



# Ponds Medical Centre

Shop 25 The Ponds Shopping Centre  
The Ponds Boulevard  
The Ponds NSW 2769  
02 8883 3033

AUGUST - SEPTEMBER 2020

FREE TO TAKE HOME!



Cardiovascular Risk



Myasthenia Gravis



Exercise in Childhood



Preventing Falls

YOUR NEXT APPOINTMENT:

## ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.

[www.healthnews.net.au](http://www.healthnews.net.au)

### ● PRACTICE DOCTORS

**Dr Guillerma (Patricia) De Leon**  
MBBS, AMC, FRACGP

**Dr Amali Fernando Navaratna**  
MBBS, FRACGP, DCH

**Dr Ayomi Soodin**  
MBBS, FRACGP, MD(Paeds), DCH

**Dr Wasim Akhter**  
FRACGP, MBBS, DCH

**Dr Inas Hegazi**  
MBChB, FRACGP, Clin Dip Pall Med.

**Dr James Maung**  
MBBS, FRACGP

**Dr Fouad Zaki**  
MB Bch

**Dr Amy Kwan**  
MBBS, FRACGP, DCH

**Dr Adrian Jeyendra**  
MBBS, FRACGP, Dip of Child, Health and Skin Cancer Med.

**Dr Baljinder Singh**  
MBBS, FRACGP

**Dr Sumanjeet Kaur**  
MBBS, FRACGP, DCH

**Dr Surendra Khanal**  
MBBS, FRACGP, DCH

**Dr Mohammad Asaduzzaman**  
MBBS

### ● PSYCHOLOGISTS

**Dr Mary Ticinovic**  
Clinical Psychologist  
0404 049 424

**Dr Alfred De Robillard**  
Clinical Psychologist  
0416 021 087

### ● SURGERY HOURS

Monday – Friday: 8am to 8pm

Saturday – Sunday (including Public Holidays): 8am to 4pm

### ● AFTER HOURS & EMERGENCY

For after hours services please call 8883 3033 at any time.

In an emergency call 000 for an ambulance or proceed to your nearest hospital.

### ● ABOUT US

This Practice is committed to providing comprehensive General Practice care to all individuals and families in this Community - quality care in valued relationships and in an atmosphere of excellence and ethical values.

### ● BILLING ARRANGEMENTS

All consultations by General Medical Practitioners are bulk-billed for patients presenting with a valid Medicare card. Certain consultations cannot be bulk-billed, such as: Workers Compensation; Medical Examinations for pre-employment, driver's license; Physiotherapist, psychologist or dietitian, etc.

### ● SPECIAL PRACTICE NOTES

**Telephone access.** You can contact the Doctors at the Centre during surgery open hours. The Receptionist will take a message if the Doctor is in consultations. In an emergency your call will be put through. Please keep your calls brief.

**Test Results.** Tests results are not given over the telephone, for medico-legal reasons.

Medical Certificates are legal documents and cannot be issued without actually seeing the Doctor and they cannot be issued retrospectively.

**Referral to Specialist.** To ensure best management, we like to discuss your condition with you before referring you to a specialist. We are not permitted by law to backdate specialist referrals, so ensure you have a current referral before you see the specialist.

**Feedback.** If you have any suggestions to improve the Practice, you are invited to speak to the Doctor directly or the Director of The Centre. We believe problems are best dealt with in the Practice. If you prefer, you can contact the Health Care Complaints Commission on 1800 043 159.

**10 Tips for Safer Healthcare** - [www.safetyandquality.gov.au](http://www.safetyandquality.gov.au)

**Patient Privacy.** This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

### HOW TO SEE YOUR DOCTOR

We operate under the policy of "Appointments Available but are not necessary" for the Family Doctor. An appointment is required to see Specialists and Allied Health Professionals. You may nominate your own preferred Doctor for consultations. Appointment may be required to be made with the Doctor if procedures like removal of moles, cysts, etc is required. Patients in need of urgent medical attention should bring it to the notice of the receptionist on presentation so that they can be attended without any delay. Longer consultation times are available so please let our receptionists know if you require some extra time.

If you or a family member requires an interpreter we can organize this for you. All patient consultations and medical records are kept strictly confidential in this practice.

▷ Please see the Rear Cover for more practice information.

# Cardiovascular Risk Assessment & Management

Heart disease remains a major killer of Australians with 17533 deaths in 2018. On the plus side, fatalities have decreased over 20% in a decade.

