in order to function well. The sooner you solve the issue, the sooner you will wake up refreshed, happier, and healthier.

TOP TIPS TO HELP YOU SLEEP

- Go to bed when you're tired, and keep sleep and wake-up times consistent
- Avoid eating for two to three hours before bedtime
- Exercise during the day - even 10 minutes can positively affect sleep
 - Avoid sleep 'thieves', like alcohol and caffeine
- Turn off electronics and limit your use before bedtime
 - Meditation and breathing techniques can help with relaxation

Try the Lemon & Ricotta Dip recipe inside.

Can an **orange** a day keep the doctor away?

Everyone knows the age-old adage of “An apple a day keeps the doctor away”, but what about citrus fruit?

The beautiful arrangements of oranges, lemons, limes, mandarins, and grapefruit in your supermarket may be appealing, but these citrus fruits have more to offer than mere looks.

They're a lunch box staple, a beverage, and a pick-me-up when you're feeling a little under the weather. Furthermore, they're plentiful in Australia throughout most of the year. The studies on how citrus fruits can benefit your health will surprise you.

Vitamins and minerals

Citrus fruits offer an abundance of B and C vitamins; one orange alone can provide as much vitamin C as you need in a day. They also contain minerals such as potassium, phosphorus, magnesium and copper; all of which play important roles in your body processes.

Fibre

They don't lack in the fibre department either; one large orange offers around 18 percent of your recommended daily requirement.

Fibre is crucial for improving your digestive health, and lowering your cholesterol.

Preventing disease

These fabulous fruits are rich in plant compounds that provide anti-inflammatory and anti-oxidant effects. They may reduce the risk of heart disease, possibly boost your brain function, and lower the chance of kidney stones. If that's not enough to convince you, then the widely accepted studies on their protective effects against cancer, might.

Weight loss

If you're trying to lose weight, then citrus fruit may help. Their fibre and water content help to fill you up, and they are low in calories. A 2015 study, conducted over 24 years, showed a link between consuming citrus fruits and weight loss.

Citrus peel extracts are used in many perfumes – especially tropical, summery scents.

Are there any downsides to citrus fruits?

As with any food and beverages, ensure you consume citrus fruit in moderation. Their acid content can erode tooth enamel, which increases your risk of cavities. Also, consuming citrus in juice form can lead to increased sugar intake. Grapefruit can also have adverse effects with some medications.

Overall, citrus fruits are nourishing, versatile and convenient to eat. Add them to your regular diet and enjoy the sweet burst of flavour and subsequent health benefits.



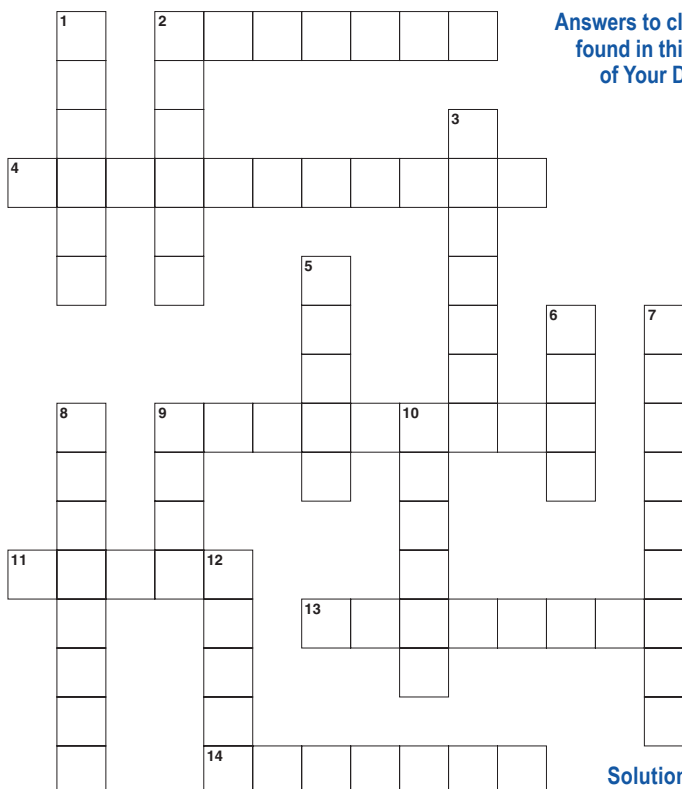
C L E V E R C R O S S W O R D

ACROSS

2. A long-term and prolonged illness or condition.
4. The state of being without or denied something.
9. Male sex hormones.
11. Tiny openings in the skin.
13. Supple, pliable.
14. The stage when somebody becomes capable of sexual reproduction.

