



### APRIL - MAY 2023 EDITION

**FREE TO TAKE HOME!**



**Tennis Elbow**



**Coeliac Disease**



**Warts**



**Stress incontinence in women**

#### ● PRACTICE DOCTORS

##### **Dr Robert Palmer**

MBChB, DRANZCOG Advanced FACRRM

Special Interests: Women's Health, Obstetrics, Family Practice, Sports medicine, Minor Skin Surgery, Menopause Management

#### ● PRACTICE MANAGER

Jodie

#### ● PRACTICE NURSES

Caroline RN, Donna EEN, Jess EEN & Ash RN

#### ● RECEPTION STAFF

Deb, Debbie & Emily

#### ● SURGERY HOURS

Monday to Thursday  
**8.00am - 5.00pm (Closed for lunch 1pm-2pm)**

Phones are operational from 8.30am-12.00pm and 2pm-4.00pm on these days

Friday - Sunday.....Closed

#### ● AFTER HOURS & EMERGENCY

Outside of surgery hours medical Care is available by phoning Inverell District Hospital on **02 67219500** where nursing staff will attend to your call.

For all medical emergencies telephone **000** and ask for an ambulance.

#### ● BILLING ARRANGEMENTS

We offer a discount to Pensioners who bring a current entitlement card.

We are a private billing practice. Information about our fees and services are available at reception. Payment at the time of consultation is required.

Payment can be made by cash, credit card or EFTPOS.

DVA patients are fully Bulk Billed.

#### ● HOTDOC AVAILABLE

We are now using Hotdoc for bookings. Download the app now.



#### ● SPECIAL PRACTICE NOTES

**Telephoning Your Doctor.** Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice. Our staff are experienced in helping you decide whether the matter requires an appointment, a return phone call from the practice, or urgent advice.

**St Elmo Medical Practice has an email available.** Patients are able to make contact via this method of communication. We aim to provide prompt attention to your requests.

**Patient Details.** Please advise us of any changes to your mobile or phone number and your address. We must have an emergency contact registered for each patient.

**Management of Your Personal Health Information.** Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff. Patients can obtain access to their own personal Health Record via eHealth registration.

**Suggestions & Complaints.** If you are unhappy with any aspect of the care you receive from this practice, we are keen to know about it. Feel free to talk to the doctor or manager about any problems you have with your service. We believe that problems are best dealt with, within the practice. However, if you feel there is a problem you wish to take up outside, you may prefer to contact the Health Complaints Commission. Locked Bag 18, Strawberry Hills, NSW 2012. Free call: 1800 043 159

**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.

**Reminder system.** Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

**Test Results.** Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. We will contact you if necessary.

#### ● APPOINTMENTS

**Consultation is by appointment.** Urgent cases are seen on the day.

**Home Visits.** If you require a home visit for special reasons, please request this first thing in the morning.

**Booking a long appointment** is important for more complex problems – insurance medical, health review, counselling, a second opinion, etc. This may involve a longer wait. Please bring all relevant information.

**Please notify us if you are unable to attend an appointment, well in advance.**

**If more than one person from your family wishes to see the doctor at the same time,** please ensure a separate appointment is made for each family member.

**Time is valuable to all of us.** If you fail to attend appointments without adequate explanation, we cannot guarantee your future booked appointments.

#### ● OTHER SERVICES

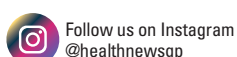
- \* On-Site Coagulation Testing
- \* Telehealth conferencing with specialists
- \* Travel Vaccination/Q fever vaccination
- \* Preventative Health Program
- \* Exercise Physiologist / Physiotherapist
- \* Laverty Pathology Collection Centre
- \* Hot Doc Reminder Service
- \* Visiting Health Professional - Dr Power Paediatrician
- \* Cryotherapy
- \* Pelvic Floor Chair
- \* Yellow Fever Vaccination
- \* Minor Surgery
- \* Family Planning
- \* Obstetrics
- \* ECG/Spirometry

#### 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)



# Tennis Elbow

Lateral epicondylitis, inflammation of the tendons where they meet the bone at the elbow on the thumb side, is commonly called tennis elbow.

It is not unique to tennis and can come about from any ongoing or repeated use of the forearm and wrist. Bricklaying, painting, gardening, and other racquet sports can bring it about, as can using a computer mouse. It can affect anyone and is most common in those aged 35-55.

