

HEALTH NEWS

Chelsea Beach Medical Centre – Issue 6



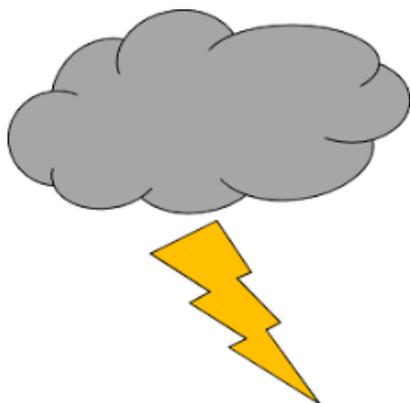
Accreditation is an integral part of good general practice

What is general practice accreditation?

General practice accreditation is independent recognition that a practice is committed to delivering safe and high quality health care to their patients by complying with the Royal Australian College of General Practitioners (RACGP) Standards for general practices.

We are now going through the accreditation process again, as the accreditation only lasts 3 years, we would like to thank all of our patients for continued support throughout this process.

Thunderstorm Asthma



Grass pollen season brings a seasonal increase in asthma and hay fever. It also brings the chance of epidemic thunderstorm asthma.

Epidemic thunderstorm asthma events are thought to be triggered by a unique combination of high grass pollen levels and a certain type of thunderstorm, causing a large number of people to develop asthma symptoms over a short period of time. These don't happen every year but when they do, they can happen during grass pollen season.

If you are prone to hay fever or asthma you are encouraged to be as prepared as possible:

1. Speak to your doctor about what you can do to protect yourself

2. Learn the 4 steps of asthma first aid

I. Sit the person upright

II. Give four puffs of blue or grey reliever puffer. Make sure you shake the puffer, put one puff in to a spacer and get the person to take four breaths from the spacer. Repeat this until the person has taken four puffs. Remember shake, one puff, four breaths. If you don't have a spacer simply give the person four puffs of their reliever directly by mouth.

III. Wait four minutes. If there is no improvement, give four more separate puffs as in step 2. remember: shake one puff, four breaths.

IV. If there is still no improvement, call triple zero (000) for an ambulance. Tell the operator that someone is having an asthma emergency. Keep giving the person four separate puffs of reliever medication, taking four breaths for each puff, every four minutes until the ambulance arrives.

3. Be aware of thunderstorm asthma forecasts

For further information visit: health.vic.gov.au and search 'epidemic thunderstorm asthma'

Know The Effects of Heat

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

Hot Cars Kill

Never leave kids, adults or pets in hot cars. Within 5 minutes the temperature in the car can double, so 30 degrees outside, inside the car could be 60 degrees. A child's temperature rises 3 – 5 times faster than an adult. It makes no difference if car is small or large and leaving the windows down 10cm only reduces inside temperature by 5 degrees.

Could You or Someone You Know Be At Risk?

Extreme heat can affect anybody however the people most at risk are:

- Aged 65 or over and living alone
- Have medical condition such as diabetes, kidney disease or mental illness
- Taking medications that may affect the way the body reacts to heat such as, antihistamine, beta-blocker, anticonvulsants, diuretics and anti-depressants
- Wheelchair or bed bound
- Babies and young children
- Outdoor workers and exercisers
- Recently arrived from colder climates

Coping With The Heat

- Drink plenty of water even if you don't feel thirsty [*if your doctor normally limits your fluids, check how much you can have*]
- Spend as much time as possible in cool or air-conditioned buildings
- Close all blinds and doors
- Stay out of sun during hottest part of day
- Avoid heavy activity
- Keep yourself cool by using wet towels, putting your feet in cool water or taking cool showers
- Remember alcohol will dehydrate you

How You Can Help Others?

- Keep in touch with sick or frail friends and family
- Help with errands
- If you observe symptoms of heat-related illness, seek medical help

Sun Protection



Why use sun protection?

The sun's ultraviolet (UV) radiation is the main cause of skin cancer, sunburn, premature ageing and eye damage. UV damage in childhood significantly increases our risk of skin cancer.