DOWN

1. Mental, emotional, or physical strain or tension.
2. The plant group that includes oranges, lemons, limes, grapefruit, and pomelos.
3. The way or position in which somebody holds his or her body, especially when standing.
5. Plant matter that is found in grains, fruits, and vegetables, and aids digestion.
6. A swelling, lump or sac that develops in the skin.
7. Correct positioning.
8. Inability to fall asleep or to remain asleep.
9. A skin disease of the oil glands resulting in pimples.
10. The sex of a person.
12. A state of unconsciousness in people and animals, during which the body rests and restores itself.



Answers to clues can be found in this edition of Your Doctor.

Solution is on the back page.



Lemon and ricotta dip

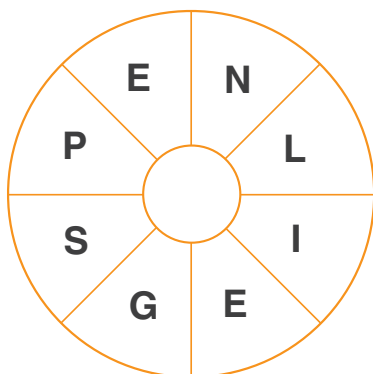
- 2 lemons, juiced
- 1 cup ricotta
- 3 Tbsp mayonnaise
- 1 Tbsp mint, finely chopped
- 2 Tbsp chives, finely chopped
- 1 clove garlic, crushed
- 1 tsp Worcestershire sauce
- ¼ tsp cayenne pepper
- Salt and pepper to taste
- Selection of raw vegetables for dipping

Method

Combine all the ingredients. Spoon into a serving dish and serve with sliced vegetables.

WORD WHEEL

Find as many words as you can using the letters in the word wheel. Can you find the word that uses all of the letters?



What do you know about **acne**?

Around 85 percent of Australians between 15 and 24 will get acne in their life. However, there's more to this skin disease than meets the eye.

Acne is the most common skin disease, and one that doesn't discriminate between gender and age, although it does affect teenagers more. If other people in your family have had it, you may be more likely to develop it too.

What causes acne?

Acne occurs when your oil glands produce more oil and pores become blocked, resulting in blackheads and pimples. Bacteria multiply in these blocked pores, which can make the swelling, redness and soreness worse.

Where on the body can it appear?

Pimples and blackheads can appear on almost every part of your body, but occur more in areas with large numbers of oil glands. Your face, upper back, shoulders, chest, and neck are all more likely to get them than anywhere else.

What role do hormones play?

Boys are often more susceptible due to their high levels of androgens, (male sex hormones), particularly during puberty and as young adults. Once they reach their mid-20s, it often starts to clear up.

Women are also affected by hormones; and often notice acne worsens before menstruation, during contraceptive pill changes, and in times of high stress. Acne can also be aggravated by weight problems, pregnancy, or a condition such as polycystic ovarian syndrome.

Additionally, women are more likely to suffer from acne into their 30s and 40s. This adult acne appears to be linked to both hormones and stress.

At any age, you can see your GP about acne, especially if it's affecting your enjoyment of life. Your GP may prescribe treatment, or refer you to a skin specialist. The sooner you see a medical professional, the quicker you can get on top of it and feel better both inside and out.

6 acne myth busters

• Picking and popping pimples makes them better

Stop! Squeezing pimples leads to deeper inflammation and infection. This can result in acne scars.



• Eating chocolate and junk food causes acne

No – these foods don't cause acne. A good diet is important but won't stop you getting acne.



• Washing more will prevent acne

Acne isn't caused by dirt. Washing too much or scrubbing can irritate skin and make acne worse.



• Masturbation and too much or too little sex makes acne worse

Not true – there is no connection with masturbation, or the amount of sex you have.



• Sunlight will improve acne

A tan may help hide acne, but the sun can dry skin out and make it worse. The risks of skin damage and cancer far outweigh any benefits.



• Acne is contagious

Acne cannot be 'caught' or spread from one person to another.

BUST-

Four surprising **facts** about health

1. Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike.
2. You are about one centimetre taller in the morning than in the evening!
3. When we touch something, we send messages to our brain at around 200 km/h.
4. There are more bacteria in your mouth than there are people in the world.



The benefits of being flexible

Most people know they should stretch their muscles before they exercise, but what happens if you stretch all the time?

If you make a conscious effort to stretch all your muscles throughout the day, not just before or after you exercise, you may discover some surprising benefits.

Fewer injuries

Stretching can decrease the risk of muscle-related injuries during physical activity. You'll develop strength, flexibility, and muscle balance. Balancing your muscles enables your body to withstand more physical stress, and is achieved by stretching all of your muscles correctly.

More strength

As you become more flexible it's important to build your strength as well. This ensures your muscles will have the correct amount of

tension so they can provide enough strength to support you, and all your movements. This means you will become fitter in whatever you do.

