



■ *Glaucoma*



■ *The importance of Exercise*



■ *Healthy food choices*



■ *Impetigo (School sores)*

PRACTICE DOCTORS

Dr William Rieger
Medical Practitioner
MBChB, FRACGP, DCH, Dip.Skin
Cancer Med/Surg (SCCA), Dip DERM

Dr Maan Bashour
Medical Practitioner
MD, FRACGP

Dr Wlad Smolilo
Medical Practitioner
MBBS

Dr Caleb Maina
Medical Practitioner
MB, CHB

Dr Emmanuel Himil
Medical Practitioner
BMBS

PRACTICE STAFF

Practice Manager

Sharon England

Podiatrist

Donna Shepherd

Health Assessments

Patsy & Fiona Rieger

Practice Nurses

Kate & Prue

Office Supervisor

Jacqui Garland

Reception Staff

Asheigh, Narelle, Leonie,
Sue & Kim

SURGERY HOURS

Monday – Friday
8.00am – 5.30pm

AFTER HOURS & EMERGENCY

For after hours care please contact Portland & District Health emergency department on **55 210 340**.

Seaport Medical Centre offers 24 hour care for patients via a roster system in conjunction with other local general practitioners.

In case of emergency, call for an ambulance: **000**

IF YOU HAVE ANY SYMPTOMS RELATED TO COVID-19 PLEASE CONTACT THE SURGERY BEFORE YOUR ARRIVAL. WE ASK THAT YOU DO NOT ATTEND IF YOU ARE EXPERIENCING SYMPTOMS OR HAVE BEEN IN CONTACT WITH A POSITIVE CASE.

APPOINTMENTS

Consultation is by appointment. Urgent cases will be seen promptly. Booking a long appointment. If you require an insurance medical, review of a complex health problem or counselling for emotional difficulties, please request a longer appointment. Booking Home and Other Visits. These visits are available with your doctor upon request, please enquire with staff. When making an appointment please advise if more than one patient is to be seen. Please notify us if unable to attend an appointment.

MY HEALTH RECORD

Seaport Medical Centre is involved in the national digital health record system known as My Health Record. This means that our staff can assist patients to register for a My Health Record. A My Health Record allows important health information such as allergies, medical conditions and medications to be uploaded by a health professional, such as your doctor and digitally stored for other health professionals to view as required. Patients will also have access to their own My Health Record. For more information please refer to brochures found in our waiting room or speak to a staff member who can assist you to register.

BILLING ARRANGEMENTS

Patients of Seaport Medical Centre may expect to be privately billed. Concession card holder will incur an out of expense of approximately \$20.00 above the medicare rebate. Private patients can expect approximately \$40.00 above rebate for standard consult. A higher fee may apply for longer consultations. Some other services Medicare does not cover include: pre-employment medicals, travel vaccines or recreational medicine.

When a doctor refers you for services outside the clinic such as specialist visits or tests (e.g. X-ray) an out of pocket cost may be incurred. Our staff will be happy to advise you or enquire on your behalf.

SPECIAL PRACTICE NOTES

Prescriptions. By agreement with your Doctor you can request repeat prescription medication without a consultation. This can be done via telephone or presenting in person at reception with the prescription name and dose. Please note that the script will take 48 hours to be ready for collection by your doctor. If you request the script before the weekend or public holiday please allow longer than 48 hours to be ready. Thank you for your cooperation.

Referrals. Doctors in this practice are competent at handling all the common health problems. When necessary, they are able to draw on opinion and management from Specialists.

Follow Up of Test Results. Doctor will advise you when and how to follow up any tests you may be asked to have. In the event that a test result needs further attention the clinic will contact you regards this matter and advise you of action needed to be taken. Please let the clinic know of any changes in address and phone numbers.

Continuity of Care. Seaport Medical Centre encourages you make appointments with your regular doctor and will assist in every way possible way to accommodate this.

Electronic Communication. As it is not always possible to guarantee confidentiality of electronic messaging, our practice does not adopt this form of communication with patients. Please continue to contact our clinic via telephone or in person.

Cultural Background. To assist our Doctors in addressing individual needs, we encourage you to self identify your cultural background by advising our staff who will update your medical records.

Health Information. Your health information is protected by Privacy Legislation. More Information on this is available for you in brochure form in our waiting room.

