

# KING STREET MEDICAL CENTRE



14 King Street  
Murwillumbah 2484

P: 02 6672 4244 (all hours)

- Dr Douglas Warne
- Dr Christopher Millar
- Dr Robyn Yabsley
- 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

## AUGUST 2022



YOUR BODY'S BALANCING ACT



SOLE SEARCHING



BREASTFEEDING FAQs



ANXIETY - WHAT'S NORMAL?

*Compliments of your GP*

## Stroke: what is it and how can we prevent it?

A stroke happens when the blood supply to some parts of your brain is interrupted. Without good blood supply, cells can be starved of oxygen and become damaged.

### How does a stroke happen?

Stroke occurs in your brain and can happen in two ways:

1. **Ischaemic stroke:** the damage is caused by restricted blood flow, usually due to a blockage or narrowing in one of the blood vessels that feeds your brain. This includes TIAs – 'transient ischaemic attacks' or 'mini strokes' where blood supply is interrupted for a short-term.
2. **Haemorrhagic stroke:** when a blood vessel in your brain breaks or ruptures, causing permanent damage to cells in the area of the bleed.

The area of the brain affected by the stroke has a huge effect on the kind of symptoms a person experiences during and after a stroke.

### What are the signs of a stroke?

Some of the classic signs include:

- weakness or numbness – usually on one side of the body – such as being unable to lift one arm.
- a lop-sided smile or one side of the face becomes droopy.
- confusion and slurred speech – not making sense and having trouble speaking or understanding.

### Risk factors for stroke

There are some things that can make you more likely to have a strike. Some of these things you can't change – your risk increases as you get older, if you have a family history of stroke, or you have had prior strokes.

### RISK FACTORS WE MAY BE ABLE TO MANAGE

- **High blood pressure** – this is one of the biggest risk factors for stroke, but can often be improved with diet and exercise. There are effective medications for high blood pressure too.
- **Excessive alcohol intake** can cause high blood pressure and AF. It can lead to uncontrolled diabetes, and also make it hard to maintain a healthy weight.
- **High cholesterol** – high levels can mean narrowing in blood vessels, increasing the risk of ischaemic stroke and TIAs.
- **Diabetes** – people with diabetes are at a higher risk, which is just one of the reasons that it's important to manage diabetes well.
- **Smoking** – smoking can cause high blood pressure. It also makes your blood 'sticky' which increases the risk of blood clots forming.
- **Being overweight** – a healthy weight, diet and exercise are some of the best things we can do to reduce our risk of many serious diseases.

— Recognise —  
**STROKE**  
Think F.A.S.T.

**F** Has their **FACE** drooped?

**A** Can they lift both **ARMS**?

**S** Is their **SPEECH** slurred and do they understand you?

**T** Call 000, **TIME** is critical

If you see any of these symptoms **Act FAST call 000**

A stroke can have a serious impact on your life. The best way to protect yourself and your loved ones is to understand your risk of stroke and how to manage it.

A suspected stroke is always a medical emergency, and acting F.A.S.T. might mean the difference between life and death, and quick recovery or lasting damage.

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

## Your body's balancing act

Have you ever wondered how you're able to stand, bend, or dance? Most of us can perform these actions without thought. But this seemingly simple ability is a complex feat of engineering. After all, we have so many moving parts. Why don't we fall down? The answer lies in balance.

Balance refers to the ability to keep your body centred, and stable and upright when you move. The balancing act requires your brain, eyes, joints, muscles, and inner ear to work together. Constant fine tuning is needed to stop you from falling.

Imagine yourself walking. As one foot hits the ground, information is sent to your brain: what you see, hear, and the sensations

you feel. Your body and brain must process everything quickly, because in a moment you'll shift to your other foot. The data will need to be updated.

Good balance provides the freedom to function, exercise, and move; which enables you to be strong, agile, and energetic. You can remain independent, confident and fit – which also improves your mood.

The good news is that certain exercises can build muscles which help with balance. See below for two exercises; if they're difficult, use a chair or wall for support. Never risk falling – if you're concerned about your ability to balance, please see us for advice first.



### Balance Walk

Lay a straight length of wool or string on the ground. Raise your arms out to the side. Start at one end and walk, toe to heel, along the line.

Aim for 15 to 20 paces.



### The Stork

Stand and raise one leg, shifting your body to find your balance. Hold this position for 15 to 30 seconds. Repeat on the other side. When you feel confident, perform this exercise again with your standing knee bent.

