

## OTHER ALLERGY RESOURCES

Up to 40% of children in Aust and NZ are affected by allergic disorders sometime during their life with 20% having current symptoms. Allergic disorders have approximately doubled in the last 25 years in western countries.

[www.allergy.org.au](http://www.allergy.org.au)

Email: [education@allergy.org.au](mailto:education@allergy.org.au)

## THE READING WRITING HOTLINE

1300 6 555 06

[www.literacyline.edu.au](http://www.literacyline.edu.au)

If you or someone you know is struggling with their reading or writing skills as an adult either call or look at the website which has voice prompts for all the headings to help understand the information.

## HYPERTENSION

The recent Alice Springs show with the Dept of Health stand has prompted numerous patients to present asking for confirmation of their blood pressure.

High BP (blood pressure) which is also known as hypertension can lead to serious health problems, including heart failure, a heart attack or kidney failure.

There are often no symptoms or signs of high BP so you can feel well yet have a real problem and be unaware. Therefore it is important that you have regular BP checks and the only reliable way to find out if your BP is truly high is by having it checked regularly by a health professional. Interestingly we have had > 12 patients come in for follow-up of their BP after the show and all but one patient had normal BP with us, and had previously had normal BP on file. Do you know what your BP is normally?? When is the last time you had a heart health check up?

[www.heartfoundation.com.au](http://www.heartfoundation.com.au)



## SKIN CLINICS & MORE...

Dr Mitchell has recently completed more skin cancer surgical training in the Gold Coast affiliated with the University of QLD. Due to this training and continuing upskilling ASFMC has purchased a hyfrecator which is able to provide electrosurgical diathermy for various skin conditions as well as providing better coagulation control for when surgical procedures are carried out in the clinic. This machine can destroy a number of benign skin lesions and with it's wide range of power settings it can treat the most delicate facial lesion as well as the thickest scaling lesions on the trunk.

Please view skin clinic appointments as a specialised appointment and due to the extra equipment that is required and the potential for digital photos linked to the dermatoscope they are only run at certain times and cannot be offered outside of these times—even when patients have various reasons for why they are requesting for an exception. They should be viewed as a preventative check and if there are specific skin lesions you are concerned about please book a standard appointment to have that issue dealt with immediately. ASFMC Management have decided to trial a booking fee equivalent to our double DNA (did not attend) fee to try to reduce the number of patients from other clinics booking these appointments and then not attending, thus reducing the availability to our patients. That \$90 booking fee needs to be paid first prior to the reception staff allocating an appointment. It will then be deducted from the fee on the day. You are seen—as of 1st July 2012, \$165

17 Stuart Highway (cnr Kekwick Ave)

PO Box 8574

Alice Springs NT 0871

Entry via Kekwick Ave

For more information about our medical centre visit

[www.alicefamilymedical.com.au](http://www.alicefamilymedical.com.au)



ALICE SPRINGS  
FAMILY MEDICAL

# NEWSLETTER

EDITION 22  
JULY 2012

## DOCTORS

Dr Deb Mitchell + locums

## PRACTICE NURSE

Susie Leister RN

## ADMINISTRATIVE TEAM

Practice Manager—Susie Leister

Receptionists—Bianca O'Donohoe

Charlotte Thompson

## PRACTICE HOURS

Monday to Friday 8:15am—5:30pm

Saturday 9:00am—12:00pm

(will close earlier if demand is low)



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## WHAT'S NEW??

ASFMC Management would like to wish our GP registrar Dr Kim Lee all the best as she and her family relocate back to South Australia to continue her training.

Dr Deb Mitchell and various locums who we have had previously will be covering the rest of the year. We are still on a permanent look out for new GPs to relocate to Alice Springs so if you know of someone suitable please direct them to Susie our practice manager.

Our two new receptionists Bianca and Charlotte are doing a wonderful job out the front as they get used to their roles and this has freed Susie up to be able to be more clinical as the practice nurse.

