

BERRY MEDICAL CENTRE

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NURSING STAFF

Leilani Donovan (RN and midwife)

Louise Ochieng (RN)

Brianna Sieboth (RN)

Amelia Clarke (Medical Practice Assistant)

ADMIN STAFF

Linda Anderson (Practice Manager)

RECEPTION TEAM

Lyn Burke, Jodie Thompson, Abbey Welsh,
Allira Noveski, Kirsty Perkins & 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

JUNE 2024



BENEFITS OF GREEN TEA



SHOULDER HEALTH



WHOOPING COUGH



FOOD PRESERVATIVES

Compliments of your GP

Don't decay! Healthy teeth are crucial for your well-being

Maintaining good oral health goes beyond just having a nice smile. It's about keeping the teeth, gums, muscles and bones in your mouth healthy. Let's understand why it's crucial for your overall well-being.

When your oral health isn't good, it can lead to issues like tooth decay, gum disease, and tooth loss. These problems can cause pain, affect your ability to eat well, and even affect your confidence. What's more, they're linked to a range of serious health problems like heart disease and stroke.

Although the appearance of teeth is just a small part of dental health, it's still important. Unsightly teeth can make people self-conscious and affect their confidence and ability to socialise. Tooth loss can make chewing challenging, which can affect nutrition.

The link between dental health and disease

Our mouths can serve as gateways for various viruses, such as the flu or the common cold. While some types of bacteria in our mouths offer protection, others can cause harm.

For example, one type called streptococcus mutans can lead to tooth decay and weaken your immune system, making you more prone to viral infections. Another called P. gingivalis is associated with severe gum disease and can make viral infections like HIV harder to manage.

Additionally, poor oral health can contribute to heart and lung diseases. When gums become infected, harmful bacteria from your mouth can enter your bloodstream and spread to other parts of your body, including your heart and lungs, potentially causing inflammation and damage.

Other conditions, such as diabetes, stroke, and pregnancy complications, have also been linked to oral health problems. It's essential to understand that oral health can impact multiple systems in your body.

How to have good oral health

Brush and floss your teeth regularly. This helps prevent tooth decay and gum disease by removing food particles and dental plaque – which is a build-up on your teeth that can harbour harmful bacteria.

Regular cleans and check-ups at your dental clinic are essential for maintaining healthy teeth and detecting issues early. Getting children involved in their own dental care from an early age lays the foundation for a lifetime of excellent oral health.

Eating a balanced diet with plenty of fruits and vegetables can support the growth of beneficial oral bacteria. Limit sugary snacks and drinks. Sugars feed the bad bacteria in our mouths, leading to tooth decay.

It's clear that good oral health is essential for your overall well-being. With consistent dental care, you can encourage beneficial oral bacteria, strengthen your immune system, and lower the risk of infections.

Good oral health isn't just about a nice smile — it could be the key to a happier, healthier you!

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

Shoulder savvy: protecting your rotator cuff

Shoulder injuries can occur easily due to the complex nature and extensive range of motion of the shoulder joint. Injury to the rotator cuff is particularly common. Find out what the rotator cuff is, how injuries can occur, and what you can do to keep your shoulders healthy.

The rotator cuff is a group of four muscles and tendons that surround your shoulder joint. They keep your shoulder stable and help you move your arm in different directions for everyday activities like lifting and reaching.

How do injuries occur to the rotator cuff?

Rotator cuff injuries can be due to various reasons, including trauma, overuse, or degeneration.

Traumatic injuries can result from a fall, a direct blow or sudden excessive force on your shoulder joint.

Overuse injuries happen when your rotator cuff muscles and tendons are repeatedly overworked, such as during repetitive overhead activities like throwing or swimming.

Age-related degeneration occurs over time as the tendons lose their elasticity and become more prone to tearing.

Injury prevention and general health

Rotator cuff injuries can cause pain, weakness, limited mobility, difficulty performing daily activities, and even affect your sleep and mood. If left untreated, they can lead to long-term pain and mobility issues.

Fortunately, there are measures that you can take to keep your shoulders healthy and prevent injuries.

- Maintain good posture to ease strain on your rotator cuff.
- Warm-up and stretch before physical activity to help reduce the risk of injury.
- Regular exercises that target your rotator cuff help improve strength and stability.
- Lift heavy objects safely, using your legs to protect your back and shoulders.
- Take regular breaks during repetitive overhead activities to avoid overuse injuries.

Taking preventive measures can go a long way in keeping your shoulders working well. Remember to pay attention to your body, and see your doctor if you experience any shoulder problems.

