

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,

Kirsty Perkins and Ella Schott

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

OCTOBER 2023



JOURNEY TO WELLNESS



BREAST AWARENESS



JAUNDICE IN BABIES



TOMATOES' STAR NUTRIENT

Compliments of your GP

A guide to glandular fever

Imagine feeling utterly exhausted, your body aching, and your throat sore for days on end. These could be signs of glandular fever, a common viral infection. In this article we discuss the causes and symptoms of this condition, and provide some practical advice for recovery.

Glandular fever, also called mononucleosis, is caused by the Epstein-Barr virus (EBV), and is often referred to as 'mono' or the 'kissing disease'.

This contagious virus is typically spread through saliva, which is why it earned its nickname. While it can affect people of any age, it's most common in teenagers and young adults.

Symptoms and side effects

Symptoms usually appear four to six weeks after you get infected with EBV. You might not experience all of these, but the most common include:

- overwhelming tiredness
- a severe and persistent sore throat accompanied by swollen tonsils
- a high temperature (fever) of 38°C or above
- generalised body aches and muscle weakness
- swollen glands: enlarged lymph nodes in the neck, armpits, and groin.

Most people get better in two to four weeks; however some people may feel fatigued for months. Less commonly, the virus can affect your liver and spleen, which may result in discomfort and tenderness in your upper abdomen.

How to prevent spreading glandular fever

Minimising contagion mainly involves following proper hygiene and avoiding close contact with those who are infected. Wash your hands frequently, especially after coughing or sneezing, and avoid sharing drinks, utensils, or personal items. Additionally, cover your mouth and nose when coughing or sneezing to prevent the virus from spreading through airborne droplets.

Following an infection of glandular fever, it's crucial to maintain good hygiene practices, as you can remain contagious for several months. After having the virus, most people develop a strong resistance to future infections, but it may reactivate if the immune system is weakened.

Recovery and self-care measures

There's no specific treatment for glandular fever, and because it's a virus, antibiotics aren't effective. However these steps can help ease your symptoms and aid recovery:

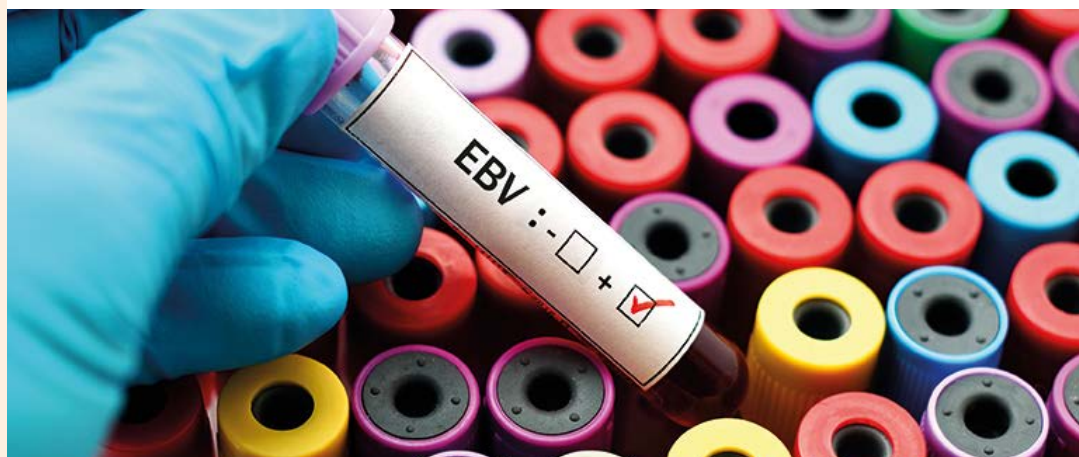
Rest: get plenty of sleep and avoid strenuous activities to allow your body to heal.

Stay hydrated: drink plenty of fluids to help combat fatigue and prevent dehydration.

Pain relief: over-the-counter pain relievers can help reduce fever and body aches.

Gargling: gargles or lozenges may provide temporary relief for a sore throat.

Glandular fever may disrupt your life temporarily, but with the right knowledge and self-care, you can overcome it. Remember to listen to your body, rest, and seek medical advice if symptoms worsen or are prolonged. Stay positive and focus on your journey to recovery.