## One-dish fish and tomato bake

*Loaded with nutrients, fish is one of the healthiest foods you can eat. All the ingredients are cooked in one pan so it's easy to make... and tastes delicious!*

### INGREDIENTS

1 tbsp olive oil  
1 medium red onion, diced  
4 cloves garlic, crushed  
2 450g cans whole cherry tomatoes  
1 tbsp red wine vinegar

2 medium zucchinis, sliced  
12 pitted olives, chopped  
4 medium white fish fillets  
Ground black pepper to taste  
¼ cup fresh basil, chopped

### METHOD

Preheat oven to 210°C. Heat oil in an oven-proof frying pan.

Add onion and fry gently until soft.

Add garlic and fry for 15 seconds.

Add tomatoes and vinegar, breaking up the tomatoes slightly.

Add olives and zucchini then simmer for about 15 minutes.

Place fish on top and sprinkle with pepper.

Bake in the oven for 10-15 minutes or until fish is just cooked through.

Remove from oven and sprinkle with basil before serving.

**Serving suggestion:** serve with sweet potato mash or potato mash.



## Sole searching

Our feet have to be pretty tough to cope with the wear and tear they get; carrying our weight on different surfaces and with a variety of footwear. They're also easily forgotten about in our daily care routine... until there's a problem. Foot conditions can be painful, itchy, stubborn to heal, unsightly, and even smelly!

### DID YOU KNOW?

Your feet contain more sweat glands per cm than any other part of your body – about 125,000 sweat glands on each foot.

This makes them warm and moist, which is why they're such a good environment for fungi and bacteria.

### Athlete's foot

This is a fungal infection of the skin. Many different types of fungus can be found on your skin, and they don't usually cause any problems. However, fungal infections can multiply and thrive in warm, moist areas, and in between damp toes is a particularly friendly spot for them to grow. Athlete's foot can be itchy, painful, and cause cracked skin and open wounds if it's left to get worse. It can be highly contagious, but ensuring your feet are kept clean and dry (especially in between your toes), can help prevent it.

### Fungal Nails (Onychomycosis)

A fungal infection of the toenails causes crumbling, yellowed and thickened nails. This infection can be very stubborn to heal.

### Cracked Heels

Hard, dry skin can build up on the heels, cracking and causing open fissures. Moisturising is important, and filing away areas of hardened skin can help reduce complications.

### Verrucae

A verruca is a flat wart caused by a virus, often caught in communal areas where people go barefoot, like swimming pool changing rooms.

### Ingrown toenails

Toenails that grow into your skin are known as ingrown toenails. They're usually caused by cutting toenails wrongly, pressure from incorrect footwear, fungal nail infections or toe injuries. Abnormally shaped toenails can make ingrown nails more likely.

Common fungal, viral or nail conditions are usually treated with special products from a pharmacy, as well as ensuring you take good preventative care of your skin. Conditions that don't get better, or even get worse despite treatment, should be assessed by your doctor who can prescribe further treatment.



# WORD SEARCH

ALCOHOL  
ANTIBODIES  
ANXIETY  
BACTERIA  
BALANCE  
BLOOD  
BODY  
BRAIN  
CHOLESTEROL  
DEPRESSION  
DIABETES  
DIET  
DIGEST  
DROOPY  
DYSMORPHIA  
ENZYMES  
EXERCISE  
FEET  
FUNGI  
HEART  
HORMONES  
ISCHAEMIC  
ONYCHOMYCOSIS  
OXYGEN  
PAIN  
SMOKING  
STROKE  
SWEAT  
TOE  
VERRUCA

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

## Your questions about breastfeeding

Medical authorities agree that breastfeeding is best if possible; however it can sometimes be hard to know what's right for you and your baby. We answer some common questions below, but if you have any specific questions or concerns please don't hesitate to contact us.

### How do I know my baby is getting enough milk?

If your baby is gaining an expected amount of weight and meeting developmental milestones, appears healthy and content, and produces plenty of wet and dirty nappies, they're getting enough milk.

### Is formula the same as breastmilk?

Formula milk is designed to meet a baby's nutritional needs and there's no need to feel bad for bottle-feeding. However, it isn't the same. Breastmilk contains natural chemicals – hormones, enzymes and antibodies – which are extremely beneficial and can't be replicated by formula. It also adapts to suit your baby's requirements as they grow.

### Should I give my baby water?

Extra fluids aren't required, as breastmilk contains all the water your baby needs. However, in hot weather your baby may want to breastfeed more often. Remember to drink plenty of water yourself.