Typical symptoms are pain in the chest, left arm, neck, jaw or back, together with nausea, sweating and shortness of breath. Not everyone gets typical symptoms. Warning signs can include tiredness, chest discomfort on exertion and shortness of breath.

Diagnosis is based on history, electrocardiogram (ECG) and blood tests. You will likely undergo an angiogram where dye is inserted into the arteries to examine blood flow to the heart. Survival rates have increased due to better and earlier treatment. This can include medications, stenting (opening the artery) or surgery. Length of hospital stay is much less than in the past.

Risk factors include a family history, smoking,

raised cholesterol, high blood pressure and having diabetes. There may be no risk factors.

Prevention, where possible, is key. There are online tools where you can work out your overall risk. These tools consider a number of factors. There is much you can do to reduce your risk. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check up with your GP. Managing risk factors such as high blood pressure, raised cholesterol and diabetes can include both lifestyle measures and medication. Regular monitoring is important. Limit salt intake, reduce weight (if overweight) and reduce sugars in the diet. Managing stress also can help.



[www.cvdcheck.org.au/calculator](http://www.cvdcheck.org.au/calculator)



## Myasthenia Gravis

This condition causes muscle weakness and fatigue. It is thought to be due to antibodies "attacking" the nerve receptors on the muscles. The Thymus gland, which sits in the chest, produces the antibodies but what triggers this is not known. There is also a form of Myasthenia without antibodies involved.

It can occur at any age but is more common in women under 40 and men over 60. Symptoms are typically weakness and tiredness, and severity ranges from mild to near full paralysis. It can affect any muscles but the upper body more than the lower part. Facial muscles are often first affected. People may notice droopy eyelids or problems with swallowing or chewing. In the most severe cases, breathing muscles can be affected.

Diagnosis is based largely on the symptoms and a neurological examination, which shows muscle weakness but no effect on sensation. Blood tests may show the presence of antibodies. You would be referred to a neurologist, and some specialized tests can be done.

Treatments include cholinesterase inhibitor medications (to improve muscle function), immunosuppressants (e.g. steroids), and plasmapheresis (filtering the plasma from the blood). Some have a growth in the Thymus gland, which can be surgically removed.

Around 20% will go into spontaneous remission. Living with Myasthenia Gravis can mean making adjustments to your routine. You may need to do things more slowly and plan your day. Simple measures like an eye patch, eating smaller, more frequent meals and installing handrails or other aids can help.



<https://brainfoundation.org.au/disorders/myasthenia-gravis/>



## Spring Time

Spring is when allergy symptoms are most prevalent. The classic "hay fever" is a runny nose, sneezing and watery eyes. The technical term allergic rhinitis means inflammation of the nose caused by an exaggerated response to a substance.

Allergic conjunctivitis is when the same underlying response affects the eyes, causing watery, red and itchy eyes.

The symptoms are a result of the body trying to get rid of an irritation. Sneezing and runny nose are brought about by the production of mucus under the influence of histamine (produced by the body's reaction to an irritant). Other symptoms can be (paradoxically) a blocked nose, sinus congestion and itchy throat. In the eyes, the watering, redness and itching are also brought about by the release of histamines.

The commonest treatment is an antihistamine - available without a prescription. Some can make you drowsy as a side effect; others do not. Check the label. Other treatments are nasal sprays. Some are on prescription and contain a mild hydrocortisone, which reduces nasal inflammation. There are eye drops for eye symptoms. Some need a prescription.

Avoidance of known allergens is helpful but not always possible. There are ways of being tested for allergies and in some instances being desensitized to what you are allergic to. If symptoms are mild, there is nothing wrong with using a tissue and riding it out as the season passes.

Talk to your doctor about what is best for you.



# Preventing Falls in the Elderly

About one third of people over the age of 65 fall every year. Most are not injured and get up and go on with life. However, a fall runs the risk of hip fracture. This is a medical emergency requiring major surgery and can start a decline in independence.

Family and friends can be vigilant – to lessen dangers for an elderly friend or relative and prevent a serious fall happening. Heart conditions, poor eyesight, arthritis, muscular problems, disorders of the feet, or multiple medications all increase fall risk.

Here are some tips to prevent them. Four or more medications together increase the risk of side effects or mistakes on doses. Check regularly that treatment is still needed, and doses are correct. Arrange an eyesight check. Problems such as cataracts, glaucoma or degeneration of the retina can slowly worsen vision in a way that is easily missed.