Our newsletter is free! Please take a copy with you.



Hearty homemade tomato sauce

Enjoy this delicious, healthy and versatile tomato sauce.

Ingredients

8-10 ripe tomatoes	1 tsp dried oregano
1 med onion, finely chopped	¼ cup tomato paste
3 cloves of garlic, minced	½ cup red wine (optional)
2 Tbsps olive oil	2 tps sugar
1 tsp dried basil (or 1 Tbsp fresh basil)	Salt and black pepper to taste

Instructions

1. Cut a small "X" on the bottom of each tomato. Boil water in a pot and gently place the tomatoes in for about 30 seconds. Remove and let them cool. Peel off the skin and chop the tomatoes roughly.
2. Heat the olive oil in a pan over medium heat. Add chopped onion and cook for 2-3 minutes until it becomes transparent. Add the garlic and cook for another 1-2 minutes.
3. Add chopped tomatoes, basil and oregano. Lower the heat and simmer the sauce for about 15-20 minutes. Stir occasionally.
4. Stir in the tomato paste and red wine (if using) and simmer for another 10-15 minutes, allowing the sauce to thicken.
5. Add sugar, salt and pepper to taste. Let the sauce simmer for another 5-10 minutes.
6. Use a blender to blend the sauce to a smooth consistency. For a chunkier texture, you can use a potato masher. Your homemade tomato sauce is ready!

Serve: Use the tomato sauce as a topping for pasta or pizza, in lasagne, or as a dipping sauce. Store any leftover sauce in an airtight container in the refrigerator for up to a week.

Taking charge of your mental health: a journey to wellness

Good mental health is the foundation of a fulfilling and balanced life. It affects how we think, feel, and act, and plays a crucial role in our overall well-being. Just as we take care of our physical health, it's essential to pay attention to our mental health too. With that in mind, we share some practical tips that have proven successful in helping improve mood and promote mental well-being.

KEEP ACTIVE

Physical activity has numerous benefits for both body and mind. Regular exercise releases endorphins, the feel-good hormones that can improve mood and reduce anxiety and depression. Find an activity you enjoy, such as walking, dancing, swimming or cycling, and incorporate it into your daily routine. Exercising with others can make it more fun and provide motivation to keep going. Outdoor activities are even better for your mental health, especially in natural environments like forests, beaches, and open spaces.

CONNECT SOCIALLY

Human beings are social creatures, and making connections with others is vital for our well-being. Seek out supportive relationships with family, friends, or community groups. Engage in activities that interest you and provide opportunities for interaction. Whether it's joining a hobby club, cultural group, volunteering, or attending local events, connecting with others can boost your mood, reduce stress, and create a sense of belonging. Start by just saying hello to your neighbour!

EAT WELL

By fuelling your body with nutritious foods, you provide the essential nutrients needed for optimal brain function.

Include a variety of fresh fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals. Reduce your intake of processed foods, refined sugars, alcohol and caffeine. Remember to drink plenty of water.

SEEK HELP

If you're struggling with your mental health, it's important to seek help, whether it's from friends, family, support groups or professionals. Speak with your GP about your concerns and explore available treatment options. This could include therapy, counselling, medication, or a combination of approaches tailored to your needs. Many organisations offer a wide range of helpful resources. Remember, reaching out for help is a sign of strength, and you don't have to face your challenges alone.

CHANGE DAMAGING BEHAVIOUR

Take steps to change harmful habits that may be negatively impacting your mental health. This could include reducing excessive alcohol consumption, quitting smoking, or managing excessive screen time. Start by identifying your strengths, and what aspects of your life are holding you back from making positive changes. Make small changes from there and enlist help if needed.

Altering your lifestyle can go a long way to helping you feel better about yourself and your situation. However, if you're feeling low, depressed, stressed, or anxious, it's important to seek professional help. By promoting open conversations and seeking help when needed, we can break down the barriers surrounding mental health and create a society that supports and uplifts one another.

Shedding light on jaundice in babies: a guide for worried parents

As a new parent, you may find yourself checking every little detail about your precious bundle of joy. So, if you notice a yellowish tint to your baby's skin or eyes, it's natural to feel concerned. This guide aims to provide information about this condition to help ease your worries.