Less pain

Do you experience stiffness and aching muscles after carrying out activities or physical tasks you don't normally do? If you make an effort to open and lengthen your muscles, you may be able to reduce that discomfort.

Better balance

Better balance and improved posture are also surprising benefits that may help you in every area of your life. With regular stretching, your body may correct any imbalances in your alignment. Your range of motion will improve, helping with everyday movements such as sitting and standing.

A positive mind

Finally, stretching can even pave the way for a positive state of mind. You may find it easier to unwind and relax with a body that's free of aches and pains.

Getting rid of tension and loosening your muscles can have some amazing benefits. However, be wary of starting any stretching exercises if you suffer from an injury or chronic condition. Talk to your doctor if you have any health concerns.



Hair today, gone tomorrow

An ingrown hair is a downward-growing hair that has lost its way. Do you know how to spot one and what to do about it?

Every now and again, hair growth can go astray. Instead of growing upward as it should, a hair can grow downward, trapping itself under the skin. In some cases it can produce a cyst which may become a problem.

Why do we get ingrown hairs?

Ingrown hairs occur for many reasons. You might have curly or thick hair that twists under the skin, dry skin that traps hair follicles, or your hair removal methods are to blame. Waxing, shaving, and plucking can all make your hair grow back differently.

Preventing ingrown hairs

You can reduce the risk of ingrown hairs by using soothing shaving cream and a sharp razor, moisturising well, and shaving in the direction of the hair growth. However,

you may still get the odd ingrown hair, and sometimes this can develop into a cyst.

What is a cyst?

A cyst is a fluid-filled lump that can be large or small, and hard or soft. It can be deep under the skin, or near the surface with a white or yellow head. In many cases, these cysts are painless and will go away on their own; but if they get infected, they can be very sore, red, swollen and itchy. At this stage treatment may be needed.

If a cyst is affecting your health, or it doesn't clear up on its own within two weeks, see your doctor. Not every lump will be a cyst and not every healing process will go as planned. Going forward, small changes in your hair and skin care routine may be able to reduce the prevalence of ingrown hairs and cysts.



WHAT OTHER SERVICES ARE PROVIDED HERE AT THE CLINIC?

Skin Clinic

Are you concerned with any spots or bumps on your skin then you should book in our skin clinic for a skin check by Dr Mark Bensley. Skin clinic runs every Tuesday

Women's Health Clinic

This clinic runs once a fortnight specifically for women's health. They are 30 minute appointments that include cervical screening, provided by a nurse trained in women's health, and discussion on women's issues regarding health and education.

Life Program

Are you at risk of developing type 2 diabetes, heart disease or stroke, have a BMI >35 then this is the program for you! The life program is a FREE fortnightly program over 8 weeks. We discuss lifestyle changes that can dramatically reduce your risks of developing type 2 diabetes, heart disease and stroke. The program includes a session with a dietician to discuss food labelling and better food choices, and a physiotherapist to explain ways you can get moving at home. Our next program begins in October 2019.

Smoking Cessation Session

We are all aware how hard it is to QUIT smoking. Research shows us that the more support we receive the more likely we are to succeed. Here at the clinic we offer a QUIT session with the nurse and GP. During the session we help you develop a plan to QUIT. Sessions are available at the clinic everyday.

Youth Clinic

Every Tuesday there is a youth clinic with a GP and Nurse at the Korumburra Secondary College most of the day with a few afternoon appointments at the Medical Centre. The clinic is for all youth aged 12-21 years of age.

Immunisations

We offer a variety of immunisations here at the clinic, from childhood immunisations including catch up schedules, teenagers particularly those that are a bit concerned about having a needle, through to adult immunisation such as flu, pneumonia and shingles vaccination.

Chronic Disease Management

If you have a medical condition that lasts longer than 6 months, please discuss this with your GP as you may be eligible for a Chronic disease management plan. This is a detailed plan to help you manage your condition. If eligible you may also be entitled to rebates for allied health care.

Asthma Education

If you suffer from asthma then you should have an asthma action plan. For children and teenagers these action plans are required by schools and must be updated annually. Our asthma educator will discuss with you your current medication, if you are using it correctly and develop an action plan for when your asthma flares up. We can perform a spirometry (breathing test) to ensure you are on the best management for your asthma.

These are just a few of the additional services that we provide here at the Korumburra Medical Centre. If you would like more information about any of these services please ask any of our receptionists, nursing staff or talk to your GP.

ACROSS 2. CHRONIC 4. DEPRIVATION 9. ANDROGENS 11. PORES
DOWN 1. STRESS 2. CITRUS 3. POSTURE 5. FIBRE 6. CYST
7. ALIGNMENT 8. INSOMNIA 9. ACNE 10. GENDER 12. SLEEP

CROSSWORD
SOLUTION

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.