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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**

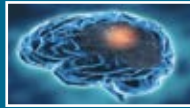
This practice is committed to maintain the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of the practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised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

**YOUR DOCTOR**

APRIL 2021

FREE!

**This month we talk about...**



**PARKINSON'S DISEASE**



**CELLULITIS**



**FIGS**



**ARE YOU CONSTIPATED?**

**Understanding and talking about your pain**

Pain is essential – it's our body's way of telling us that something isn't right. It's important to understand why we have it so that we know if there's something we need to treat or change. Sometimes it's obvious – a wound for example – we can't change it, but simply have to manage the pain until it heals.

The term 'pain' covers a huge variety of problems, from a papercut to a broken bone, a headache to a heart attack. Pain is also very subjective; it means different things to different people, and everyone's experience is unique. There are, broadly speaking, a few distinct types of pain, categorised by their source and cause.

**WHAT SORT OF PAIN DO YOU HAVE?**

**Visceral**

Pain coming from injuries or damage to the internal organs.

**Somatic**

Pain from other tissues of the body, such as skin, muscles, joints, connective tissues, and bones.

**Psychogenic**

Where emotional or psychological factors cause physical pain or make it worse.

**Neuropathic**

Caused in (not just transmitted by) the nerves.

We may talk about acute or chronic pain – acute pain is pain which comes on suddenly,

whereas chronic pain lasts for a long time. Pain may be constant, intermittent, occasional or fleeting.

**EXPLAINING YOUR PAIN**

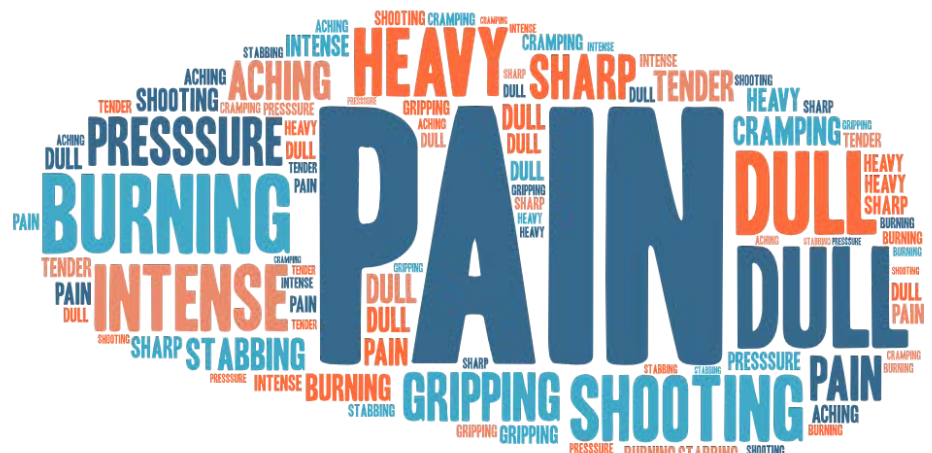
As pain is so personal and can be distressing, it may be difficult to explain it in a way that helps your doctor truly understand it. Some people find that it helps to keep a diary of episodes of pain – it can make it easier to notice patterns and connections. It can also be useful to know what sort of questions your doctor might ask you to help them understand and assess your pain.

**WHERE DO YOU FEEL THE PAIN?**

- Do you know how the pain started?
- Can you describe the pain?
- Is the pain in one place or does it seem to radiate to other areas?
- Do you have any other symptoms, such as nausea or reduced movement?
- How long have you had the pain?
- Does it come and go, and how long does it last?
- Does anything you do make the pain better or worse?
- How bad is the pain?

Being able to describe your pain accurately is important to help diagnose and treat the cause. Sudden unexplained and uncontrollable or intolerable pain should be assessed urgently.

**WORDS TO DESCRIBE TYPES OF PAIN**



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

# Cellulitis

Cellulitis is a bacterial infection of the skin and underlying tissues. It can affect any part of the body, but is most common on the lower legs.