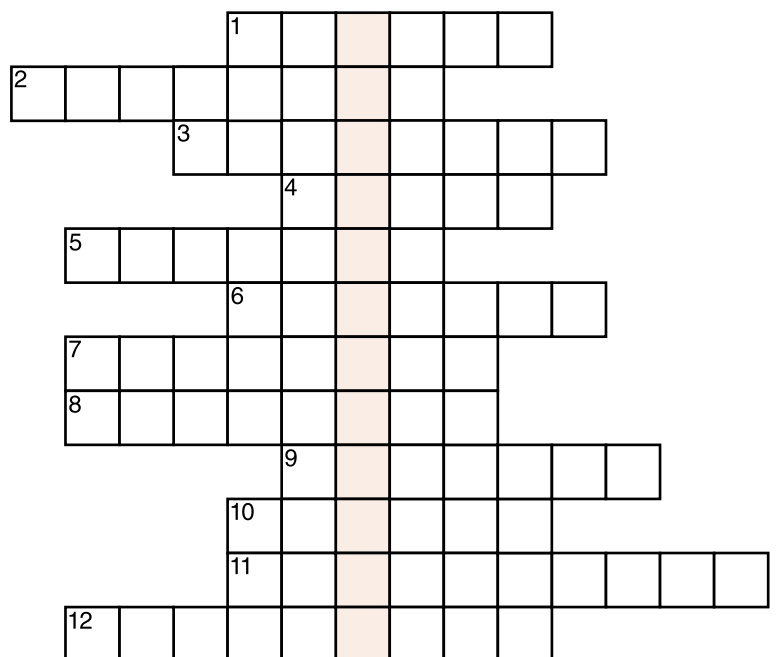
This simple exercise helps strengthen the rotator cuff muscles and improves shoulder stability.

- 1 Stand or sit with your back straight and shoulders relaxed.
- 2 Bend your forearms up to 90 degrees, elbows close to your sides, and palms facing down.
- 3 Keeping your elbows tucked in, rotate your forearms outward as far as comfortable.
- 4 Hold this position for a few seconds, focusing on engaging the muscles between your shoulder blades.
- 5 Slowly release and return to the starting position.
- 6 Repeat for 10-15 repetitions.

HIDDEN CROSSWORD PUZZLE

Fill in the answers of the clues in the puzzle. Once you have done this, you will find the hidden word in the bold squares. Good Luck!

1. A substance which builds up on teeth and harbours harmful bacteria.
2. A substance found especially in coffee and tea that may interfere with sleep.
3. Tiny little organisms that are everywhere around and inside us.
4. A disease that spreads from one person to another like a cold or flu.
5. A sign or indication of a disease or illness.
6. Fear or nervousness about what might happen.
7. A chemical used for preserving food.
8. The part of your body where your arm is connected.
9. Medicine that prevents disease (usually given by injection).
10. A disease in which your body cannot regulate the amount of sugar in your blood.
11. How your body turns food into energy.
12. Whooping cough.



The hidden word is:

Answers can be found on the back page

Food preservatives: what you need to know

Preservatives are substances added to foods, beverages, and personal care products to prevent spoilage and extend shelf life. You'll find them in everything from bread and canned goods to cosmetics and skincare products.

Preservatives help inhibit the growth of bacteria, yeast, and mould, keeping your food safe to eat for longer periods. They also help maintain the colour, texture, and flavour of foods.

Preservatives come in various forms, including synthetic chemicals like benzoates and sorbates, sulphites and nitrites, and natural compounds like salt, sugar, ascorbic and citric acid, and vinegar.

Are preservatives safe?

A small percentage of people may be sensitive to certain synthetic preservatives, like nitrates and sulphites. These compounds are commonly present in processed meats, wine, soft drinks, baked

goods, and some dried fruits; and have been associated with adverse reactions, including headaches or allergic responses.

Given that any food and preservative can potentially trigger allergies in susceptible individuals, it's crucial to carefully read the labels and check all the foods you eat, especially for those with known food allergies.

Additionally, a high intake of preservatives, especially in processed foods, has raised concerns about their impact on long-term health. However, it's essential to note that preservatives are rigorously tested for safety by regulatory agencies before being approved for use, and play an important role in keeping products fresh and safe to eat.

While some people may have concerns about preservatives, they're generally considered safe when used appropriately. If you're worried about the impact preservatives might have on your health, it's advisable to consult your doctor.



Tasty Berry Quinoa Crumble

Enjoy this tasty berry crumble, a healthy version of a popular classic dessert, perfect for the colder months. Serves 4.

INGREDIENTS:

- 500g frozen berries
- 2 Tbsp. honey
- 1 Tbsp. coconut oil
- 1 tsp vanilla

Crumble topping:

- ½ cup uncooked quinoa
- ½ cup ground almonds
- 1 tablespoon brown sugar
- 1 teaspoon coconut oil
- ½ teaspoon cinnamon

INSTRUCTIONS:

Partially defrost berries and drain – keep the juice.

Cook quinoa in boiling water for 10 minutes. Drain well and cool slightly.

