

BERRY MEDICAL CENTRE

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NURSING STAFF

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Karen Knowles (RN)

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ADMIN STAFF

Linda Anderson (Practice Manager)

RECEPTION TEAM

Lyn Burke, Jodie Thompson, Abbey Welsh,

Amelia Clarke, Allira Noveski and

Ashley Oldfield

HOURS AND SERVICES

CONSULTATIONS by appointment:

Monday to Friday 8:30am–5.30pm

URGENT medical problems are dealt with promptly.

The practice provides a complete range of general practice care, including home visits, hospital and nursing home care.

AFTER HOURS: For urgent after-hours problems please call the surgery on 4464 1577

SERVICES

- Diagnosis and management of short-term illness
- Surveillance of chronic illness
- Sports injuries
- Minor operative procedures (moles, ingrown toenails)
- Mirena and Implanon
- Palliative care
- Sutures and fractures
- Point of Care Ultrasound
- ECG (heart assessment)
- Iron infusion
- Q Fever Vaccinations
- Durolane Injection
- Travel advice and immunisation
- Family planning
- Paediatrics
- Pregnancy care
- Newborn care
- Immunisations
- Better Health Clinics
- Womens Wellness Clinics

ONLINE BOOKINGS

We use online bookings system - HotDoc - to make it easier to book your appointments. You can book appointments for yourself and your family at anytime online - through our website www.berrymedicalcentre.com or by using the HotDoc mobile app (for apple and android devices) with a few simple clicks. You can also receive your reminders via the app if you select this option.

YOUR DOCTOR

AUGUST 2023



WHAT CAUSES LEG ULCERS?



PREVENT PINCHED SPINAL NERVES



BOOST YOUR IMMUNITY



COMPRESSION SOCKS

Compliments of your GP

Did you know the bacteria in your mouth can affect your immunity?

Oral health is about more than just a nice smile and fresh breath. New research has found a connection between mouth bacteria and viral infections. Let's take a look at the viruses that can spread by mouth, the types of bacteria that can make us more prone to infections; and how to encourage the helpful types of oral bacteria.

Transmittable viruses

Our mouths act as a gateway for various types of viruses to enter our bodies. Some of the common types that can be transmitted this way include the influenza virus, respiratory syncytial virus (RSV), the common cold virus, and the herpes simplex virus (HSV-1), responsible for cold sores.

What are harmful bacteria?

While some types of oral bacteria provide protection, certain types of bacteria are harmful. For instance, an excessive amount of streptococcus mutans (a bacteria known for causing tooth decay), can weaken your immune system, making you more susceptible to viral infections.

Additionally, recent studies have discovered a relationship between a bacterium called porphyromonas gingivalis, (commonly referred to as P. gingivalis), and certain viral infections like HIV, herpes simplex, and human papillomavirus (HPV).

Gum disease

P. gingivalis is an oral bacterium that is associated with periodontal disease – a severe form of gum disease. This bacterium seems to make viral infections worse by weakening your immune system's ability to control them.

This means that viruses like HIV can grow more easily and increase the chance of spreading. P. gingivalis has also been linked to having more frequent cold sores.

There's also evidence suggesting that it might make HPV infections last longer and increase the risk of oral and cervical cancers. While scientists need to do more research to fully understand these connections, it's clear that taking care of your oral health and getting proper dental care can lower the risk of both bacterial and viral infections.

What about 'good' bacteria?

As mentioned previously, not all oral bacteria are harmful. In fact, many strains are helpful in supporting your immune system's defence against viral infections. Fortunately there are ways you can encourage the growth of this type of oral bacteria.

It's important to keep doing a few simple oral hygiene practices. Regularly brushing your teeth, at least twice a day, along with daily flossing, helps eliminate plaque and food particles that can cause the growth of harmful bacteria. Eating a healthy diet rich in fruits and vegetables, and limiting sugary snacks and drinks, can also support the growth of beneficial oral bacteria.

