

# BACCHUS MARSH MEDICAL CENTRE



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Bacchus Marsh  
VIC 3340

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## OUR DOCTORS

**Dr Siva SOOKNANDAN**  
**Dr Paul WILLIAMS**  
**Dr Niresh MADHANPALL**  
**Dr Ravin SADHAI**  
**Dr Om NAIDU**  
**Dr Jessica TINT**  
**Dr Michael O'MALLEY**  
**Dr Harjinder JOHAR**  
**Dr Senthoran ARUDHSIVAM**  
**Dr Karinne TUNNECLIFF**  
**Dr Minh Thanh LE**  
**Dr Faro HACE**  
**Dr Sumaya ZAZ**  
**Dr Inushka PERERA**  
**Dr Sharmila KANDUKURI**  
**Dr Nazmin SULTANA**  
**Dr Maung THET**

## STAFF DETAILS

Katie Bielecki (Practice Manager)  
Robyn Nugent (Office Manager)

## RECEPTIONISTS

Karen, Eve, Jo-Anne, Naomi, Charlotte,  
Laura, Kylie M, Daen, Susan, Zaylie,  
Chelsea, Amanda, Lauren and Dana

## NURSES

Katie, Emma, Mark, Tammy, Keeley,  
Simone and Leanne

## CONSULTATION TIMES

Monday to Friday 8 am – 8 pm  
Saturday 8 am – 5 pm  
Sunday & Public Holidays 9 am – 1 pm

## DARLEY MEDICAL CENTRE

147 Gisborne Rd P: (03) 5367 5000  
Darley, VIC 3340 F: (03) 5367 7510

## HOURS

Monday to Friday 8.30 am – 5 pm

## MADDINGLEY MEDICAL CENTRE

4 O'Leary Way Ph: 03 5367 1875  
Maddingley VIC 3340 F: 03 5367 5260

## HOURS

Monday to Friday 8am – 8pm  
Saturday 8am – 5pm  
Sunday & Public Holidays 9am – 1pm

# YOUR DOCTOR

JULY 2023



**THE KEY TO HEALTHY AGING**



**WHAT TO KNOW: HEPATITIS B**



**BLOCKED EARS IN CHILDREN**



**BAFFLED BY BRAIN FOG?**

*Compliments of your GP*

## What's the link between joint health and protein?

Protein plays an important role in joint health by providing the foundation for cartilage, tendons, ligaments, and other connective tissues in your body.

Your body breaks down the protein from food into amino acids, which are then used to build and repair tissues throughout your body, including in your joints.

Certain amino acids, such as glycine and proline, are especially important for joint health. They are necessary for the production of collagen, which helps to provide strength, flexibility, and elasticity in cartilage, tendons, and ligaments. Collagen also acts as a cushion between your bones to prevent them from rubbing against each other during movement.

A diet that's rich in high-quality protein helps to promote joint health by providing the necessary amino acids your body needs to produce and repair cartilage, tendons, and other connective tissues. A lack of protein in your diet can lead to weakened joints and increased susceptibility to joint pain and injury.

On the other hand, consuming too much of certain types of proteins, such as

those found in processed meat and red meat, can also contribute to joint pain and inflammation. These proteins can cause the body to produce more uric acid, which can lead to gout, a painful form of arthritis that commonly affects the joints in the toes, feet, and ankles.

In addition, some people may have an intolerance or allergy to certain types of protein, such as gluten or casein (a protein found in dairy products), which can cause inflammation and joint pain as a result of an autoimmune response.

### The type of protein and how much you eat is important

It's important to maintain a balanced diet that includes a variety of healthy protein sources, such as lean meats, fish and seafood, eggs, legumes, tofu, nuts and seeds, while avoiding processed and refined foods, and excessive amounts of red meat.

By eating the right foods you help to reduce the risk of joint pain, stiffness, and injury, promote overall mobility in your own body, and improve your own quality of life.

Did you know that eggs are a 'complete protein', meaning they contain all the essential amino acids needed to meet your body's needs? For their weight, eggs provide the highest quality protein of all foods. Pretty impressive!