Aside from pain at the elbow, it can extend into the forearm and is worse with shaking hands, lifting or turning taps or doorknobs. Diagnosis is generally based on the description of symptoms and examination. Typically, the bony point on the elbow's lateral (thumb) side is tender. The pain is often reproduced on the extension of the wrist against resistance. Sometimes imaging helps define the extent of the condition or if it is not responsive to treatment.

Initial treatment includes rest of the elbow, ice packs, and simple analgesia. A tennis elbow guard can help protect the area. Anti-inflammatory medication may be needed. Avoid activities that aggravate the situation. This can include changing technique, especially if sport or work-related. However, elbow exercises are important, and seeing a physiotherapist may be helpful.

Sometimes, a steroid injection and, in rare instances, surgery can be recommended. Your GP will advise you about treatment options.

Most people recover fully, and it is not in itself a recurrent condition nor a precursor to arthritis.



More info »

# Coeliac Disease

Coeliac Disease is a condition where there is a marked immune response to gluten which is found in wheat, rye and barley.

This can damage the small bowel and interfere with the absorption of nutrients. The symptoms vary from mild to severe, including tiredness, intermittent diarrhoea, abdominal pain, bloating, and flatulence. Children with coeliac disease may have slower growth, irritability and abdominal swelling.

It is a genetic condition. It affects about 1% of the population, although many with it are unaware they have it either because the symptoms are mild or they have put the symptoms down to other causes. The main risk factor is having a first-degree relative with it.

Accurate diagnosis is important as it is very controllable. Your GP can do screening blood tests. A positive test is not absolutely diagnostic but a strong pointer. Definitive diagnosis is by a small bowel biopsy, but not everyone wants or needs to do this test. A gluten challenge is another useful test.

There is no medication to take or "cure". However, symptoms can be easily controlled by avoiding gluten in the diet. Today there are many gluten-free options, and many who do not have coeliac are also choosing to eat these. Neither adults nor children need to feel they are "missing out" on foods they like.

There are many causes of the symptoms of coeliac disease, so it is important to talk to your doctor and not rely on self-diagnosis or "unorthodox" testing.







# Warts

Warts are extremely common small eruptions on the skin caused by the Human papillomavirus (of which there are at least 70 types).

They are more common in children and, whilst they can appear anywhere, are most often found on the hands, knees and feet. They are almost always pain-free and do not itch. They may be single or in clusters, are usually raised and have a rough appearance whilst having (usually) the same colour as surrounding skin. The exception is plantar warts (also called verrucae) on the feet, which may be flat on the surface. The main problem caused is the cosmetic appearance, although on the soles of the feet, they can be painful due to the pressure from weight bearing on them. They can be spread by direct contact with other people or to other parts of your own body.

Left alone, most will disappear after months to years. However, many do not want to wait. Treatment is relatively simple and involves burning the wart. This can be done chemically (with ointments or paints), by freezing (with liquid nitrogen or dry ice) or via cautery with a hot wire under local anaesthetic.

Freezing is the most popular method. It may need to be done a few times over some weeks. The wart may swell and change colour in response. Your doctor will advise care of the area between treatments.

There is no "right or wrong" approach with regards to treating or leaving warts nor with treatment methods. Chat with your GP about the options before deciding.



More info »



# Psychedelic medicine

In a move taking most by surprise, the Therapeutic Goods Administration (TGA) has announced that "from 1 July this year, medicines containing the psychedelic substances psilocybin and MDMA (3,4-methylenedioxy-methamphetamine) can be prescribed by specifically authorised psychiatrists for the treatment of certain mental health conditions".

These substances were researched for medical use in the 1960s but became tied into the counterculture and subsequently banned through the war on drugs. Over the last decade, there has been renewed interest in the use of MDMA to treat Post Traumatic Stress Disorder (PTSD) and psilocybin for treatment-resistant depression. The TGA notes that these are the only conditions where sufficient evidence exists for potential benefits in certain patients.

The medications will not be able to be prescribed by any doctor and will be limited to psychiatrists. Furthermore, they must be approved under the Authorised Prescriber Scheme by the TGA following approval by a human research ethics committee.

Currently, no specific medication treats PTSD, even though medications are used for associated problems such as depression and anxiety. There remain a not insignificant number of people with depression who do not respond to the plethora of available medications.

