

JAMESTOWN

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Jamestown, SA 5419

P: (08) 8664 1078 F: (08) 8664 1224

PETERBOROUGH

23 Hurlstone Street
Peterborough, SA 5422

P: (08) 8677 6500 F: (08) 8651 3462

ORROROO

23 Second Street
Orroroo, SA 5431

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Dr R L Conway

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GP Anaesthetics

Dr Simon Jackson

General practitioner, GP Obstetrician

Dr James Walker

General practitioner

Dr Kari Sims

General practitioner, GP Anaesthetics

Dr Hayley Walker

General practitioner

Dr Cherilyn White

Registrar

Dr Lauren McLean

Registrar

CLINIC HOURS AND SERVICES

Monday to Friday 8:45am – 5:30pm

Orroroo: Mon to Fri 9:00am – 5:00pm

Consultations by appointment only

AFTER HOURS

Urgent medical problems at night,
weekends or public holidays will
be attended by the Doctor on call if
necessary by ringing:

Jamestown Hospital (08) 8664 1406

Peterborough Hospital (08) 8651 0444

Orroroo Hospital (08) 8658 1200

Patients please note that during a
power failure our phones may only work
intermittently. Please come in for your
appointment as previously booked, as we
still consult during power failures.

PRIVACY

This practice is committed to maintain
the confidentiality of your personal health
information. Your medical record is a
confidential document. It is the policy
of the practice to maintain security of
personal health information at all times
and to ensure that this information is only
available to authorised members of staff.



FREE!!
TAKE ME
HOME

Dementia – you are not alone

People with a diagnosis of dementia say it can be an “isolating and lonely experience due to a lack of understanding, education and knowledge about the condition.”

Dementia is the name given to a group of conditions characterised by progressive memory loss; and is caused by damage to brain cells. The symptoms of dementia can include memory problems, confusion, altered mood or even personality changes.

Alzheimer’s disease is the most common form of dementia, and is usually associated with a gradual, steady decline in thinking skills – also known as cognitive function.

Vascular dementia is considered the second most common form of dementia, and is caused by a reduced blood flow to certain parts of the brain. It usually progresses in steps, with periods of sudden decline alternating with stable periods. Other forms of dementia include Parkinson’s disease, alcohol-related dementia and Huntington’s disease.

Dementia is progressive and so gets worse over time; what begins as some short-term memory loss can progress into difficulties in continuing to live a normal life. People with dementia may become unable to live independently if the disease makes them vulnerable to dangerous situations, such as being unable to cook safely, or wash and dress themselves. In later stages, people with dementia can become seriously unwell.

Memory loss and confusion does not necessarily mean someone has dementia – short-term symptoms similar to dementia can be caused by other conditions such

as delirium caused by an infection, mental health problems, excess alcohol, or thyroid dysfunction.

There are risk factors for dementia that can’t be changed; such as age, family history and genetics, but there are some lifestyle factors that can be modified. Having a good diet, low alcohol intake, plenty of exercise, and staying mentally active may help delay the onset, or slow the progression of Alzheimer’s.

Having regular health check-ups later in life is important for many reasons, and could mean early identification of risk factors or other conditions that may affect cognitive function.

Dementia is a serious long-term health condition, and its effect on memory and understanding can seriously impact on a person’s happiness and day-to-day life. It can mean being unable to recognise loved ones and remember important things, and can be very distressing for the person affected and everyone around them. Sometimes the symptoms of

dementia seem worse when the person is out of their usual environment, such as in a new care setting.

Talking to a person with dementia can be frustrating and distressing, but it’s important to remember that having dementia is far worse, and that people with memory problems need and deserve the support of the people around them. There are some excellent sources of advice on the internet or through local and national health centres, and there are many support groups.

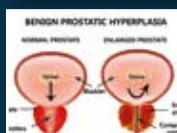
Always consult a healthcare professional if you have concerns about your, or a loved one’s memory and cognitive function.

September is DEMENTIA AWARENESS MONTH
Held to improve awareness and help people impacted by dementia to feel accepted, supported and less isolated.

WHAT'S INSIDE



WHAT IS TELEHEALTH?



IDENTIFYING PROSTATE PROBLEMS



GIVE PEAS A CHANCE



DEALING WITH GENITAL HERPES

Give peas a chance!

Peas are one of the first vegetables many of us experience as children, and for some, unhappy memories of pushing uneaten peas around your plate can last till adulthood. But it's time to give them another chance.

Why? Because peas are easy to grow, delicious, and nutritious. They're the crunchy green seeds that pop out of their pod, and can be eaten raw or cooked. There are many different varieties, and some – known as 'mange tout', French for 'eat all' can be eaten, pod and all.

There's more to these little green spheres than meets the eye. They're high in fibre and protein, low in fat, and contain slow-release complex carbohydrates — meaning that they are a low glycaemic index (low GI) food. Low GI foods help maintain steady blood sugar and avoid those spikes in blood sugar that are associated with simpler sugars, and which can lead to type 2 diabetes.