Flu Vaccine. Annual Vaccination is the most important measure to prevent influenza and it's complications! We will inform our patients when the 2023 influenza vaccines become available.

Patient Feedback / Suggestions. We recently conducted a patient survey to assist in improving our services. We would like thank you for your participation and feedback, your suggestions are very important to us. Like all country towns we are experiencing a doctor shortage, we are working on this problem consistently and are excited to be able to inform our patients that we do have 2 new doctors joining the team in 2023. A husband and wife team, intending to make Portland their home.

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.

www.healthnews.net.au



Glaucoma

Glaucoma affecting one in eight of those over 80 is the second commonest cause of permanent vision loss in Australia.

Primary open-angle glaucoma is the main form. It is a build-up of pressure in the eye, which eventually damages the optic nerve. Secondary glaucoma can follow eye trauma or the use of some medications, such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no symptoms early on. Initially, side vision is affected. Vision loss can be slow and gradual. Risk factors include advancing age, a positive family history, diabetes and short-sightedness.

Diagnosis is by checking the pressure of the eyes. An optometrist can do this, which is recommended regularly for those aged 40 and above.

Visual field testing is also done, and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment and are influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving drainage of fluid.

Surgical options include laser surgery or open surgery. A newer treatment is a minimally invasive surgery and involves using a stent. This is used where drops have failed or where the use of drops may be difficult for the person.



More info >>



Medicinal cannabis

It is now six years since Medicinal Cannabis was legalised in Australia and in that time well over 300,000 approvals have been issued for its use.

Therapeutic Goods Administration (TGA) data shows that chronic pain remains the most common indication, with mental health conditions (anxiety, insomnia and PTSD) next. Over the last two years, there has been an increased use of the dried herb, which now accounts for over a third of approvals, with oral liquid still being the most common form.

It remains that medicinal cannabis products (with two specific exceptions) are unregistered products and not subsidised. They can be prescribed in situations where the TGA recognises evidence for medicinal cannabis and that other treatments have either not helped or caused unacceptable side effects. There is no set level of side effects nor a set number of prior treatments to be trialled.

Australia is part of a global trend toward wider use and acceptance of cannabis. There are an increasing number of formulations on the market, and the ability of prescribers to fine-tune treatment to the needs of the individual is increasing.

As with all medications, effectiveness varies. Some people get significant improvement in symptoms, and some get no response, with everyone else somewhere in between. Continuing treatment is always based on patients experiencing symptom improvements. Further research is also being undertaken in Australia at a number of centres.

There does remain some hype, and it is not a panacea nor suitable for all. However, the progress over six years has started to silence the naysayers.



More info >>

The importance of Exercise for young and old

The human body was designed to be active and for most of human history has been. Till modern times most work was physical as was the means of getting from "A" to "B".

The human body was designed to be active and has been for most of history. Till modern times most jobs were physical, as was the means of getting from "A" to "B". Even as recently as the 1970s, we had to get out of our chairs to change TV channels. It is estimated that between the mid-1960s and today, the amount of incidental movement taken over by labour-saving devices is around 2000 calories per week (about one day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance-type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the likelihood of falls and has been shown to be positive for the immune system. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at a lower risk of dementia.

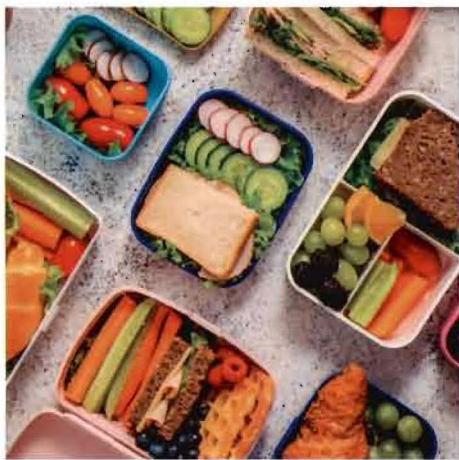
Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. However, that does not mean it has to be every day or a set amount of time. The key is being consistent.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it!

The benefits of exercise are many. As the shoemaker says -just do it!

Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this.



Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on a computer or other electronic devices. We can't turn back time, but it is not all bad news. You can do much as a parent or guardian to help a child battling weight.