It's clear that good oral health is essential for your overall well-being. By regularly taking care of your teeth and gums, you can encourage beneficial oral bacteria, strengthen your immune system, and lower the risk of both bacterial and viral infections.

If you have specific concerns or questions about your oral health or susceptibility to infections, consult with your healthcare provider or dentist.

A healthy mouth is not just about a confident smile — it can serve as a shield against unwanted viral invaders!

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

Boost your immunity with nature's superheroes

Winter in Australia often brings chilly winds and illnesses such as colds and flu. However, we're fortunate to have an abundance of incredible fruits and vegetables that can boost our immune systems and help combat those unpleasant infections. Let's meet five of these winter superstars!

Citrus fruits

Oranges, mandarins, lemons, and grapefruit are high in vitamin C, which offers numerous health benefits. Vitamin C acts as an antioxidant, which helps protect your body against damage caused by harmful molecules called free radicals. It also aids the function of various white blood cells, which are an important part of your body's immune system response. Consume foods high in vitamin C daily, as it doesn't stay in your body for long.



Sweet potatoes

These hearty root vegetables are not only delicious but also packed with nutrients. They're a great source of beta-carotene, which your body converts into vitamin A, crucial for supporting immune function. Sweet potatoes also provide vitamin C, fibre, and antioxidants.

Broccoli

This nutritious vegetable contains significant amounts of vitamins A, C, and E, as well as dietary fibre. Vitamins E and C are effective antioxidants which can aid in protecting your body against bacteria, viruses, and other germs.



Spinach

This leafy green is a nutritional powerhouse, packed with vitamins A, C, and E, as well as beta-carotene and antioxidants and folate. These nutrients work together to strengthen your immune system, fortify your body's defences, and promote overall health.

Garlic

Not only does garlic add an aromatic touch to your cooking, but it also serves as a potent immune booster. Packed with sulphur-containing compounds, garlic possesses antimicrobial properties that can help fend off infections. It may even contribute to reducing the severity and duration of colds. So, feel free to include garlic in your recipes – your immune system will appreciate it.



These are just five examples of the wide array of fruits and vegetables that provide essential vitamins, minerals, and antioxidants to strengthen your immune system and fight infections. Eating a colourful variety of nutritious fruit and vegetables daily is not only tasty, but also an effective way to support your health.

3 simple ways to add vegetables to every meal

1 Let them shine: prepare vegetable-based dishes like stir-fries or roasts, and pair them with pasta or grains.

2 Begin your day well: include spinach or kale in your breakfast smoothie or omelette, or enjoy a salad with your egg dish.

3 'Hide' some vegetables: grate or process cauliflower to use as a rice alternative, or as a thickener instead of flour in casseroles and sauces.



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

WORD SEARCH

- | | |
|--------------|-------------|
| ANTIOXIDANTS | MUSCLE |
| ARTHRITIS | OBESITY |
| BACTERIA | PAIN |
| BLOOD | PERIODONTAL |
| BROCCOLI | POSTURE |
| CIRCULATION | SMOKING |
| COMPRESSION | SORES |
| FIBRE | SPINACH |
| GARLIC | SPINAL |
| HERNIATED | ULCERS |
| HERPES | VERTEBRAE |
| IMMOBILITY | VIRUSES |
| IMMUNITY | VITAMINS |
| LIGAMENTS | |

Easy sweet potato hash browns

Serve these crispy sweet potato hash browns as a delicious and healthy snack or meal for any time of the day.

Ingredients

2 medium-size sweet potatoes, peeled and grated

1 small onion, finely chopped

2 tbsps olive oil

1/2 tsp paprika

1/2 tsp garlic powder

Salt and pepper, to taste

Garnish

Fresh parsley, coriander, or microgreens

Instructions

Place the grated sweet potatoes in a clean paper towels and squeeze out any moisture.

In a large bowl, combine the grated sweet potatoes, onion, paprika, garlic powder, salt and pepper. Mix well.

Heat olive oil in a large frying pan over medium heat.

Take a handful of the mixture and shape it into a patty, pressing it firmly. Place carefully into the hot oil, and then repeat, leaving some space between each one.

