

KING STREET MEDICAL CENTRE



14 King Street
Murwillumbah 2484
P: 02 6672 4244 (all hours)

Dr Douglas Warne
Dr Christopher Millar
Dr John Moran
Dr Robyn Yabsley
Dr Jacqueline Wilson
Dr Stephen Lennon
Dr Jessica Hamlyn
Dr Rhys Bennett

SURGERY HOURS

Monday to Friday 8:00am – 5:00pm
Saturday 8:00am – 11:00am

CABARITA BEACH MEDICAL CENTRE



22 Tweed Coast Road
Cabarita Beach 2488
P: 02 6676 1461

Dr Douglas Warne
Dr Christopher Millar
Dr Laura Kindt
Dr Patrick Ivits
Dr Jessica Hamlyn

SURGERY HOURS

Monday to Friday 8:00am – 5:00pm
Saturday Closed

SERVICES

- General medical consultations
- Minor surgery – skin cancers, moles
- Acute accidents and injuries
- Routine vaccinations of children and adults
- Women's health and family planning

URGENT medical problems will be dealt with promptly.

EMERGENCY – dial 000 for all emergencies or call the Hospital on 02 6672 0230.

HOME VISITS – The practice provides a complete range of Medical care, including pre-arranged home visits.

AFTER HOURS – nights, weekends or Public Holidays call 02 6672 4244 or the Hospital on 02 6672 0230.

YOUR DOCTOR

MAY 2022



A QUICK GUIDE TO APPENDICITIS



LIVING WITH ROSACEA



BETTER HEALTH FROM HELPING



COLOURFUL CHOICES

compliments of your GP

What is Pneumonia?

Pneumonia is a 'chest infection' – a condition which affects your lungs. It can range in severity depending on what caused the infection, your age, and any other health issues you had before getting pneumonia.

What are the causes of pneumonia?

Pneumonia occurs when a bacteria or virus enters your body and causes an infection in your lungs. There are lots of different micro-organisms that can cause lung infections, including:

Bacteria – a bacterial pneumonia may require a course of antibiotics.

Viruses – airborne viruses include influenza (flu) viruses and strains of coronavirus.

Fungi – a fungal infection affecting the lungs can occur, but is usually less common. People who take medications that affect their immune system, or who have a condition which weakens the immune system, are most at risk of fungal lung infections.

Inhaling some food or fluid into the lungs can also cause a type of pneumonia called aspiration pneumonia, which can lead to serious infection.

What are the symptoms of pneumonia - is it contagious?

The most common symptom is a cough; it can be dry, or have thick mucus which may be grey, yellow, or greenish in colour.

You may feel generally unwell, with cold or flu-like symptoms such as fatigue and fever that get worse instead of improving after a few days or weeks.

Your breathing may feel difficult, or be shallow, and you may experience chest pain when you take a deeper breath or cough.

While pneumonia itself is not contagious, many of the bacteria or viruses that can cause lung infections are easily spread to other people, who may then develop pneumonia.

How is pneumonia diagnosed?

A diagnosis of pneumonia may be made based on a combination of factors; your doctor will usually assess your symptoms and listen to your breathing using a stethoscope.

Various tests may be taken – such as blood samples or a swab from inside your nose or throat – to establish the cause so that the most suitable treatment can be given. A chest X-ray can give doctors an idea of the extent of the infection, as well as checking oxygen levels and other vital observations.

Can you prevent pneumonia?

Vaccinations can help prevent some types of pneumonia and also prevent other illnesses that can lead to pneumonia. We can advise you on appropriate vaccinations for you and your family.

Not smoking will also help protect against pneumonia; and eating a balanced diet and exercising regularly can protect your general health and immunity.

Do you need to go to the doctor?

Suspected pneumonia should be assessed by your doctor. Pneumonia that is associated with severe flu-like illness should be assessed urgently.

People who are at higher risk of pneumonia and at risk of becoming seriously ill if they do develop pneumonia should seek medical help early if they become unwell. Severe breathing problems should be treated as an emergency.



Our newsletter is free! You can take a copy with you.

WORD SEARCH

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

ABDOMEN
 ANTIOXIDANTS
 APPENDICITIS
 BACTERIA
 BLOOD
 BOWEL
 CARBOHYDRATES
 CARROTS
 COUGH
 DIABETES
 ENERGY
 EYES
 FIBRE
 FRUIT
 FUNGI
 HEART
 INFECTION
 LUNGS
 PAIN
 PERITONITIS
 PNEUMONIA
 POTASSIUM
 PUS
 ROSACEA
 SKIN
 STRESS
 VEGETABLES
 VIRUS
 VITAMINS
 VOLUNTEER

Carrots – a colourful choice for good health

It won't come as a surprise to anyone that carrots are a nutritious and tasty addition to a healthy diet. What you may not know is that they come in a variety of colours which are beneficial to our health.