## WHAT CAUSES CELLULITIS?

Cellulitis is caused by bacteria entering the skin and causing an infection. Our skin is usually a good protective barrier against the many different types of bacteria that live on it; however, a wound, insect bite, or cracked dry skin can be enough to allow these bacteria to infect the tissues. People with dry skin conditions like eczema may be more likely to develop cellulitis.

It's not always possible to prevent cellulitis, but good hygiene can help reduce the risk of developing infections in wounds. Proper wound care and seeking medical advice for any concerns can help stop any problems developing or getting worse.

## SIGNS AND SYMPTOMS

The typical symptoms of cellulitis include:

- a red area which is hot to touch
- redness which spreads over time – it can be helpful to mark the edges of the red area to see if it's spreading each day
- swelling
- pain in the affected area.



Cellulitis can get worse and trigger sepsis, a widespread reaction to infection in the body. Signs to look out for which could require urgent treatment include:

- a high temperature (fever), chills or shivering
- feeling drowsy or dizzy
- having flu-like symptoms such as muscle aches.

## TREATING CELLULITIS

Taking simple painkillers as recommended can help with pain, and managing cellulitis through good wound care can help the skin to recover. Some people with cellulitis of the lower leg find that it helps to keep the legs elevated, especially if they're swollen. If you have an existing skin condition that might make the skin more susceptible to infections, good management of that condition is essential.

If you have signs of cellulitis, it's important to see a doctor for diagnosis and medical management. See a doctor urgently if you start to feel unwell in other ways too, as cellulitis can spread quickly and cause serious illness.

# Parkinson's Disease

Parkinson's disease (PD) is a neurological disorder – a condition affecting the nervous system – which affects movement and function. It's a progressive, degenerative disease, which means that it gets worse over time.

## WHAT CAUSES PARKINSON'S DISEASE?

It isn't fully understood why some people get PD and others don't, but it's thought to be a combination of genetic and environmental factors. We do know, however, that our risk of getting PD increases as we get older; the average age of diagnosis is around 65. It can also occur earlier in life – known as young-onset Parkinson's – but it's uncommon among younger people.

Parkinson's occurs when some of the nerve cells in the brain stop working well. This is linked to a reduction in a chemical called dopamine, which means that chemical signals in the brain aren't transmitted as well as they should be. Low levels of dopamine affect how your body moves, and causes the typical symptoms of Parkinson's.

## SYMPTOMS OF PARKINSON'S DISEASE

As a progressive condition, PD is often described in stages, based on the severity of the symptoms at that time. Problems with movement and coordination are the most pronounced symptoms, especially in the early stages. PD has very characteristic movement symptoms; including tremor in the hands which is typically described as a 'pill rolling' type movement. PD is also associated with muscle stiffness, rigid stop-start movements and a shuffling gait.

Other non-movement related symptoms include chronic pain, constipation, sleep and

memory concerns, anxiety and depression. Each person diagnosed with Parkinson's disease has a different combination of symptoms, which makes treatment difficult. There's no known cure for PD, but there are ways to manage it.

## LIVING WITH PARKINSON'S

Medications to reduce the symptoms are usually a very important part of managing PD and can make a huge difference to a person's ability to live independently with the disease. Physiotherapists and Occupational Therapists can provide strategies to help manage symptoms that affect mobility.

*“There are more than 100,000 people living with Parkinson's disease in Australia.”*

As the disease progresses, people with Parkinson's often find that their movement and mobility problems make it harder to go about their usual lives. Having support, whether from family or formal care packages, is important and often becomes essential. A person in the very late stages of Parkinson's can become reliant on carers for almost all of their daily living activities, including positional changes. Memory, thought processes, and communication are severely reduced at the end stages of PD, and good nursing care is essential.

Some people progress through the stages and become ill very quickly. Other people can continue to live independent lives with manageable symptoms for many years.

# Baked Camembert with figs and walnuts

Celebrate fresh fig season with this easy oven recipe. The sweet and savoury flavour of the figs is delicious, and pairs perfectly with the camembert. It looks spectacular – for very little effort!