Cook the hash browns for about 3-4 minutes on each side, or until they turn golden brown and crispy. Once cooked, transfer them to a plate lined with paper towels to absorb any excess oil.

Repeat the cooking process with the remaining sweet potato mixture, adding more oil to the pan if needed.

Serving suggestions

Top with baby spinach leaves, poached eggs and garnish of choice.

Serve with a fresh baby spinach, tomato and feta salad, or chopped avocado and yoghurt dip.



Leg ulcers: causes and prevention

Welcome to our concise guide on leg ulcers, a common condition that we'll explore in this article. We'll cover the definition and potential causes of this type of ulcer, and provide valuable tips on preventive measures.

What are leg ulcers?

These ulcers are deep open skin sores that occur mainly on your lower leg. While they can affect people of all ages, they're more commonly found among the elderly and those with reduced mobility. Unlike superficial grazes, ulcers of this type require medical attention as they can be severe and may take weeks or months to heal. Without treatment, they can also return.

Causes of leg ulcers

Leg ulcers often result from problems with blood circulation. When there is reduced blood flow, the skin and tissues are deprived of nutrients, leading to inflammation and the formation of open wounds.

Various factors can contribute to poor blood circulation such as: immobility, diabetes, high blood pressure, leg swelling, obesity, smoking, narrowing or blockage of leg arteries, certain skin conditions, cancer, leg injuries, or infections.

Additionally, skin breakdown, and the formation of leg ulcers can result from

high pressure in leg veins from vein diseases, blood clots, or damage caused by varicose veins.

Tips on preventing leg ulcers

Whether you already have a leg ulcer or wish to prevent their recurrence, the following measures can be beneficial:

- Quit cigarette smoking, as smoking narrows blood vessels and reduces blood flow.
- Maintain a nutritional diet to support a healthy weight and promote healing.
- Effectively manage high blood pressure or diabetes.
- Elevate your legs when sitting to reduce pressure on your veins.
- Engage in regular exercise to promote circulation.
- Use compression socks as recommended by your doctor – (see our article on compression socks to learn more).

Leg ulcers require prompt medical attention and appropriate treatment for successful healing. Understanding the causes and taking preventive measures reduces the risk, improving leg health and overall well-being. If you suspect a leg ulcer, consult your doctor for a proper diagnosis and treatment.

Compression socks: what are they and are there benefits to wearing them?

Compression socks are specialised socks designed to improve blood flow in your legs and feet. Let's explore how they work and the scenarios where they may be useful.

How do compression socks work?

Compression socks apply gentle pressure to the veins and muscles in your legs and feet. They're designed with graduated compression, meaning the pressure is highest at your ankles and gradually decreases as it moves upward. This helps promote optimal blood flow by helping push blood upward, preventing it from pooling in your lower limbs. Additionally, they're usually made from breathable and stretchable materials to ensure comfort.

What are the benefits?

Wearing compression socks can help:

- Improve the blood flow in your legs, reducing swelling and the risk of blood clots.
- Reduce swelling in your legs, ankles, and feet, especially in people who are on their feet for long periods or who have certain medical conditions.
- Ease leg pain caused by varicose veins or other conditions.
- Aid muscle recovery after exercise or injury by supporting muscle tissue.

Compression socks and stockings are often used after surgery, especially for procedures involving the legs. They're also commonly used by people traveling on long flights. Being immobile for extended periods can increase the risk of blood clots, so wearing compression socks can help to improve circulation and reduce the risk of clots forming.

Compression socks can be a valuable tool for improving leg and foot health. However it's important to consult with a healthcare professional before using them, (especially if you have underlying medical conditions), to get guidance on the appropriate compression level and fit for your specific needs.



Your guide to pinched spinal nerves: causes and prevention

Experiencing a pinched nerve can be extremely painful and disabling, so it's important to understand what it is, why it happens and how to find relief.