They are high in essential nutrients including healthy carbohydrates, fibre, antioxidants, and a great range of vitamins and minerals.



Fibre

Carrots contain soluble fibre, which helps lower cholesterol levels and the risk of heart disease. Carrots also have insoluble fibre, the kind that passes through the bowel relatively unchanged, improving your gut health.

Carbohydrates

Carrots are sweet, but they're actually a healthy source of a combination of types of carbohydrate. They have a low glycaemic index (GI); meaning that they help your body use energy from food in a slow, steady way, preventing blood sugar spikes. This means that they're a good choice for diabetics.

Low GI foods can also help you feel fuller for longer, which is helpful for people trying to lose weight or prevent weight gain.

Antioxidants

Carrots are not just orange, they come in red, purple and yellow; and the compounds which give them their bright colours are a type of antioxidant called carotenoids. Antioxidants are nutrients found in vegetables and fruit that help your body remove harmful free radicals — unstable molecules. If too many free radicals accumulate in your body they can cause cell damage, which can lead to problems like cancer and heart disease.

** Carrots are generally considered safe to eat, but some people can have an allergic reaction to them.*

Can carrots make you see in the dark?

Not really, but they're a great source of vitamin A, which can help support healthy eyesight.

Vitamins and minerals

Carrots are high in:

Potassium – this mineral helps your nerves, muscles and heart to function, and helps reduce your risk of high blood pressure.

Vitamin K – vitamin K is essential for clotting, and also helps build and maintain healthy bones.

Vitamin B6 – this vitamin helps your body convert carbohydrates into energy, helping you feel alert and ready for anything!

Vitamin A – carrots are well-known for their vitamin A content, essential for your eye health, immune function and the growth of healthy tissues in your body.

Carrots are an easy addition to the diet as they can be eaten raw or cooked, added to salads, soups, stews, or just by themselves. For those with a sweet tooth, a rich, moist carrot cake is a delicious occasional treat, although it's probably not the healthiest way to get carrots into your diet!

Carrot and Orange soup

Enjoy this delicious winter soup packed with goodness.

INGREDIENTS

2 brown onions, chopped
4 cups chicken or vegetable stock
Salt and pepper to taste

1kg carrots, peeled and chopped
1 orange

METHOD

1. Peel 3 strips of orange rind and set aside. Juice orange and set aside.
2. Put a small amount of olive oil in a large saucepan and heat over medium heat.
3. Cook onion in pan until soft, add chopped carrot to pan and cook until soft.
4. Add stock to pan and bring to a boil.
5. Add the 3 strips of orange rind to pan and simmer on low heat for 20 minutes.
6. Remove orange rind and blend the contents of the pan in a blender or with a stick blender, until smooth.
7. Add orange juice to blended soup and mix well, place back in pan and heat to taste.
8. Add salt and pepper to taste.



Helping others helps your own health

It's official, volunteering isn't just good for the cause, it's good for the volunteer!

Volunteering is basically helping other people without getting paid. This can include helping friends and family, or volunteering for a not-for-profit organisation. The links between volunteering and good health are undeniable, here's why.

Volunteering can be enjoyable, sociable, and meaningful – all of which contribute to good mental health. Just doing something that you feel is a good, kind, and helpful thing to do can help lessen stress, and symptoms of depression. Being social can also help combat loneliness – being lonely is known to affect mental health negatively. Not only that but it's a great way to meet people and make friends with similar interests.

It's also good for your physical health; studies have shown that people who regularly volunteer have consistently lower blood pressure than those who don't, even

when taking into account other physical factors. Getting out and about can also help you stay active. Child-care, working in an aged-care facility, or outdoor work can be a natural way to keep fit.

You may think that volunteering is just for people without work commitments. However if you're keen to help, even if you're already busy, you can start in small ways. Many charities and causes are happy to work around their volunteers' abilities wherever possible. It can be an activity you take part in with a friend or family member; spending time together in a positive way and strengthening relationships.

Doing something for someone you love, or for a cause that's important to you, won't feel like work. You may even learn new skills, make new friends, and improve your health and wellbeing at the same time!

Visit www.govolunteer.com.au to find organisations and opportunities near you.



A quick guide to appendicitis

Appendicitis is a condition that occurs when your appendix gets inflamed. Your appendix is a small tube-shaped pouch attached to your large intestine. Anyone can develop appendicitis, but it occurs most often between the ages of 10 and 30 years of age.

What causes appendicitis?

Appendicitis is usually caused by a little bit of food or poo getting stuck and causing a blockage in your appendix. This can create an infection, and result in your appendix becoming inflamed, swollen and filled with pus.

What are the symptoms of appendicitis?