Sun protection is recommended whenever UV levels reach 3 or higher. Because you cannot see or feel UV, you can't rely on your senses to let you know when you are in danger. Don't just wait for hot or sunny days to protect yourself from UV.

Active outdoor play is important for health and development. Whenever you are outside during the sun protection times, make sure the whole family is well protected, including the adults by using the five sun smart tips.

- Slip on clothing
- Slap on sunscreen
- Slap on a hat
- Seek shade
- Slide on sunglasses

If you can see skin, UV can reach it. Try to cover as much skin as possible with cool, loose fitting clothing. If wearing a singlet top or a dress with straps, don't forget to layer up with a t shirt or shirt before outdoor activities.

For more information and tips, visit the SunSmart website: sunsmart.com.au or speak to your GP.



Festive Season Survival Tips For Healthy Eating



Plan your drinks

Alcohol contains a lot of kilojoules, so try setting yourself a limit before arriving at a party or social function, a good strategy is to alternate alcohol with water. This would also help minimise dehydration.

Eat before the party

It can be a mistake to arrive hungry to a function, the temptation to eat lots of yummy treats is hard to resist, the ideal option is to eat a healthy meal beforehand. Aim for plenty of salads and vegetables, some lean protein and some wholegrain carbohydrates.

There is no need to miss out on delicious meals when eating out. A simple way to prevent overload is to limit yourself to one or two courses, for example entrée and a main and a side salad or main and a dessert.

Most of us have a soft spot for something sweet or salty. Admitting this is important. Whatever your weakness, it might be best not to eat any at all as stopping after you have had some may be harder than resisting altogether. Dessert is ok but be smart. Think about three junk foods or drinks you are most partial to and halve the amount you consume, while you're at it, double your vegetable and salad habit.

Easier said than done at this time of year 😊

Some Healthy Recipes

Grilled Chicken and Peach Salad – Serves 4

Ingredients

- 4 small chicken breasts, skin removed
- 1 tablespoon olive oil
- 1/3 cup olive oil extra
- 2 tablespoons white balsamic vinegar
- 2 peaches
- 2 teaspoons honey
- 1 teaspoon grated ginger (*optional*)
- Mixed salad leaves
- ½ red onion thinly sliced (*optional*)
- Roughly chopped pecans or pine nuts
- *Also works well with Nectarines and Pine Nuts*

Method

1. Heat chargrill pan on medium-high. Brush chicken with oil and season
2. Half fruit, remove stone and cut into wedges
3. Cook chicken on char grill until cooked through
4. Add fruit wedges and cook about 1 min until lightly charred
5. Whisk oil, balsamic, honey and ginger
6. Put salad leaves on plate top with chicken, fruit, onion and pecans
7. Drizzle with dressing



Banana Fluff – Makes 8 Cones

Ingredients

- 4 Large Bananas
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Method

1. Peel bananas, place on a tray and freeze for 2 to 3 hours (*bananas will be frozen but not completely hard*)
2. Cut frozen bananas into chunks and place in food processor.
3. Beat until bananas are thick and creamy (*this takes about 5 – 8 minutes*)
4. Add honey and cinnamon
5. Serve in a cone or bowl
6. For a thicker consistency return to freezer before serving



Practice Details

Dr Joseph Sze

BMedSci MBBS FRACGP

Joseph enjoys all aspects of general consulting, paediatrics, diabetes, family medicine, minor surgical procedures, care plans, immunisations, and health assessments.

Dr Sarah McLean

BSc BMBS DCh FRACGP

Sarah has an interest in child health, travel medicine, Indigenous health and minor surgical procedures.

Dr Dilini Delpola

MBChB FRACGP

Dilini has worked in QLD and NSW before deciding to settle down in Melbourne. She started General Practice in 2008. She loves all aspects of General Practice, with a particular interest in Women's Health.

Business Manager

Mr Andy Dao

Practice Manager

Helen Chaberka

Practice Nurse

Zully M.

Reception

Sue P.

Joanne W.

Louise O.

Gwen W.

Practice Opening Hours

Monday to Friday
9.00am – 6.00pm

Saturday
9.00am – 3.00pm

Sundays & Public Holidays
Closed