Unsteadiness on the feet can be due to medical problems of balance or low blood pressure – ask the doctor to check. Lack of exercise may lead to weakness of leg muscles and poor coordination – a light exercise program can make all the difference. Around



the home, check and remedy any hazards likely to lead to a fall. This includes slippery floors, uneven walking surfaces, poor lighting, or cluttered living areas. It may be useful to

have handrails installed into the bathroom or toilet. For people with conditions like Parkinson's disease, walking aids can be a 'must'.

## Relevance of Exercise in Childhood

Once upon a time children didn't need to "exercise" because they were active. They walked to and from school and played outdoors rather than on screens.

During lockdowns, we were all less active. Closed playgrounds and cancelled sport meant less physical activity for children. As we get back out there, we need to be getting our children active again.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumptions of more processed foods higher in fats and sugars but also a reduction in physical activity.

We cannot wind back the clock, but we can help our children be healthier. The Australian government recommends one hour of physical activity each day for children over the age of five. This should be a mix of moderate and vigorous exercise. This can include walking, running, bike riding, any form of suitable sport and of course outdoor play. It does not have to be in one continuous block of time.

Do not fret if you can't manage this amount every day. Any amount of physical activity is better than none.

There are many benefits to your child from being active. It reduces childhood obesity. It improves motor function. It improves their



circulation and strengthens the bones and muscles as well as improving balance and co-ordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in inactive children.

It also establishes good habits for later in life where regular exercise reduces the chances of many diseases, including heart disease, stroke and some forms of cancer.

A bonus is when you encourage your children to exercise it may encourage you to do the same.



## BEEF AND BROCCOLI

- 2/3 c. low-sodium soy sauce, divided
- Juice of 1/2 lime
- 3 tbsp. packed brown sugar, divided
- 1 egg
- 2 tbsp. cornstarch, divided
- Kosher salt
- Freshly ground black pepper
- 1 lb. sirloin steak, sliced thinly against grain
- 2 tbsp. vegetable oil
- 3 cloves garlic, minced
- 1/3 c. low-sodium beef (or chicken) broth
- 2 tsp.
- Sriracha (optional)
- 1 head broccoli, cut into florets
- Sesame seeds, for garnish
- Thinly sliced green onions, for garnish

### Directions

In a medium bowl, whisk 1/3 cup soy sauce, lime juice, 1 tablespoon brown sugar, 1 egg, and 1 tablespoon of cornstarch until

combined. Add steak, season with salt and pepper, and toss until steak is coated. Marinate 20 minutes to 1 hour.

In a large skillet over medium-high heat, heat oil. Add steak in a single layer, working in batches if needed, and cook until seared, about 2 minutes per side. Remove steak and set aside.

Stir in garlic and cook until fragrant, about 1 minute. Then stir in broth, remaining 2 tablespoons brown sugar, remaining 1/3 cup soy sauce, and Sriracha. Bring mixture to a simmer. Add broccoli and simmer until tender, about 5 minutes. Add remaining cornstarch (in a slurry) and season sauce with salt and pepper (if necessary), then return steak to skillet.

Garnish with sesame seeds and green onions before serving.

Serve with steamed rice.

## WORD SEARCH

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

MYASTHENIA  
DISEASE  
EXCERSISE  
ELDERLY  
GRAVIS  
SPRING  
HEART  
CHILDREN  
FALLS  
TIME

## Ponds Medical Centre

### • OTHER SERVICES

Pathology collection. A licensed Pathology Collection Centre is provided by Clinical Labs Pathology and are available from Monday to Saturday.

Physiotherapy. Bodyfocus and Wellness Centre has experienced physiotherapists and provide comprehensive physiotherapy, remedial massage and rehabilitation and other allied health services.

Dentist. Dental services provided Dental Stylers For an appointment please call 8883 3388 or see the Dental Receptionist at the centre.

Accredited Dietitian. Ms Geeta Khurana is available by appointment on Thursday (fortnightly) for nutrition & diet related services.

- Male & Female GP's
- Pre-employment
- Nurses
- Pathology
- Treatment Room
- Driver Medicals
- Vaccination
- Sports Medicine
- Work Cover, Third Party
- Paediatrician (Dr Archana Makkar)
- Travel Vaccinations
- Gastroenterologist (Dr Omid Zarghom)
- Specialist and Allied Health Services
- Skin Cancer Clinic