Your appendix is located in the lower right-hand side of your abdomen, so when it's inflamed it tends to cause pain in that area. However the pain often starts in the middle, around your belly button, and spreads to the area around your appendix.

Severe pain in the lower right-hand side of your abdomen should be taken seriously and assessed by a doctor as soon as possible. If anyone experiencing this kind of pain becomes generally unwell with fever, shivering, vomiting or diarrhoea, or extreme pain on movement, it should be treated as a medical emergency.

Is appendicitis serious?

Without treatment, an inflamed appendix can get worse, and can even burst, allowing infection to spread into the lining of your abdomen (peritoneum). This is known as peritonitis and can happen quickly, causing severe pain to your whole abdomen. Peritonitis is life-threatening and needs prompt medical treatment.

How is appendicitis treated?

There are other conditions that can cause lower-right abdominal pain, and some of them may need different types of treatment so it's important to be assessed properly. As it's not always clear whether the cause of pain in this area is from appendicitis, your doctor may request blood and imaging tests to look for other causes.

The most common treatment for appendicitis is surgery to remove the appendix. Research is ongoing into the exact purpose of your appendix; however your body can still function properly without one. If your appendix has burst, emergency surgery may be necessary. Surgery for removal of the appendix may be done as keyhole surgery, leaving only very small scars which usually heal quickly.

Other treatment options may be available – your doctor can provide the correct information, advice and treatment for your specific condition.

Are you affected by rosacea?

Rosacea (pronounced roe-zay-sha), is a skin condition that causes red, tender and often swollen skin on the face. It's more common in women, but when men get it they tend to have worse symptoms.

What does rosacea look like?

In the early stages, rosacea may appear as flushing or blushing that comes and goes. Over time the redness becomes permanent and lots of small blood vessels can become visible. If left untreated, small red or white spots on the forehead, cheeks and chin often appear.

In some cases the skin can become thickened and appear rough or bumpy. Pores can be more visible, especially on the nose. Rosacea is also associated with dry, flaky skin and inflamed eyes. Rosacea can flare up or settle down from time to time.



What can make rosacea flare up?

It may be possible to work out what causes rosacea to flare-up, some of the more common triggers are:

- sun exposure
- hot weather
- vigorous exercise
- hot and spicy food and drinks
- alcohol
- hot water
- skin care products

Living with rosacea

Having rosacea can mean that your face is very sensitive. Skin care products in particular can make you feel like your skin is burning or stinging. Even hot water can make your face flush, so keeping cool and avoiding oil-based facial products can help.

Rosacea is also closely linked to stress – which means it can end up a vicious cycle; the more you worry about your skin, the more it might flare up. It's important to take care of your mental health, and try to reduce any other factors that cause you stress.



While the cause of rosacea is unknown and there is currently no cure; it can usually be well-managed with medical treatment and a gentle skin care routine, and avoiding factors that aggravate your condition.

Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To get the most out of your next visit, use the area below to note what you'd like to know and take this list with you to your next appointment so you don't forget what it was you wanted to ask..

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

PRACTICE UPDATE

The recent flood events have devastated both our local community and the Northern Rivers area that we love. Many of our patients have been severely affected with loss of property and livelihoods.

While physical property can eventually be replaced, it is the psychological harm that often goes unseen and causes the most damage. Often once the clean-up is done people start suffering or decide to acknowledge their feelings of anxiety and depression. If you are struggling, please make an appointment with one of our doctors to talk about it.

If needed, a Mental Health Care Plan can be written by your GP. This allows for up to 20 Psychology sessions subsidised by the federal government. You will need a specific appointment for a Mental Health Care Plan so please tell the admin staff, so that appropriate time can be booked. King Street Medical Centre bulk-bills all appointments made for Care Plans.

Mental health resources include:

Lifeline – if you are in crisis and need support 24 hr hotline 131114.

Mindspot – 1800614434
Free for up to 8 weeks and supplies online and telephone support for assessment and treatment of anxiety and depression.

New Access – 1800010630
Free therapy delivered by Mental Health coaches face-face or by telephone.

Headspace – 1800650890
For 12–25 year olds – provides comprehensive support for the young.

Connect to Wellbeing – 1300160339
Psychological therapies for individuals on low income and affected by extreme climate events . Can cover the cost of psychology sessions under a Mental Health Care Plan.

NSW Mental Health Line – 1800011511
Crisis support for all individuals will provide triage and support for acute mental health services.

Kids Helpline – 1800551800
Free telephone and online counselling service for ages 5–25.

National Debt Helpline – 1800007007
Free financial counselling.

Beyond Blue Online Forums
Connect with others who understand.

Please talk to your general practitioner if you are feeling affected by recent events. The entire community has been traumatised by what we have gone through together.

Please inform staff or your doctor if you are struggling financially as a result of the floods.

Our newsletter is free! Take a copy with you.