Back to school means thinking about lunch boxes. It is fine to have a sweet treat in the lunchbox sometimes, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits

too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies) and dried fruit is another simple snack, as are cheese sticks or popcorn.

Substitute water for sweet drinks. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

Sugar-free sweets and drinks are not necessarily a better alternative, as artificial sweeteners can be just as harmful.

Impetigo (School sores)

Impetigo is a skin infection caused by common bacteria (*staphylococcus* and *streptococcus*).

It is far more common in children, and the name school sores reflects this, but it can also affect adults. It is not a reflection of poor hygiene. The bacteria can live quietly on the body, but minor grazes or other disruptions of the skin surface may allow infection to set in.

The condition is not harmful or serious but is unsightly and very contagious. It often starts with redness which quickly develops into blisters that may have crusts or be weepy. They may be itchy or sore. Some children feel unwell, but many do not. It can spread from point to point around the body.

Diagnosis is generally on appearance. Sometimes your doctor may suggest swab tests to confirm the type of bacteria.

Treatment is with antiseptic on the sores and mainly with an antibiotic. It is important to keep your child home from school and away from other children. Wash the child's clothes, bedding and towels in hot water and add something germicidal. Avoid sharing towels. Encourage hand washing and discourage scratching the sores and cover them if advised. The sores will heal within a few days, and there should be no permanent scars.



More info »

Covid-19 Boosters are available. Please contact reception for more information.

Shingles Vaccination. Available to 70-79 year olds free of charge. Please speak to our reception staff regarding availability and to arrange an appointment.

Complaints. Seaport Medical Centre aims to meet your medical requirement in a professional and caring manner.

If you have a suggestion or complaint please do not hesitate to speak to our staff, your feedback will be appreciated and helps us to continue to provide improved service. If you wish to make a more formal complaint this should be made to: Health Services Commissioner, Level 26, 570 Bourke St, Melbourne 3000.

Reminder System. We all live busy lives and at times it is easy to forget forward appointments. Seaport Medical Centre has a system in place whereby a reminder is initiated by your doctor or staff member and a letter is sent to you reminding you to contact our clinic to make an appointment.

Please talk with our friendly staff if you would like to request a reminder.

Telephoning your doctor. Although most problems are best dealt with in consultation, a doctor will always be available during normal surgery hours for emergency advice. Our staff are experienced in helping you decide whether the matter requires an appointment, a return phone call from the practice, or urgent advice. Translating Services are Available.

OTHER SERVICES OFFERED

- General Medical Care
- Home Visits as required in Special Circumstances
- Vaccinations – Travel including Yellow Fever
- Medicals – Pre-employment – Insurance
- Minor Surgery Immunisations – Childhood, Hepatitis B & C, Influenza
- Health Assessments
- Podiatry
- Family Planning
- Pregnancy Tests
- Quit Smoking
- Diabetes Education
- Cardiographs
- Antenatal Care
- Cryotherapy
- Obstetrics
- Molemax
- Spirometry
- Pap Smears
- Audiometry



COCONUT PINEAPPLE CHICKEN

Ingredients

- 1 can whole coconut milk (preferably unsweetened)
- 3/4 cup pineapple juice
- 1/4 cup chilli-garlic sauce
- 2 fresh limes - juiced
- 1/4 cup light brown sugar
- 3 cloves garlic, finely chopped
- 2 tbsp of light soy sauce
- 1 tbsp finely grated peeled ginger
- 1kg boneless, skinless chicken thighs (about 8 small)
- Salt
- 1/2 cup of diced pineapple or pineapple rounds
- Coriander to taste
- Spring onions to garnish

Method

1. In a large bowl mix the coconut milk, soy sauce, pineapple juice, chilli sauce, lime juice, brown sugar, ginger and garlic together. Add chicken to marinate and cover and place in fridge for 1 hour – 3 hours.
2. Transfer the marinade to a saucepan and bring to the boil, stirring occasionally until the marinade has thickened. Remove from the heat.
3. Grill the chicken on a lightly oiled grill or pan, seasoning with salt along the way.
4. Add the pineapple to the pan at the end and grill slightly.
5. Transfer the chicken and pineapple to a serving plate and drizzle with the marinade. Add coriander and spring onions to garnish.

WORDSEARCH

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