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

## Key to healthy aging

You've probably heard the term, "use it or lose it", and know how important it is to keep your body moving as you age, but do you know all of the benefits?

Physical activity has a raft of benefits: stronger bones and muscles, healthy weight, better balance, a sharper brain – it may even delay the onset of dementia. Keeping active can also help protect against cardiovascular disease, diabetes, stroke, and some forms of cancer.

It doesn't only have physical benefits; you may find a greater sense of happiness and improved quality of life and wellbeing. Recent research has shown that if you maintain a higher level of physical fitness it may actually slow the ageing process! The list goes on.

Yet, at a time when movement is essential, aging is associated with reduced levels of exercise. People tend to sit more; they might be concerned about injury or have physical barriers. Chronic health problems can make activity harder but being active remains crucial and these issues can be overcome with a little help and planning.

### What type and how much exercise should you do?

There are simple guidelines to help you get moving, safely. For people aged 65 years and over, at least 30 minutes of moderate-intensity activity daily is recommended. Of course, it's even more beneficial if you can do more! Aqua aerobics, biking, dance, tennis, and brisk walking are good examples. Team sports or group activities can help with motivation.

### 4 tips to build more activity into your day

1. Take the stairs and walk where possible.
2. Play actively with children - hopscotch is great!
3. Stretch and practice balancing while you wait for the kettle to boil.
4. Try games at social gatherings, like pétanque or frisbee throwing.

## What you need to know about Hepatitis B

Hepatitis B is a potentially life-threatening viral infection that affects your liver. It's a major world-wide health problem, but there are ways to prevent infection.

Hepatitis B is caused by the hepatitis B virus (HBV), which can be transmitted through blood or body fluids such as semen and vaginal secretions.

Hepatitis B targets the liver, resulting in inflammation and harm to liver cells. This can trigger a variety of issues such as fatigue, nausea, vomiting, abdominal pain, and jaundice, which causes the skin and eyes to turn yellow. However, some people with hepatitis B may not experience any symptoms.

If left untreated, hepatitis B can cause severe liver damage, including cirrhosis, (scarring of the liver), and liver cancer.

### How do you get hepatitis B??

Hepatitis B can be transmitted through having unprotected sex with multiple partners and sharing of needles or other equipment for injecting drugs. Healthcare workers can be exposed to infected blood and body fluids from needles and sharp instruments and it can be passed from mother to baby during childbirth.

### Can you get vaccinated?

Yes, there is a safe and effective vaccine against hepatitis B. In fact, it's one of the most effective vaccines available, with a success rate of over 90%.

In Australia, hepatitis B vaccination is standard for all new-born babies and infants under the National Immunisation Program, and recommended for people who are at high risk of infection. Talk to your doctor about your level of risk and whether hepatitis B vaccination is recommended for you.

The vaccine against hepatitis B is usually given as a series of three or four injections over a period of six months. It's important to complete the full course of the vaccine to ensure maximum protection against the virus.

If you are at high risk of hepatitis B, it's important to get vaccinated to protect you from the virus. If you think you may have been exposed to the virus, it's important to see your doctor immediately. Early diagnosis and treatment can prevent serious liver damage and improve your chances of recovery.

For more information on the Hepatitis B vaccine visit [www.health.gov.au](http://www.health.gov.au) and type 'hepatitis b vaccine' in the search box.



As well as aerobic exercise, muscle strengthening activities matter. You can hit the gym or do resistance training at home. Weights, body weight exercises, and resistance band workouts are perfect. Work your major muscle groups – arms and legs, chest and shoulders, back and core. Remember to include activities which help with flexibility and balance too.

In addition to structured exercise, being active throughout your day can also make

a big difference. Lifting heavy shopping bags, housework and digging in the garden all count as physical activity.

If you have health problems or it has been a while since you've exercised, a checkup with your GP first is advisable. Then, you can start slowly and build up the time and intensity of your exercise over a course of weeks.

The secret is just to begin; this is a journey not a race.



# Blocked ears: understanding glue ear and how to help your child

As a parent, you want to ensure that your child is always healthy and happy. However, sometimes health issues arise, and it's important to be informed and prepared for them. One common condition that affects children is glue ear, so let's explore what this is, and how it affects children.