Understanding jaundice in babies

Jaundice is a condition which causes yellowing of the skin and the whites of the eyes. It occurs when there's a build-up of bilirubin, a yellow pigment produced when red blood cells break down.

In adults, the liver processes bilirubin, but a baby's liver takes time to mature and may struggle to process it initially. This is known as physiological (normal) jaundice, affecting many newborns. It usually starts a few days after birth and clears up within a week or two as the liver function improves.

There are many other causes that can contribute to jaundice in babies. These can include:

- substances in breast milk can temporarily interfere with bilirubin elimination
- incompatibilities between your blood type and your baby's blood type
- baby is born early (premature)
- certain inherited conditions and medical conditions.

How do I know if my baby's jaundice needs checking or treatment?

If your baby has normal jaundice, they usually don't need special treatment. However, your healthcare provider may recommend feeding your baby frequently to help bowel movements, which helps eliminate bilirubin. If the bilirubin level is high, a commonly used treatment is phototherapy (light therapy), which is safe and effective.

Although jaundice is often a temporary condition, some types are serious and can cause complications if left untreated.

- Jaundice occurring in the first 24 hours after birth needs checking immediately.
- Contact your doctor if the yellow colour lasts more than two weeks or gets darker, your baby seems lethargic, isn't feeding well, makes shrill cries, or has pale poo or dark wee.

Depending on the cause of jaundice, your healthcare provider will closely monitor your baby's bilirubin levels. This ensures timely intervention and appropriate treatment, if needed.

Jaundice can be a source of worry, but rest assured that with proper monitoring and care, most cases of jaundice in babies resolve without complications. So, embrace your little one's journey to health, and cherish those precious moments together!

Lycopene: unveiling the star nutrient of tomatoes

When it comes to unlocking the secrets to better health, nature often holds the key. Recent scientific discoveries have shed light on the incredible health benefits of tomatoes, particularly their star nutrient – lycopene.

Tomatoes: a nutrient-rich delight

Tomatoes, often mistaken for vegetables, are actually fruits packed with essential nutrients like A, C, K, and B-complex vitamins, and minerals like potassium and manganese, which all support overall health and vitality. But what truly sets tomatoes apart is their high content of antioxidants, particularly lycopene.

Lycopene: the health guardian

Lycopene is the natural pigment responsible for the vibrant red hue of tomatoes, and it's also one of their most powerful nutrients. Tomato and tomato based products have caught the attention of scientists, and their research shows that lycopene has beneficial effects in the prevention and treatment of a wide variety of diseases.

Lycopene is linked to promoting healthy cholesterol levels and supporting blood vessel function, helping in the prevention of cardiovascular diseases and ultimately contributing to a healthier heart. The fibre, potassium, vitamin C, and choline content in tomatoes also support heart health.

Lycopene has the potential to: lower the risk of some types of cancer, (especially prostate cancer), protect against bone loss, and aid in preventing and treating neurodegenerative conditions like Alzheimer's and Parkinson's.