MDMA and Psilocybin are not "miracle drugs" and are suitable only in certain situations. However, in North America, research and limited use have been encouraging. Given the issues with mental health in Australia, additional treatment options are to be welcomed.



More info »

# Stress incontinence in women

Urinary incontinence is the inability to voluntarily stop the flow of urine. It is far more common in women than men affecting up to 50%, and whilst not age-specific, it is more frequent in later years.

The two forms are urge (where one can't hold on when feeling the need to pass urine) and stress (where coughing, sneezing, or movement can cause urine flow).

The exact cause is unknown, but damage to the pelvic floor muscles (e.g., pregnancy) is a factor. Chronic constipation, a prolapsed bladder and dementia are other risk factors.

Diagnosis is generally based on history and pelvic examination. You may be asked to maintain a "bladder diary" to document urine flow and the circumstances leading to it. Your doctor may refer you for urodynamic testing, which assesses the workings of the bladder.

In days gone by, women were often told, "don't worry about it, dear". Today we know better. There are many treatment options. Losing weight (if overweight) helps, as does quitting smoking (if a smoker). Physiotherapy and pelvic floor exercises are very beneficial. Some women may require medication, and, in some cases, surgery is recommended. This has been controversial in recent years. There are options aside from mesh surgery.

The key is discussing the problem with your doctor. Do not feel embarrassed or that you should "live with it". Proper diagnosis is the first step to treatment and improvement.



# St Elmo

MEDICAL PRACTICE

## • MISSION STATEMENT

Our mission is to provide the highest standard of patient care whilst incorporating a holistic approach toward diagnosis and management of illness.

We are committed to promoting health, wellbeing and disease prevention to all patients. We do not discriminate in the provision of excellent care and aim to treat all patients with dignity and respect.

## • MINOR SURGERY

At St Elmo Medical Practice we offer minor surgery to remove lesions, warts, moles and skin tags. Please book a double appointment with the doctor and the nurse if you require minor surgery.

## • ON-SITE COAGULATION TESTING

We offer on-site coagulation testing for those people on Warfarin treatment. A quick finger prick is all it takes and our doctor will advise you of your result and new instructions for dosing. Tell reception staff when booking that you require an INR.

## • TELEHEALTH CONFERENCING WITH SPECIALISTS

Our practice uses teleconferencing for patients to consult with specialists (via Skype on our computer) from all over Australia. This saves patients time, travel and money. Your telehealth consult will be organised by reception staff when your GP refers you. The GP will be present at the start of your telehealth consultation.

## • SMS TEXT REMINDERS

If you have an appointment you will receive an SMS text the day before your appointment to remind you. To make this possible we will need to have your mobile phone number and consent to send SMS reminders. Please call at reception to update your phone details and give consent.

## • DO YOU HAVE AMBULANCE COVER

If you don't have a Health Care Card or Pension Card you need Ambulance cover. Ambulance transport is expensive so if you don't have cover you are responsible for all costs incurred for transfer via ambulance.



## CARROT CAKE

### Ingredients

- ¾ Cup (100g) gluten-free plain flour
- ½ Cup (65g) gluten-free self raising flour
- ¼ cup (20g) gluten-free baby rice cereal
- 1 tsp mixed spice
- ½ cup chopped walnuts (optional)
- 2/3 Cup (150g) brown sugar
- 1 ½ cups grated carrot
- 2 Eggs
- ½ cup (125ml) vegetable oil
- 60g butter, softened
- 1 cup (160g) pure icing sugar
- 1tbsp lemon juice

### Method

1. Preheat oven to 180°C. Grease an 18cm x 28cm slice pan and line the base and 2 long sides with baking paper, allowing the sides to overhang.
2. Place the combined flour, rice cereal, mixed spice and sugar in a large bowl. Stir to combine. Add the carrot, walnuts, egg and oil and stir until just combined.
3. Spoon the mixture into the prepared pan. Bake for 25-30 mins or until a skewer inserted in the centre comes out clean. Set aside in the pan to cool.
4. Place the butter and icing sugar in a small bowl. Stir to combine. Stir in enough lemon juice to make a spreadable paste.
5. Transfer the cake to a board. Spread the top of the cake with lemon icing and top with some chopped walnuts. Cut into pieces.



**EASTER  
COLOUR  
FUN!**