## What is glue ear?

The eustachian tube is a small tube that that drains fluid from your ear to the back of your throat. If this tube gets blocked, fluid builds up inside your middle ear. The fluid can be thick and sticky like glue, hence the name. Glue ear can affect one or both ears and can last for weeks or months. It can impair hearing and cause discomfort.



If left untreated, glue ear can lead to serious problems.

Glue ear isn't an ear infection, however a blocked tube and excess fluid can cause bacteria to grow, which can lead to an ear infection.

## Why are children more prone to glue ear?

Glue ear can affect people of any age, but it's most common in young children. Their eustachian tubes are smaller and lie more horizontally than in an adult, which increases the risk of blocking. Children also have more frequent colds or respiratory infections that can create more fluid in the middle ear and more ear infections.

Your child is also more likely to develop glue ear if they have hay fever, are exposed to cigarette smoke, use a dummy for long periods, or are often mixing with many other children.

## How to tell if your child has glue ear

The signs of glue ear can vary depending on how severe it is and how long it has lasted. Common symptoms children experience include: hearing loss, ear pain or discomfort, dizziness or balance problems, ringing or buzzing in the ears, tiredness and irritability.

## What happens if glue ear is not treated?

If left untreated, glue ear can lead to serious consequences. Long-term hearing loss, speech and language delays and learning difficulties can occur, which can affect your child's education and social development.

## Can glue ear be prevented?

Although it's difficult to prevent, there are several ways to lower the risk of glue ear. Good hygiene, such as washing hands and toys regularly, can reduce the risk of infections that can lead to glue ear.

It's also important to keep your child away from cigarette smoke. If your child has a dummy, try to limit the time they use it. Breastfeeding helps your baby resist ear infections. If your baby is feeding by bottle ensure they're in an upright position. If your child has a cold or respiratory infection, ensure they get enough rest, fluids, and appropriate treatment to prevent complications.

Glue ear can go away by itself, but if it isn't clearing up after several months treatment may be required. If your child has a lot of ear infections or if you think they may not be hearing properly, take them to your doctor.

# Vegetable-packed mini muffins

These healthy mini muffins are perfect for breakfast, lunch, or as a snack. They're high in protein and vegetables, making them a nutritious and delicious option. Enjoy!

## INGREDIENTS

1 onion, finely chopped	2 tsp olive oil
6 eggs	½ cup cottage cheese
200 grams grated zucchini	1 med red capsicum, finely chopped
½ cup fresh parsley and basil, finely chopped	Black pepper to taste

## DIRECTIONS

1. Preheat the oven to 180°C and grease a mini muffin tray with olive oil.
2. Heat the oil in a small frying pan; add onion and fry gently until softened.
3. In a large mixing bowl whisk the eggs and stir in cottage cheese, grated zucchini and diced red capsicum.
4. Add the onion, black pepper, chopped parsley and basil and mix well to combine.
5. Fill the holes with the mixture to just below the rim.
6. Bake for about 15-20mins, until golden brown and set. Allow to cool before removing from the muffin tray.

Muffins can be frozen for up to 3 months, and defrosted as needed for lunch boxes or snacks.



## Test your knowledge

See if you can fill in the blanks in the following sentences

1. The \_\_\_\_\_ is a small tube that that drains fluid from your ear to the back of your throat.
2. \_\_\_\_\_ is a term that many people use to describe a feeling of mental fatigue or confusion.
3. For people aged 65 years and over, at least \_\_\_\_\_ of moderate-intensity activity daily is recommended.
4. Keeping active can help protect against cardiovascular disease \_\_\_\_\_, \_\_\_\_\_ and some forms of cancer.
5. \_\_\_\_\_ is a potentially life-threatening viral infection that affects your liver.
6. If left untreated, hepatitis B can cause severe liver damage, including \_\_\_\_\_ (scarring of the liver), and liver cancer.
7. If you are at high risk of hepatitis B, it's important to get \_\_\_\_\_ to protect you from the virus.
8. \_\_\_\_\_ also acts as a cushion between your bones to prevent them from rubbing against each other during movement.