The common green or garden pea also contains a range of essential vitamins and minerals:

- Half a cup (170g) of peas has one quarter of an adult's daily recommended intake (RDI) of vitamin K – the vitamin known for maintaining bone health and the blood's natural clotting ability.
- Half a cup of peas contributes a third of your RDI of vitamin A, which can contribute to healthy vision and immune system.
- Peas are a good source of vitamin C, essential for a vast range of bodily processes such as a healthy immune system and the repair and protection of cells and tissues.

Peas are also a good source of thiamine, folate, manganese and iron.

Peas can cause digestive symptoms, such as bloating, in some people. However, there are several things you can do to help prevent these effects, including eating them cooked and having small portion sizes.

Pea protein is an increasingly common ingredient in high-protein plant-based snacks and foods. Pea protein is found in vegetarian and vegan meat alternatives which are now widely enjoyed by everybody. Peas are an incredibly versatile vegetable with a huge range of benefits, so they can be a great addition to your diet.



WORD SEARCH

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

AGE
ALZHEIMERS
ANCESTRY
BACTERIAL
BENIGN
BLADDER
BLISTERS
CANCER
CLINIC
DEMENTIA
DISEASE
DOCTOR
HERPES
INFECTION
IRON
KIDNEY
MEMORY
PAIN
PEAS
PROSTATE
PROSTATITIS
PROTEIN
RISK
SORES
SYMPTOMS
TELEHEALTH
TRIAGE
URINE
VIDEO
VIRUS

Green pea and mint dip

When the pantry is running low you can usually count on having a bag of peas in the freezer. This dip is not only easy to make, but looks and tastes great – ideal for that last minute party plate!

INGREDIENTS

3 cups frozen green baby peas
1 Tbsp red onion, chopped
1 Tbsp olive oil
2 Tbsp fresh mint, chopped
½ cup sour cream or crème fraiche
2 Tbsp lemon juice
Sea salt and pepper to taste

METHOD

Place thawed peas, onion, olive oil, and mint into a food processor and blend until smooth.

Add sour cream or crème fraiche and blend a little more.

Transfer mixture into a bowl and stir through lemon juice.

Season with salt and pepper.

Serve with corn chips, nachos, bread or raw vegetables.

DID YOU KNOW?

A 100g serving of peas contains as much Vitamin C as two large apples, and more protein than a whole egg!



Prostate problems

Problems with the prostate are very common, and one of the main health issues men report worrying about as they get older. The prostate gland increases in size, which can sometimes lead to problems with passing urine. Normally this is a benign condition – but sometimes it can be more serious, so any sign of prostate problems should mean a trip to the doctor.

WHAT IS THE PROSTATE GLAND?

The prostate gland is part of the male reproductive system, and is involved in the production of seminal fluid that protects and transports sperm. The prostate gland is located below the bladder and surrounding the urethra – the tube that carries urine from the bladder through the penis. This is why one of the most common symptoms of prostate conditions is having problems passing urine, though urinary symptoms can be caused by a range of other conditions too, such as urinary tract infections or kidney problems.

WHO IS AT RISK?

Problems with the prostate can affect younger men, but become more likely over the age of 50. Ethnic background is another risk factor; men with African-Caribbean and African ancestry are more likely to experience prostate cancer. Having a close family member with diagnosed prostate problems can also mean that you're more likely to experience the same condition.

Some of the most common conditions affecting the prostate are:

Enlarged prostate – also known as Benign Prostatic Hyperplasia (BPH). The word 'benign' means that it is a non-cancerous condition. However, it may still require treatment or symptom management, as it can lead to bladder damage and infection.

Prostatitis – this is when an acute enlargement of the prostate occurs, sometimes caused by a bacterial infection, but often with no clear cause. This can affect men of any age.

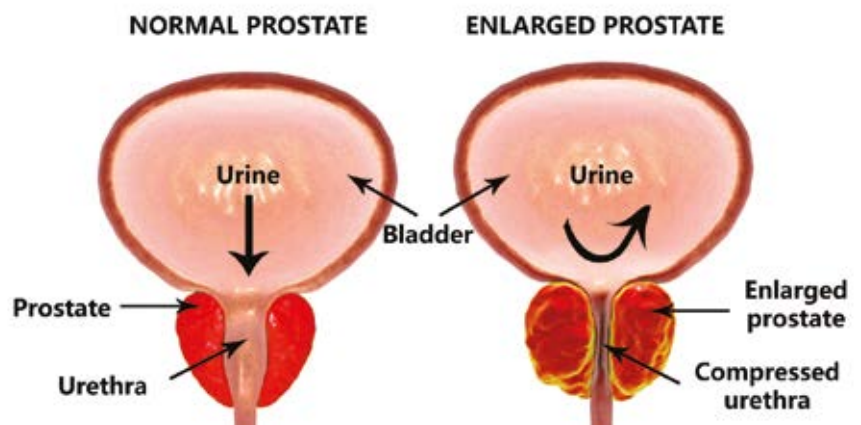
Prostate cancer – this is the most common cancer in men. There are different types and stages of prostate cancer, however many forms are slow-growing and have good treatment outcomes. Like many cancers, prostate cancer can spread, or

'metastasize' to other parts of the body, so the sooner it's found the better the chance for a good outcome.