Mix berries, honey, oil and vanilla and place in an ovenproof dish with ½ cup berry juice.

For the crumble, mix cooked quinoa with remaining topping ingredients and sprinkle over fruit.

Bake for 20 minutes at 180°, or until the fruit is bubbling and topping is crisp.

SERVING:

Serve with vanilla yoghurt or custard.

Find out more about whooping cough

Whooping cough, also known as pertussis, is a bacterial infection which can cause chest pain, shortness of breath, severe cough, and make you feel generally unwell.

Symptoms

The first symptom usually noticed is feeling ill, with cold or flu-like symptoms like fever, sneezing and a runny nose. This develops into a cough with a distinctive 'whoop' sound which can be extremely severe. Sometimes people cough so much that they vomit, or even fracture ribs from the force of the cough.

Is whooping cough contagious?

Whooping cough is extremely contagious and quickly passes around schools and workplaces, or other places where people spend time in confined spaces. It's spread by coughs and sneezes; however even people who carry the bacteria without any symptoms can spread whooping cough.

Preventing whooping cough

The best way to avoid catching whooping cough is to get vaccinated and ensure you keep up with booster immunisations. This is usually done as part of a routine childhood immunisation schedule.

If you have symptoms you should stay off work or school so that you don't spread the infection. You are contagious for around three weeks after developing the cough, but early medical treatment can help shorten that period and prevent spread, as well as reducing the risk of serious illness.

Can babies get whooping cough?

Unvaccinated babies are most at risk of developing severe symptoms and complications, and can become seriously unwell very quickly. As babies may not have the same symptoms as older children and adults, it isn't always easy to tell that they have whooping cough, but any breathing distress in babies should be treated as a medical emergency.

Treating whooping cough

If you're concerned about a cough and other chest infection symptoms you should consult your GP. Anyone with coughs and infectious respiratory diseases should avoid public areas and let the clinic know before coming in, unless it is a medical emergency.

Like with many infections, the usual advice for a mild case is plenty of fluids, rest, and taking simple painkillers to manage discomfort or bring down a mild fever.



Discovering the delightful world of green tea

Have you heard claims about the health benefits of green tea but aren't sure if they're right? Let's discover more about green tea, and whether it could make a positive impact on your health.

What exactly is green tea?

There are four types of 'true' tea: black, oolong, white, and green. They're all derived from the leaves of the *Camellia sinensis* plant, but processed differently. Green tea is minimally processed, ensuring it retains its nutrients. It has a refreshing taste with hints of earthiness.

Nutritional highlights

Antioxidant protection: Green tea is high in natural plant compounds called polyphenols, particularly a subclass called flavonoids. They have antioxidant properties known for their health benefits; including reducing inflammation, supporting heart health, protecting against certain diseases, and slowing down the aging process.

Heart-friendly: Some studies have found that green tea may further support heart health by aiding in the management of blood pressure and cholesterol levels.

Anti-inflammatory: Green tea has anti-inflammatory properties, and may relieve flare-ups in some inflammatory conditions such as arthritis or inflammatory bowel disease (IBD).

Brain booster: Green tea contains L-theanine, an amino acid that may reduce stress, anxiety, and improve mental clarity by increasing the production of certain brain chemicals associated with relaxation and well-being.

Oral health: There is some evidence that green tea could help with oral health, preventing decay by reducing the growth of certain bacteria in your mouth and reducing the formation of plaque on teeth.

Weight loss: Your body turns food into energy through metabolism, and green tea may aid weight loss by boosting metabolism. Additionally, some studies show that it may improve how your body breaks down fat, but overall, its effect on weight is likely to be small. However, combine green tea with a balanced diet and regular exercise, and you might see some positive changes over time.

While studies show evidence of the health benefits of green tea, further research is necessary for stronger support. Additionally, it's important to note that green tea contains caffeine, which may lead to health and sleep issues in some people. Before taking supplements, it's advisable to discuss any health concerns with a healthcare professional.

So there you have it, while it's not a magical fix, green tea holds the potential to enhance your overall health and well-being.



Brewing your cup of green goodness

Green tea is delicate, so don't scorch it with boiling water.

Heat water to about 80°C, then pour it over tea leaves.

Steep for about 2-3 minutes, and enjoy.

Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To make the most of your visit, write down what you want to know in the area below. Bring this list to your next appointment so you remember what you wanted to ask.

DOCTOR'S NAME	DATE	TIME
1.		
2.		
3.		
NOTES:		

QUIZ ANSWERS

- | | | |
|----------------|-------------|-------------|
| 9. Vaccine | 5. Symptom | 1. Plaque |
| 10. Diabetes | 6. Anxiety | 2. Caffeine |
| 11. Metabolism | 7. Sulphite | 3. Bacteria |
| 12. Pertussis | 8. Shoulder | 4. Virus |

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>