Serve as an appetiser to share, or a party snack.

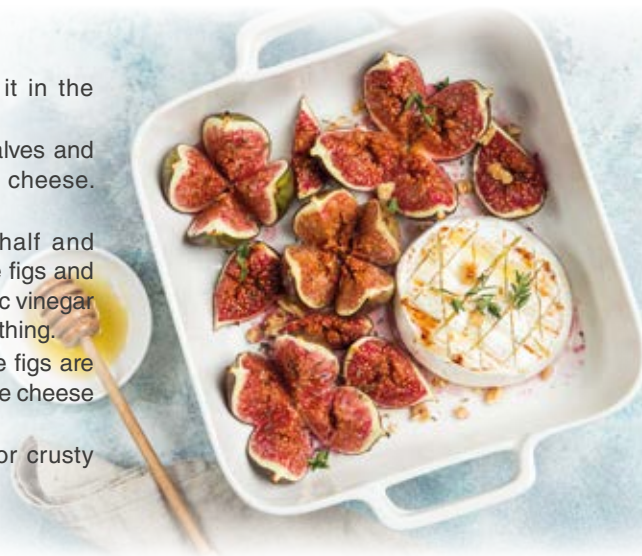
## INGREDIENTS

4-6 fresh ripe figs  
1 whole camembert  
1/3 cup walnut halves

4 rosemary sprigs  
3 Tbsp runny honey  
2 Tbsp balsamic vinegar

## INSTRUCTIONS

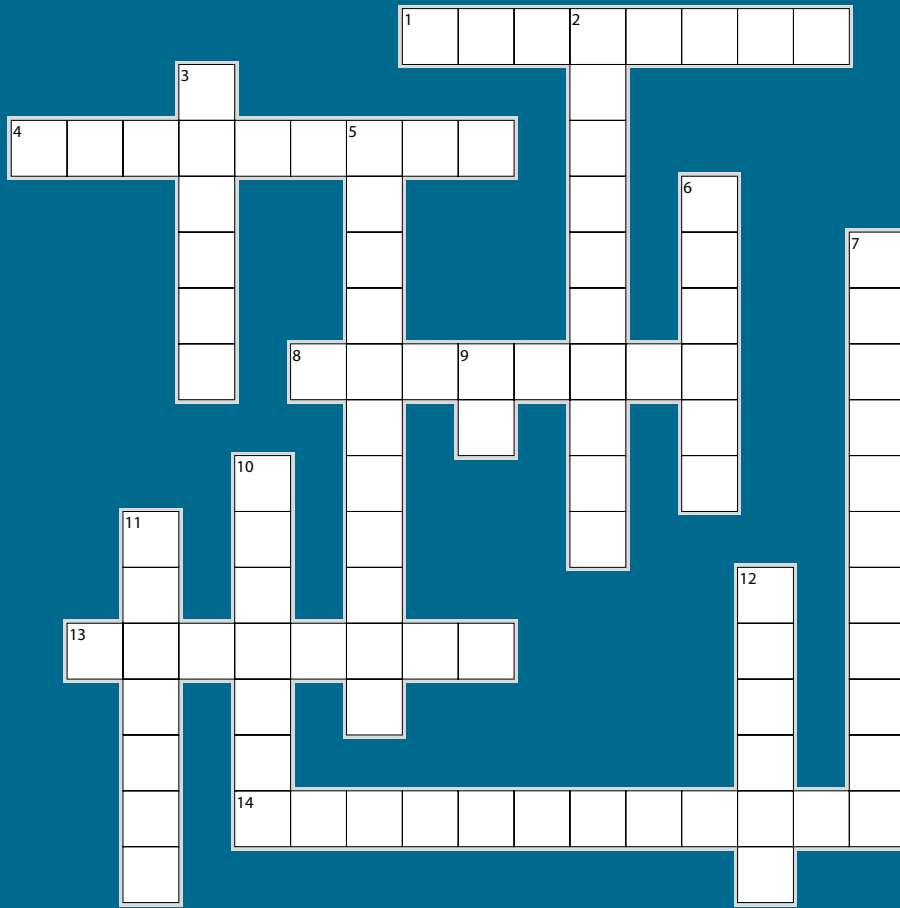
1. Preheat the oven to 180°C.
2. Unwrap the cheese and put it in the middle of a large baking dish.
3. Cut the figs into quarters or halves and place cut side up around the cheese. Scatter walnuts over.
4. Cut the rosemary sprigs in half and tuck between and on top of the figs and cheese. Mix honey and balsamic vinegar together and drizzle over everything.
5. Bake for 15 minutes or until the figs are golden and caramelised, and the cheese just starts melting.
6. Serve warm with sourdough or crusty bread.