Stay tuned to potential "specialised clinics" that Susie and Dr Deb Mitchell plan to run later in the year that will be covered by Medicare—we are trialling "Diabetes clinics" already and plan to add "Asthma and COPD" and "Arthritis and Osteoporosis" clinics in the future. We still run the Healthy Kids check which now can be done earlier at aged 3 years of age, plus the ATSI and elderly health checks. If you are interested please inform our receptionists and they can give you more information. Currently these appointments are "invite only" and there is no out of pocket expense for patients.

If you are a fan of lemons our "lemonade lemon tree" is overflowing—so we have lemons at the front reception if you would like some. Until they run out. We wasted our olives earlier this year so if anyone knows how to marinate them let us know and you can help yourself to the next harvest.

## AFTER HOURS COVERAGE

We do provide after hours assistance to existing patients only. This is a fee paying service starting at \$200 for a call out. Please be mindful that the fee is a lot higher after 11pm at night and currently is \$400.

The After Hours GP Helpline is a new Government Initiative that can give you reassurance and practical medical advice.

**1800 022 222 from 6pm to 8am MON—FRI**

**6pm—8am SAT 12noon—8am MON & 24 HRS PH**

## INFLUENZA OUTBREAK

Currently Australia, in particular QLD, NSW and VIC are being overwhelmed with the number of true influenza cases. Here in Central Australia the influenza B strain hit us in late May and continues to be around (especially after the show weekend and the prolonged cold weather we have had).

Influenza viruses spread when an infected person coughs or sneezes (these droplets generally travel no more than one metre) and by touching contaminated surfaces (including other people's hands) and then touching your mouth, nose or eyes.

So remember practice good personal hygiene. Wash your hands regularly, cover your nose and mouth when you cough and sneeze, don't share personal items, especially cutlery and toothbrushes and avoid going out in public when you are sick.

Who is eligible for the funded fluvax? Anyone over age 65 yrs, or 15 yrs if ATSI; anyone who has a chronic medical condition such as asthma, diabetes, heart problems, COPD, renal issues. **Our private fluvax costs \$25** so if you are seeing the GP for an unrelated matter don't forget to ask about your eligibility. The fluvax may be considered a tax deductible expense depending on the advice of your accountant and the work you do.



## EGGS & WHEN TO INTRODUCE THEM IN INFANT DIETS

Early childhood nutrition is an important environmental factor that may influence the development of atopic diseases like allergies. Foods commonly associated with allergies include eggs, milk, and nuts. However these should not be avoided from a diet in an attempt to avoid allergy development. Delay the introduction of solid foods until the child is 4—6 months of age. Thereafter foods can be introduced with a new food introduced every 2—3 days, and only introduce one food at a time so that any reactions can be easily identified.

"Avoidance or delayed introduction of potentially allergenic foods has not been convincingly shown to reduce allergies, either in those children considered to be at risk for the development of allergy or in those not considered to be at risk." Prof Grant—paediatrician and lead researcher in a NZ study. The Australian society of clinical immunology and allergy also supports this finding in its recommendations.

([http://www.allergy.org.au/images/stories/aer/info\\_bulletins/2010pdf/ascia\\_infant\\_feeding\\_advice\\_2010pdf](http://www.allergy.org.au/images/stories/aer/info_bulletins/2010pdf/ascia_infant_feeding_advice_2010pdf)).

Most egg allergy reactions occur in children between the ages of 6—15 months when egg is given for the first time, with tolerance often developed by ages 3—4 years of age. Recent research found the introduction of a hen's egg to an infant's diet before the age of 6 months was not significantly associated with wheezing or eczema at any age. Both genetic and environmental factors are likely to be responsible for the development of an allergy. At present medical history taking of the immediate family with allergies and asthma is the only viable method to classify children as "at risk".



It is an interesting dilemma for all new parents—what do you think?? [www.enc.org.au](http://www.enc.org.au)—or email [info@enc.org.au](mailto:info@enc.org.au) to receive nutrition updates.