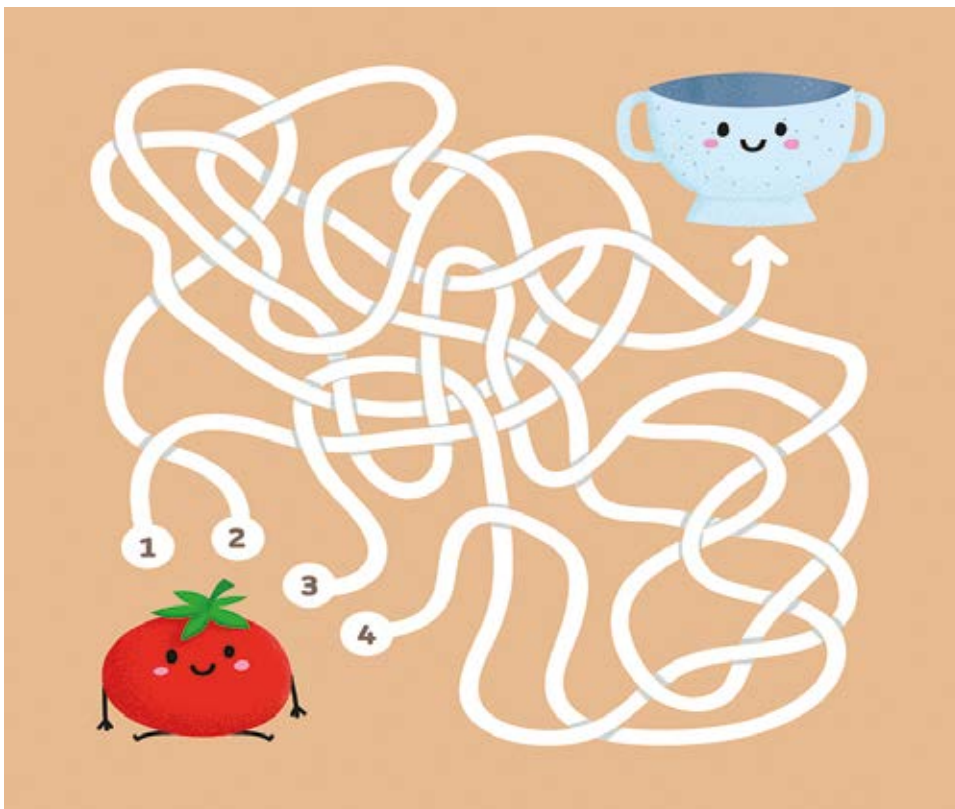
Are there any downsides to tomatoes?

Tomatoes may trigger gastrointestinal issues in some people. Additionally, people with existing medical conditions should ask their doctor before increasing their intake of high potassium and lycopene foods such as tomatoes.

Adding tomatoes into your diet is easy. From fresh salads to rich pasta sauces, the options are endless. Opt for organic tomatoes when possible, as they tend to have higher lycopene content and less pesticide residue.

The next time you savour a tomato, remember that you're not just enjoying a tasty treat – you're nourishing your body with a wealth of nutrients.

Help this cute tomato find its way to the bowl



DID YOU KNOW?

Cooking tomatoes helps your body absorb lycopene more easily which increases their health benefits.

Breast awareness and common concerns

Your breasts are as unique as your personality, and important to your overall health and well-being. This brief guide explains some common concerns.

Breasts are remarkable structures made up of glandular tissue, fat, and connective tissue. They're designed to nourish our offspring, producing milk for breastfeeding. But, beyond their biological function, breasts also hold emotional significance for many people, symbolising femininity and sensuality.

Breast size and shape

Genetics primarily determine breast size, meaning you inherit certain features from your parents. Lifestyle factors can also influence them, such as changes in size due to weight fluctuations. Hormones also play a pivotal role in shaping our breasts.

During puberty, estrogen orchestrates breast development, leading to growth and formation. Meanwhile, progesterone, another hormone, influences temporary changes in breast size and tenderness during the menstrual cycle.

After childbirth, prolactin takes the stage, stimulating milk production to support breastfeeding. These hormonal fluctuations may cause temporary tender or swollen breasts.

Breast changes during menopause occur due to a decline in estrogen levels, resulting

in reduced firmness, loss of fullness, and increased fatty tissue.

Breast size and shape have no impact on breastfeeding ability or sexual arousal, and it's common and normal for one breast to be larger than the other.

Breast pain, lumps and cancer

Breast pain breast tenderness and soreness: this is usually normal and linked to hormonal changes, especially during menstruation or pregnancy. Unexplained breast pain that persists or doesn't seem to be related to hormonal changes needs to be evaluated.

Lumps and bumps: discovering a lump in your breast can be concerning, but many breast lumps are non-cancerous (benign), such as cysts or fibroadenomas. However, it's still essential to consult a healthcare professional for evaluation.

Breast cancer: regular self-examinations and mammograms, as recommended by your doctor, are crucial for breast health and early detection of any potential issues. Breast cancer, when detected early, has a higher chance of successful treatment.

Breasts come in all shapes and sizes, reflecting the beautiful diversity of our bodies. Understanding the impact of hormones, and addressing concerns empowers us to embrace better health.



The National Breast Cancer Foundation explains ways to do a breast self-exam and "be breast aware" at www.nationalbreastcancerfoundation.org.au

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 043 139
<http://www.hccc.nsw.gov.au>

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