# CROSSWORD CORNER

Solution is on the back page



Answers can be found in this edition of *Your Doctor*.

## ACROSS

1. Pain coming from the organs is called .....
4. A vitamin that helps control the way blood clots (7,1)
8. A pain-relieving drug for severe pain
13. A chemical that transmits information between neurons in the brain
14. Difficulty in having bowel movements

## DOWN

2. A bacterial infection in the layers of the skin and underlying tissues
3. Feeling sick and/or vomiting
5. A disease or disorder that affects the nervous system
6. An inflammation of the skin causing itching and scaly or crusty patches
7. Lack of fluids
9. Short for Parkinson's disease
10. Pain from the tissues of the body (such as the skin) is called .....
11. Swollen with liquid, air or gas
12. A widespread, serious reaction to infection in the body

## Common questions about constipation

### HOW DO I KNOW IF I'M CONSTIPATED?

When we feel the urge to empty our bowels but are unable to after a few days, when it's difficult and painful to pass, or only a few hard, small lumps, we call that constipation. Constipation can also make you feel 'sluggish' and cause bloating and stomach pain.

Keep in mind that everyone's bowel habits are different – some people go several times a day, others only a few times a week – digestive systems simply work at different speeds.

### WHAT CAUSES CONSTIPATION?

Some of the most common causes include:

- being less active than usual
- dehydration
- lack of dietary fibre and a diet low in fruit and vegetables
- some medications, such as codeine or morphine-based medicines
- pregnancy and just after giving birth.

Constipation is generally more common as we age, especially if we become less mobile. Holding on and ignoring the urge to go to the toilet can also lead to constipation.

### WHAT SHOULD I DO ABOUT IT?

Mild constipation is common and usually resolves after improvements in diet, hydration and exercise. There are many different over-the-counter remedies available, and a pharmacist can advise you on these.

### WHEN I SHOULD CONSULT MY DOCTOR ABOUT CONSTIPATION?

When your constipation is unexplained and doesn't resolve, it can lead to serious problems.

See your doctor if:

- your constipation doesn't improve, lasts a long time, or is a frequent problem
- there is blood in your stool
- you have been very bloated and uncomfortable for a long time
- you're losing weight without trying
- you think that medications might be causing the problem.

## How much do you know about fibre?

1. Which of these is not a type of fibre?
  - Soluble fibre
  - Insoluble fibre
  - Resistant starch
  - Fructose
2. What is the recommended daily allowance (RDI) of fibre for adults?
  - 20mg
  - 30mg
  - 40mg
  - 50mg
3. Which of these vegetables contains the least fibre?
  - Spinach
  - Tomatoes
  - Broccoli
  - Parsnips
4. Which of these contains the most fibre?
  - Pears
  - Bananas
  - Raspberries
  - Kiwifruit

5. Which of these is highest in fibre?

- Wholemeal bread
- Baked beans
- Wholegrain oats
- Brown rice

1. Fructose 2. 30mg. Most Australian adults only get 20mg a day. 3. Tomatoes 4. Raspberries 5. Baked beans. They're all good options but pulses (dried peas, beans and lentils) are very high in fibre.