# Are you baffled by brain fog?

Brain fog is a relatively common experience which can be frustrating and distressing, and have a significant impact on your daily life. In this article, we explore what brain fog is, what causes it, and how it can be prevented or treated.

## What is brain fog?

Brain fog is a term that many people use to describe a feeling of mental fatigue or confusion. It's not a medical condition in itself, but rather a symptom or experience that people can have.

If you're experiencing brain fog, you may notice a range of symptoms that affect your mental functioning. These can include: difficulty concentrating, memory problems, confusion, and forgetfulness. You may also have trouble completing tasks that require mental focus, such as reading or studying. Many people report feeling mentally exhausted or drained, even if they haven't engaged in any difficult mental tasks.

## What causes brain fog?

The exact mechanism behind brain fog is not fully understood, but it's thought to be related to changes in brain chemistry. When you experience stress, anxiety, or depression, your body produces more cortisol - a stress hormone. This increase in cortisol can lead to inflammation in your brain, which may cause brain fog.

Some common factors that could cause brain fog include poor sleep quality, dehydration, and poor nutrition. In some cases, brain fog may be a side effect of medication, such as antihistamines and antidepressants. There are several medical conditions that may contribute to brain fog, including depression, anxiety, chronic fatigue syndrome, and fibromyalgia.

## Can brain fog be prevented or cured?

While there's no sure-fire way to prevent or cure brain fog, there are steps you can take to minimise your risk of experiencing it. These involve making lifestyle changes, such as getting enough sleep, reducing stress, and eating a healthy diet and staying hydrated. Exercise can also help to improve blood flow to your brain and reduce inflammation.

In some cases, treating an underlying medical condition may also help alleviate brain fog symptoms. Your doctor can work with you to determine the best course of treatment if this is the case.

Brain fog is a common experience that can be caused by a range of factors. Making healthy lifestyle choices and seeking medical attention if needed can help minimise its impact on your life. If you're experiencing symptoms of brain fog, don't hesitate to speak with your doctor to determine the best course of action.

Finding healthy ways to manage stress, such as meditation or yoga, can keep your mind clear and focused and may help prevent brain fog.

## 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:		

## TEST YOUR HEALTH KNOWLEDGE

1. eustachian tube 2. brain fog 3. 30 minutes  
4. diabetes, stroke 5. hepatitis B 6. cirrhosis  
7. vaccinated 8. collagen

**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.

# PRACTICE INFORMATION

## GENERAL CONSULTATION POLICIES

Longer consultation times are available, so please ask our receptionists if you require some extra time

## HOME VISITS

Home and other visits are available for regular patients of this practice whose condition prevents them from attending the surgery

## AFTER HOURS

If you get sick at night or on the weekend, please ring 5367 3333 for advice. We look after our patients 24 hours a day, 7 days a week.

## APPOINTMENTS

Please ring 5367 3333 for an appointment. Patients attending without a booking will be fitted in at the earliest available time.

Emergencies will always be seen quickly – simply notify the receptionist

## PHONE CALLS

Your regular doctor may arrange to phone you under particular circumstances. Unfortunately we are not able to connect telephone calls to our doctors routinely, as the interruption caused to the patients they are seeing can be harmful. Our staff will usually be able to pass on a message to your doctor.

## FEES

Fees are payable at the time of consultation by cash, cheque, Mastercard or Visa. The GPs at this practice bulk-bill pensioners, Health Care Card holders and children under 16. Veterans may sign the service voucher.

An increased fee applies on Sundays and public holidays.

From March 1<sup>st</sup> 2023 a non-attendance fee will be charged for appointments that are not cancelled with at least 2 hours notice.

## SMOKING POLICY

This practice has a no smoking policy.

## SERVICES AVAILABLE

- General family medicine
- Check-ups, medical examinations
- Family planning
- Pap smears, pregnancy tests
- Antenatal care, obstetrics
- ECG, heart check
- Counselling
- Vaccination: children and travel
- Blood tests / pathology
- Minor surgery: stitching cuts, removing moles, skin cancers
- Liquid nitrogen (freezing) therapy for sunspots and warts
- Acupuncture
- Weight control, nutrition advice
- Treatment of fractures

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