



Dry Eye



Telehealth



Sinusitis



Exercise in Childhood

● PRACTICE DOCTORS

Dr Arthur Kipouridis
MBBS, FRACGP

Dr Ronnie Gerendasi
MD, BSc, FRACGP

Dr Sally Hanson
BSc, BMBS, FRACGP

Dr Odette Wan
MBBS, DipRANZCOG, FRACGP

Dr Jean Douyere
MBBS, DGM, FRACGP

Dr Gregory Frean
MBBS, B Med Sc(Hons), Dip RACOG, FRACGP

Dr Christina Wong
FRACGP, MBBS/BMedSci(Melb), DipCH, GradDipClinEd

Dr James Boyd
MBBS (Melb), FRACGP, FARGP

● PRACTICE STAFF

Managers:
Dr Arthur Kipouridis & Dr Ronnie Gerendasi

Practice Manager:
Robyn

Reception Staff:
Andrea, Debbie, Agnes, Amanda, Cheryl

Practice Nurses:
Jinmei, Lyn, Vicki

● ALLIED HEALTH SERVICES
Physiotherapist Travis Quinn
Available Mon/Wed 10.00am - 12md
0417 596 712

Psychologist Lyn Stevenson
0412 141 411

● SURGERY HOURS

Monday to Friday8am – 6pm
Saturday.....8am – 11.30am
Public Holidays.....as advertised

● AFTER HOURS & EMERGENCY
DoctorDoctor:132 660.

Call **000** and ask for an ambulance in a medical emergency.

Home Visits. If you wish your doctor to make a home visit, please call the surgery first thing in the morning. Home visits are not available to new patients

● DOCTORS SPECIALITIES

Men's Health	Counselling
Women's Health	Meditation
Minor Surgery	Paediatrics
Family Medicine	Shared Care
Sports Medicine	Asthma
Travel Medicine	

● BILLING ARRANGEMENTS

We no longer automatically bulk bill all Pensioners or Health care card holders . Pensioners and Health care card holders will be charged a reduced fee for all consultations. There will be \$20.25 out of pocket cost.

(This varies according to the complexity of service or if a procedure is performed.)

Private patients will pay a gap beyond the Medicare refund. This varies according to the complexity of service or if a procedure is performed.

At the discretion of the doctor a "no show" fee may be charged for patients who miss their appointments. Payment can be made by cheque, credit card or EFTPOS.

Please note – on Saturdays and Public Holidays, bulk billing arrangements are not available.

● APPOINTMENTS

Telehealth. We offer telehealth appointments as well as face to face.

Consultation is by appointment. Urgent cases will be seen on the day. Walk in's will be accommodated where possible

Booking a long appointment. If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, gynaecological check-up or a second opinion about someone else's management you will need to make sure you book a longer appointment. This may involve a longer wait but your problem will get the attention it deserves. Please bring with you relevant letters and test results from other doctors.

● SPECIAL PRACTICE NOTES

As we move forward to a "Covid-19 Normal" we would like to remind our patients and the general community to "STAY SAFE". This we can all do by continuing to follow the directions from DHHS.- wearing a face mask/social distancing/hand hygiene and any further government directives.

Online Appointments - online appointments are now available via Hotdocs and also on our **website www.gimc.com.au**. We are now able to send **SMS appointment reminders**. Please ensure that your current mobile phone number is updated on our files.

As the clinic will be involved with the Covid-19 vaccination roll out it is imperative that patients stay informed by checking their eligibility on: **<https://www.health.gov.au/covid19-vaccines>**

Visit the Covid 19 vaccine eligibility checker:

<https://covid-vaccine.healthdirect.gov.au/eligibility>

We no longer offer mole map services however our Doctors are able to do a full skin check if needed.

Dr Christina Wong graduated from The University of Melbourne with honours, and then completed several years of residency in Melbourne hospitals. She is currently an examiner with the RACGP, the peak professional body for General Practitioners in Australia.

Dr James Boyd is a specialist General Practitioner who has an interest in Men's Health, Cardiac Health and Skin Cancer Screening. He is involved with the education of the next generation of General Practitioners and supporting General Practitioner Supervisors via the RACGP and RVTS.

Dr Elizabeth McNaughton's Retirement - After over 30 years of service to the community of Glen Iris Dr McNaughton has retired. She will be sadly missed but wish her well on her well earned retirement.

▶ **Please see the Rear Cover for more practice information.**

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

Dry Eye

The eyes need constant lubrication, which is provided by the tear glands. Eyes become dry of tears for two main reasons.