ANSWERS

The edible fig has been cultivated by humans since ancient times – they're soft, juicy, and a little crunchy as they're full of tiny seeds. They can be eaten raw or cooked, and are delicious and nutritious. Dried figs are more readily available and taste much sweeter.

## ARE FIGS GOOD FOR ME?

Fresh figs contain a wide variety of vitamins, but only in fairly small quantities. However, when it comes to essential dietary minerals, figs are incredibly nutritious, with high levels of essential elements like potassium, calcium, copper, magnesium and manganese.

Drying figs effectively concentrates these nutrients by lowering the water content; so if we compare the same weight of dried and fresh figs, the dried ones are much higher in dietary fibre, iron, and other minerals. Some vitamins can be destabilised or destroyed by the drying process, so fresh figs are higher in vitamin C and vitamin A. Dried figs are, by weight, considerably higher in sugar and kilojoules than fresh figs, so they should be eaten in moderation.

## WHAT ARE THE BENEFITS – AND RISKS – OF EATING FIGS?

The range of essential dietary minerals in figs is a good reason for eating them, and they can contribute to all-round good health.

In particular they may support healthy digestion, decrease your risk of heart disease, and help you manage your blood sugar levels.

Figs are high in dietary fibre, so they're very good for the digestive system; some people find that they're particularly helpful for managing constipation. The downside to that is that they can cause diarrhoea – particularly dried figs – so try adding them to your diet gradually so that you can monitor and manage any ill-effects.

Figs are high in vitamin K, which is a vitamin that helps control the way blood clots. This is essential in a healthy diet, but people who take certain blood thinners such as warfarin should aim to keep levels of vitamin K in their diet fairly consistent.

## APRIL PRACTICE UPDATE

### EASTER

Goyder's Line Medical wish everybody a safe and happy Easter. Driver's must remember that travelling during holiday periods can be more risky because of increased traffic volumes, congestion, tiredness, people driving in unfamiliar environments, and a higher number of people who are driving under the influence of alcohol.

Here are a few tips for safe driving this long weekend:

1. Plan Ahead and Be Flexible.
2. Be Alert to Changes.
3. Drive to the Conditions.
4. Be Aware of Fatigue.
5. Identify the Safest Route, not the Fastest.
6. Check your Trailers and Caravans Before you Travel.
7. Be Patient
8. Buckle Up Safely.
9. Remember, you are Sharing the Road.

### FLU VACCINE

With flu season nearly here, the flu vaccines usually arrive mid to late April.

GLM will endeavour to supply vaccines to those most vulnerable before opening flu vaccination clinics to the general public

We will advertise clinics to the general public once available.

### IMMUNISATIONS

World Immunisation Week – celebrated in the last week of April – aims to promote the use of vaccines to protect people of all ages against disease. Immunisation saves millions of lives every year and is widely recognized as one of the world's most successful and cost-effective health interventions. Yet, there are still nearly 20 million unvaccinated and under-vaccinated children in the world today.

The theme this year is *Protected Together: Vaccines Work!*, and the campaign will celebrate *Vaccine Heroes* from around the world – from parents and community members to health workers and innovators – who help ensure we are all protected through the power of vaccines.

Please contact GLM for more information or to book in for an immunisation.

### JOKE

**Q:** Did you hear the joke about the germ?

**A:** I'm not telling you, I don't want to spread it!



## Discuss your concerns with the doctor

It's a good idea to think about what you'd like to discuss before your visit. This form can help you organise your thoughts. After you make an appointment, take a minute to write down the doctor's name and appointment details. Then use this form to make a list of your concerns.

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

## CROSSWORD SOLUTION

**DOWN**  
 2. CELLULITIS 3. NAUSEA 5. NEUROPATHIC 6. ECZEMA  
 7. DEHYDRATION 9. PD 10. SOMATIC 11. BLOATED 12. SEPSIS

**ACROSS**  
 1. VISCERAL 4. VITAMIN K 8. MORPHINE 13. DOPAMINE  
 14. CONSTIPATION

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