Nerves are soft and can easily get injured. A "pinched nerve" can happen when a nerve gets squashed, trapped, or stretched. Imagine a nerve like a pool noodle, if you ran over it in your car, or stretched it out of place, it would lose its form and function. This is similar to what happens – except nerves are irreplaceable.

Parts of your body, such as bones, muscles, ligaments, and spinal discs can press on a nerve and affect how it works. This can cause sensations like tingling, numbness, burning, or pain. It may also cause weakness, cramps, twitching, and reflex problems.

Pinched nerves are more likely to occur in certain areas of your body, such as your spine, due to how it's structured. Your spine acts as the main pathway for nerves traveling from your brain to other parts of your body. Nerves pass through small openings in the vertebrae, and if these openings become narrowed or restricted, the nerves can get compressed.

The intervertebral discs act as cushions between your vertebrae. Over time these discs can degenerate or herniate, protruding outward and pressing on nearby nerves.

Inflammatory conditions like arthritis can contribute to nerve compression in your spine by causing swelling and other changes. Even poor posture can result in pinched nerves.



Safe-guard your well-being by taking steps to protect your spinal health and prevent possible damage and pain.

Prevention and treatment

Your spine is designed to move and protect your spinal cord and nerves, so spinal health is important to prevent pinched nerves. Here are some tips to help you achieve this goal:

- Stay flexible and fit and work on having a strong core.
- Practice correct lifting techniques to help avoid damage to the spine.
- Work on having good posture, seated or standing.
- Have a nutritious diet and maintain a healthy body weight and waist size – big bellies are a risk factor.
- Quit cigarette smoking. Smoking narrows blood vessels, reducing blood flow to your spine and increasing the risk of nerve damage. Smoking also weakens spinal discs, making them more susceptible to herniation and nerve compression.

If you suspect you may be experiencing symptoms of a pinched nerve it's important to take action; practising self-care and seeking medical support when needed will help you on the path to recovery and regain your quality of life.

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.

OUR PHILOSOPHY

Our goal is for you to find a doctor at our practice that will become "Your GP" who will provide you with continuity of care, and the security of having a doctor who knows you well.

PRACTICE NURSE

We have Practice Nurses on site every day. This means we can provide better access to health screening, and management of long-term health problems like diabetes and heart failure.

SKIN CLINIC

Dr Ingrid Buchner has undertaken post graduate training in skin cancer detection and management. Our Practice also has the latest skin cancer digital diagnostic technology (MoleMate). The clinic runs on Friday afternoons by appointment.

BETTER HEALTH CLINICS

Our nurses can assist you to manage your health care in a team based approach. Ask if you are eligible for this service.

COVID-19 VACCINATION CLINICS

We provide the latest Moderna Bivalent, Pfizer Bivalent, Novavax, and Pfizer Paediatric vaccines. Please phone the practice to book an appointment for covid vaccination.

PRESCRIPTIONS

Unfortunately we cannot issue prescriptions to patients without seeing them. It is illegal for an Authority prescription to be issued unless it is accompanied with a consultation. Please ensure you make an appointment ahead of time so you do not run out of medication, and give us the time to help manage your medicines in a safe manner.

PATHOLOGY & RESULTS

Southern IML Pathology collect samples in the surgery Monday to Friday from 8am to 12pm. No appointment necessary.

Please phone for results after 10am.

Our receptionist can let you know if your results require action, or if your Doctor has asked us to make you an appointment.

PRACTICE FEES

We are a fee-for-service practice. Our fees are in line with the AMA recommended fees.

Consultations are payable on the day.

MEDICARE REBATES

Our practice offers the facilities for your Medicare Rebate to be deposited immediately into your bank account.

COMPLAINTS

We value patient feedback and take your concerns seriously. If you have a suggestion or complaint, please feel free to use our suggestion box, or talk to our Practice Manager. If you have a problem you wish to take beyond this practice, you can contact:

The Health Care Complaints Commission
Locked Bag 18, Strawberry Hills NSW 2012
Regional Free Call: 1800 043 159
<http://www.hccc.nsw.gov.au>

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