The symptoms of any of the conditions affecting the prostate are very similar – difficulty, frequency, pain or altered flow in urination are common. With prostate cancer or prostatitis there may be blood in the urine or semen, or pain on urination or ejaculation.

It's essential to see a health care professional urgently if you have any indications of prostate problems – very serious conditions can't be differentiated from benign conditions based on symptoms alone. Many prostate problems can be easily managed with medical attention and support.

A prostate examination is a routine, essential part of a medical check-up for older men. Early diagnosis saves lives.



What is telehealth?

Virtual care has offered a valuable health link during a global health crisis. The rapid development of telehealth could have permanent implications.

Telehealth has long been considered one of the next major developments in medical care, but – as so often happens with advances in practice and technology – it's taken a crisis to realise its full potential. The COVID-19 pandemic has meant that healthcare professionals have had to make changes in the way they see people, in order to protect patients and staff from this infectious virus.

Telehealth means using information and communications technologies (ICTs) to deliver health services over a distance. Telehealth means that people who are housebound, in remote areas, or with limited access to healthcare services or transport, can be seen by their GP – or even a specialist consultant – by telephone or video link without physical access concerns.

A shift towards more telephone or video consultations has been a logical response to infection risk, and has actually improved waiting times in some cases. Often

a telephone or video 'triage' – initial assessment – will identify a need for that patient to see a medical professional face-to-face, and an appointment can then be made, or the patient can be referred to a more appropriate service.

Telehealth does not, and will not replace experienced clinicians, but it means that people can be seen sooner, more safely during a contagious crisis, and directed onto the next step of their care. People with conditions that need a physical examination by an experienced practitioner will still be able to have appointments in clinic.

There will always be people who are unwilling or unable to use virtual consultations due to limited access to technology or computer networking; or they're unable to use this kind of technology. A face-to-face initial consultation may still be most appropriate. When doctors can see other suitable cases faster through a telehealth platform, there will be more time for these essential in-clinic appointments.

Telehealth does not replace emergency services – for serious medical emergencies immediate help should be sought.

Genital herpes

Genital herpes is a sexually-transmitted infection caused by the same virus that causes cold sores – the herpes simplex virus (HSV). There are two forms of HSV: HSV 1, which commonly causes cold sores around the mouth, and HSV 2, which usually causes sores around the genitals and anus.

What are the causes of genital herpes?

Both types can be passed on through sexual contact with someone who has the HSV virus, and both can affect any of the susceptible areas of the body. HSV is very easy to pass on through any sexual contact, and it's estimated that at least 1 in 8 sexually active Australians has the virus.

It can take days, months, or even years to have symptoms after being exposed to the virus, so not having recent sexual contact doesn't rule out a diagnosis of HSV.

It can even be present without any symptoms, so can be passed on unknowingly – however, it is most infectious when there are visible sores. It's possible to pass HSV to a partner through genital, oral or anal sex – using condoms and dental dams can reduce the risk, but doesn't completely rule it out. Anyone with visible signs of genital herpes, or a cold sore on the mouth should avoid sexual contact to reduce the risk of passing it on.

Disclaimer: The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

After the first infection settles down, the virus lies 'dormant' in that part of the body, so outbreaks may recur, particularly when you're run down. Some triggers for having a flare-up of genital herpes can include friction from sex or tight clothing, using sunbeds, or menstruating.

Symptoms and management

Genital HSV can take the appearance of small blisters, sores, and cracked skin. It can be very painful, make urinating very uncomfortable, and can sometimes even make you feel generally unwell and have a fever.

Many of the symptoms of genital herpes can be managed at home – keeping the affected areas clean and dry, and minimising the risk of passing it on – but it's important to see a healthcare professional as soon as possible to confirm the diagnosis and start treatment. They can also give advice on managing symptoms, and on the best way to avoid passing on, or catching sexually transmitted infections.

Practicing safe sex is essential for avoiding sexually transmitted diseases; and having regular check-ups at a sexual health clinic is smart and responsible.

SEPTEMBER PRACTICE UPDATE

COVID-19

To prevent the spread of COVID-19:

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance.

Q-FEVER

Goyder's Line Medical will be scheduling Q-Fever clinics regularly.

We will be advertising on our Facebook as well as posters in the community so please keep an eye out for upcoming clinic dates.

If you are interested in having a Q-Fever immunisation, please contact one of our clinics to add your name to the wait list for any upcoming clinics.

SCRIPTS

There may be a 2-4 week wait for routine appointments; Goyder's Line Medical cannot facilitate persistent "last minute" appointments for prescription renewals.

If you have a regular prescription, please heed advice from the pharmacy upon collection of your medications and book an appointment with us for a new script.

RIDDLE

Q: What has many keys but can't open a single lock?

A: A piano