### Does my breast size affect milk production?

Breasts of any size are able to produce enough milk for a baby – it's what they're designed for.

### Should I breastfeed if I'm sick?

Most illnesses are not transmitted by breastmilk. Breastmilk contains antibodies and other immune protective factors which can actually help protect your baby against infections like colds and tummy bugs. The only infection which should stop you from breastfeeding is HIV/AIDS, which is passed through breastmilk.

### Can giving formula at night help my baby sleep longer?

Very young babies need to wake to feed at night regardless of whether they have breastmilk or formula. Formula is thought to be less easy to digest, which may mean your baby feels fuller for longer; breastmilk, on the other hand, naturally contains hormones that help your baby fall asleep. The benefits of breastfeeding are thought to outweigh the unproven chance of a slightly longer interval between feeds.

Breastfeeding isn't always easy, but it can be incredibly rewarding for both you and your baby, and there's lots of professional and peer support available.



*Developmental milestones are normal abilities that babies gain as they grow; such as smiling, head and hand control, rolling and sitting.*



# Find out more about anxiety - what's normal and what's not

Anxiety is a common feeling, and usually linked to the kind of life events – such as an exam, illness, and money worries or similar – that it's natural and normal to feel anxious about. For some people however, anxiety can start to happen without an obvious cause, or it can be excessive or long-lasting and have a negative impact on their everyday lives. This is when anxiety can be classed as a 'disorder'.

Anxiety disorders are relatively common, but can go undiagnosed as many people find it hard to talk about their symptoms.

### Some common anxiety disorders

- **Generalised anxiety disorder** – anxiety that affects daily life, is long-lasting, and which goes beyond normal worries.
- **Social anxiety** – being nervous about social situations, often with upsetting thoughts about being unwanted, 'out-of-place', or 'not good enough'.
- **Depression** – linked to anxiety but with specific symptoms and treatments, depression can seriously affect your life and may require professional support.
- **Body dysmorphia** – when something about yourself is causing you excessive distress and affecting your behaviour. This can present as an eating disorder if you're worried about your weight, or as excessive need for reassurance, or trying to change or hide the imaginary physical 'defect'.

- **Panic disorder** – this can take the form of panic attacks in certain situations. You might feel extreme fear and anxiety, with physical symptoms like shortness of breath, chest pain, nausea, sweating and trembling. Some of your symptoms could point to other problems, so if there's any doubt about the cause it's important to get checked out by your doctor.

Some anxiety disorders overlap and some can make others worse. For example, body dysmorphia can cause social anxiety, or generalised anxiety disorder can overlap with depression. Several anxiety disorders can occur at the same time and it isn't always easy to tell what factors contribute to them.

### Managing anxiety disorders

There isn't a 'cure' for anxiety disorders, but there are lots of effective treatments that can help you get to the point where you no longer have any symptoms, or where you know how to manage symptoms in a healthy way when they arise.

Having a close friend or family member who is experiencing an anxiety disorder can be distressing, and it can be difficult to know how to help. The support of loved ones is always invaluable, and there are lots of things you can do, such as helping to find professional advice. Professional help is very important; there is more information, services, and support networks available than ever before.

**Flood Recovery.** It is now nearly three months since the terrible floods that so devastated our community. Remember that if you are feeling an increase in your anxiety levels or symptoms of depression to discuss it with your GP. There are many ways that we can arrange support for you.

**Patient Feedback Survey Results.** Thank you for completing surveys – we are grateful for your feedback. We issued a summary and our follow-up improvement plan for both practices in our June Newsletter. This is now on our website and on display in the waiting room of both our practices for your viewing. There is a patient suggestion box located in the waiting room at both practices and we encourage you to share your innovative ideas.

**New Female Doctor August 2022 at King Street Medical Centre.** We have a new female doctor commencing in early August, Dr Courtney-Anne Blackhall.

**Farewell Dr Jacqui Wilson.** Dr Wilson needed to move from Murwillumbah for family reasons and her last day at KSMC was 27/05/22. She will be much missed by her patients, colleagues and staff and we wish her and her family our very best wishes. Dr Jessica Hamlyn and Dr Robyn Yabsley are available to provide women's health consultations for those who prefer a female GP at KSMC. We also have Dr Courtney-Anne Blackhall commencing in early August at KSMC. We are also recruiting for another GP. We are likely to be approved as a District Priority Area (DPA) soon which will allow more doctors to obtain a provider number to enable them to work in our now non-rural town ie. Overseas trained International Medical Graduates (IMGs).

**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.

## 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.