Firstly, tears can evaporate too quickly. This can be on aeroplanes, in air conditioning, in dry air, or smoky conditions. It is temporary and is improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses and having low vitamin A levels. Symptoms are a burning, itching, stinging or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is mainly on symptoms and a thorough eye examination. Blood tests may be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air. Wear sunglasses when outside. Take breaks when using screens for long periods, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info »



Telehealth

The term telehealth has generally not been used outside medical circles. It applies to the use of technology (video or phone) to deliver medical services.

At the start of the pandemic, the federal government, for the first time, allowed Medicare funding to support consultations with your doctor that are not in person. Consultations can be done through video conference or telephone.

Guidelines for the use of telehealth are being updated by the Medical Board as of September 1, 2023. These seek to balance the value to consumers of remote consultations whilst recognising there are limitations as to what can be done when a patient is not in the same room as the doctor. For example, one cannot listen to the lungs.

A requirement of a telehealth consultation is

that you understand that it may be necessary to follow up with a clinic visit.

An exchange of emails or text messages (even for a prescription renewal) is not considered adequate. There needs to be video or audio discussion in real-time. To be entitled to a Medicare rebate, there is a requirement that you have had a face-to-face consultation with the doctor (or another at the same practice) in the 12 months before the telehealth consult.

Telehealth consultations can be booked in a similar way to regular appointments. Prescriptions can be collected or sent electronically to yourself or a nominated person. Referrals can also be collected or sent directly. Ask your practice staff about their procedures.

Varicose veins

Widened, often twisted, veins near the skin surface are called varicose veins. They are most common on the lower legs.

Risk factors include advancing age, being female, a positive family history, being overweight, pregnancy and prolonged sitting or standing. They will appear as blue twisted cords on the legs. Whilst often painless, they can cause aching and a heavy feeling in the legs. Itching and skin rash (varicose eczema) can also occur. If ruptured, there can be significant bleeding. In more severe cases, there can be ulceration. However, they are not associated with deep vein thrombosis.

Treatment depends on the severity of the condition. There are no specific medications available to treat varicose veins. While painkillers may provide temporary relief from symptoms, they should not be solely relied

upon. In the past, formal surgical stripping procedures were performed, which required several days of hospitalization. However, surgical treatments have advanced, and the most common approach now involves injecting substances to close the affected vein. Since varicose veins are no longer functioning correctly, removing or closing them is not problematic. This can be done as an outpatient, and recovery is relatively rapid.

People seek treatment either for cosmetic reasons or due to symptoms. Talk to your doctor about what might be the best option for you. Preventative approaches include maintaining a healthy weight, exercising regularly and changing position regularly.



More info »

Sinusitis

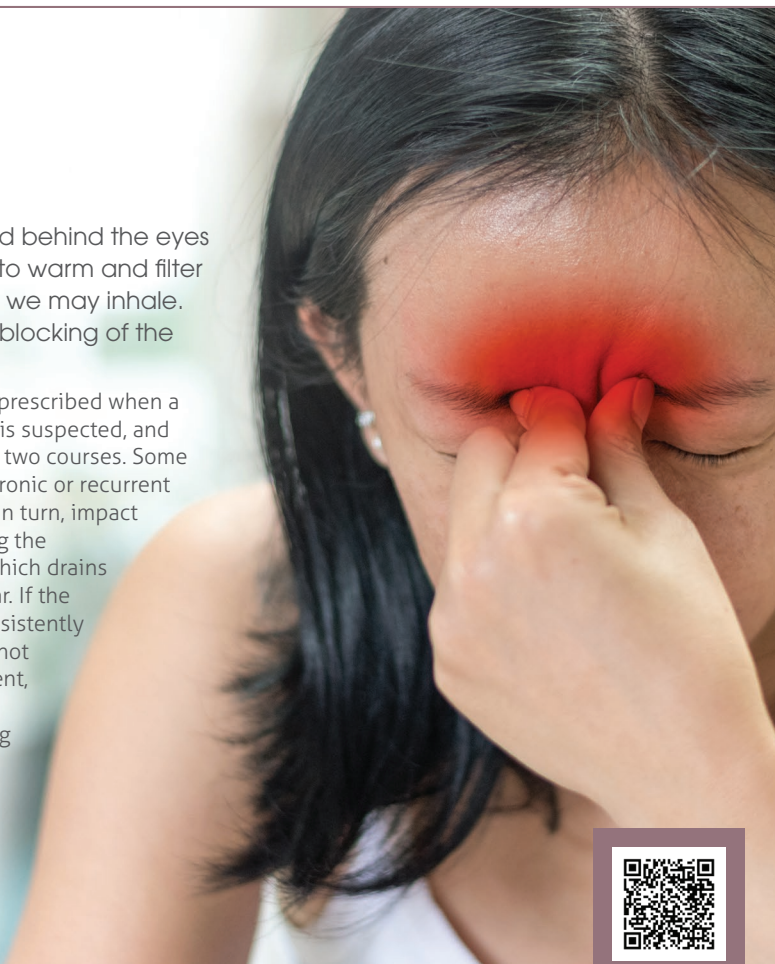
The body has several air-filled sinuses below, above, and behind the eyes in communication with the nasal passages. Their role is to warm and filter air and produce mucous to trap dust and other irritants we may inhale. Too much mucous production, swelling of the linings or blocking of the internal passages can lead to sinusitis.

Risk factors include smoking, regular use of decongestant sprays, dental infection, and nasal polyps. Common predisposing factors are viral illness, such as a cold, or allergy issues, such as hay fever. Sinusitis can also be of itself.

Typical symptoms are a blocked nose, headache or facial pain, postnasal drip, cough, yellow or green nasal mucous and a feeling of pressure in the sinuses. There may be a fever.

Treatment depends on the cause. If allergy-related, antihistamines and steam inhalation with or without eucalyptus can help. Avoid decongestant sprays. Over-the-counter steroid sprays may help, but talk to your doctor before self-medicating. Simple analgesics like paracetamol or ibuprofen can ease symptoms.

Antibiotics will be prescribed when a bacterial infection is suspected, and some people need two courses. Some people develop chronic or recurrent sinusitis. This can, in turn, impact hearing by blocking the Eustachian tube, which drains from the middle ear. If the sinuses remain persistently congested and do not respond to treatment, they may require drainage or clearing through a hospital procedure.



More info »



Relevance of Exercise in Childhood

Once upon a time, children didn't require "exercise" as a separate activity because they led active lives by walking to and from school and engaging in outdoor play rather than spending excessive time in front of screens.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both consumption of more processed foods higher in fats and sugars and reduced physical activity.

We cannot turn back time, but we can make changes moving forward to promote the health of our children. The Australian government recommends that children over the age of five engage in one hour of physical activity each day. This should consist of a combination of moderate and vigorous exercises. Examples include walking, running, bike riding, participating in suitable sports, and engaging in outdoor play. This activity doesn't need to be completed 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, strengthens the bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active 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.



More info »

● SPECIAL PRACTICE NOTES

Practice feedback. The Doctors and staff at this practice value your feedback. Any comments/complaints should be addressed to the Practice Managers or directed to the Health Complaints Commissioner on: 1300 582 113.

Privacy policy. Your medical records are a confidential document. It is the policy of this practice to maintain security of your personal health information at all times and to make sure that this information is only available to authorised members of staff.

Reminder system. Our practice is committed to preventative care. We may send out a reminder letter from time to time, offering you preventative health services appropriate to your care. If you do not wish to be part of this system or on a State reminder system, please let your doctor or reception know. Patients with significantly abnormal results will be notified by our practice staff.

Children's immunisations: Please inform the reception staff when making a booking for a child's immunisation that this is the reason for the appointment. This enables the staff to allocate the appropriate amount of time that each doctor requires for such an appointment.

Telephone calls. Reception staff will take a message for the Doctor whilst he or she is consulting. They will then return the call ASAP or at the end of their session. However, if the status of the inquiry is urgent then staff will put the call through immediately to the Doctor concerned or to the Doctor on duty. Emails and SMS messages of a clinical nature will not be accepted by Practitioners of this practice. Remember an email is the electronic equivalent of a "post card"

● OTHER SERVICES OFFERED

- Vaccinations for overseas travel
- Childhood immunisations
- Minor surgery (e.g. Suturing, removal of lesions)
- Venepuncture & ECG
- **Australian Clinicallabs Pathology Collection Centre –**
No appointment necessary
Mon – Fri 8am – 4pm
Saturday 8am – 11am



CHINESE STYLE – CHICKEN & SWEET CORN SOUP

Ingredients (serves 6)

- 2 cups (500ml) chicken or vegetable broth/stock
- 1 can creamed corn
- 1 tsp soy sauce (all-purpose or light)
- 1 tbsp Chinese cooking wine OR Dry Sherry
- 1 tsp minced ginger
- 1 minced garlic clove
- 1 tsp cornflour/cornstarch, mixed with a splash of cold water into a slurry
- 1 egg, whisked
- 1 ½ cups of shredded cooked chicken
- Salt and white pepper, to taste
- 2 chopped Spring Onions

Method

1. Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour/water mixture in a saucepan over high heat.
2. Bring to a boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
3. Adjust seasoning with salt, turn off the heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
4. Add the chicken, season with white pepper, and serve, garnished with spring onions.

WORD SEARCH

M	E	G	A	N	I	A	R	D	M	I	I	G	E
I	T	T	E	L	E	H	E	A	L	T	H	S	E
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