

Your Health

APRIL 2015

AUTUMN NEWSLETTER



Otumoetai
Doctors

Dr Jocelyn Heard
Dr John Robinson
Dr Margaret Chavasse
Dr Josh Johnstone
Dr Maria Eastwood (Associate)
Dr Jenny Hill (Associate)

Dr Marty Lemberg
Dr Tracy Dixon
Dr Robin Burness



The latest news and health advice from your Otumoetai Doctors **OPEN** Monday – Friday: 8.00am - 5.30pm
Saturday: 8.30am - 1.00pm

CORONARY HEART DISEASE, THE NUMBER ONE CAUSE OF DEATH IN MODERN WESTERN SOCIETY.

Coronary heart disease (CHD) is responsible for 1 in 3 deaths in Australia, whether it be from sudden fatal heart attacks or blocked coronary arteries causing angina and heart failure. However, the past 20 years has seen a reduction in deaths, as people make the effort to reduce their risk factors.

What are the risk factors?

- Hypertension (high blood pressure)
- Smoking
- High cholesterol
- Diabetes
- Obesity
- Lack of exercise
- Stress
- Alcohol excess
- Family history



The death rate from coronary heart disease is about 70% higher for smokers than for non-smokers and for very heavy smokers the risk is almost 200% higher.

How to reduce your risk?

- Get your blood pressure checked regularly
- Do not smoke
- Eat a well rounded, healthy diet and keep to an ideal weight
- Reduce intake of saturated fats
- Reduce your stress levels
- Drink alcohol in only very small amounts or not at all
- Take regular exercise
- Practice relaxation

Most of the risk factors are interdependent, and if two or more are present they have a multiplication effect. If only one risk factor is present, the patient does not have so much cause for concern. Your doctor is the best person to assess the combined risk.

If you are at all concerned about your risk or would like more advice – see your Doctor on your next visit or call us today.

KEEPING YOUR 'NEXT OF KIN' DETAILS CURRENT

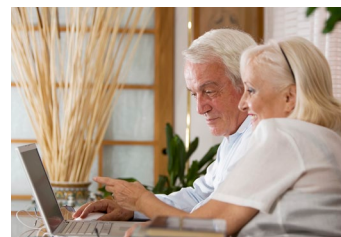


In the case of an emergency we may need to contact your next of kin.

We recommend that when you are next visiting the doctor, you ask our receptionist to check your records to make sure that we have an up-to-date record of who is your next of kin.

E-MAIL SERVICE

Do you have a computer and an e-mail address? Have you given this address to us to hold on your file?



We have the option of e-mailing our newsletter out to our patients instead of posting.

Please contact us if you would be interested in receiving our newsletter this way. We would be grateful for your comments.

APPOINTMENT CANCELLATIONS

We appreciate that there are times when circumstances may change, or when something happens which is beyond your control, and the appointment you may have booked is no longer suitable.

If you are in this situation, please telephone us as soon as possible before the actual appointment time to cancel the appointment.

As you can appreciate our doctor's appointment slots book up very quickly, and often get fully booked.

If a patient fails to arrive for an appointment, this is a missed appointment that could have been offered to another ill person, who would like to have been seen earlier.

Some practices charge for appointments whether or not they are attended. While we prefer not to do this, unless it happens repeatedly, we would really appreciate your help in letting us know if you can't make it.

SCRATCHING THE SURFACE OF ATOPIC ECZEMA

Atopic eczema is a common allergy related condition, affecting approximately 5% of the population. Eczema usually starts in infants and tends to improve from 1 to 2 years with many children having outgrown it by late childhood and most by puberty. It is not a contagious disease and no particular cause has been found.

Symptoms of Atopic eczema include; slightly red, scaly and itchy skin covering small to large areas, these weep and become crusted. While not a dangerous disease, scratching can result in infection.

What things appear to aggravate eczema?

- Sand, especially sandpits
- Dust, especially dust mites
- Soaps and detergents
- Rough and woollen clothes
- Abrasive surfaces e.g. carpets, sheepskin
- Scratching and rubbing
- Frequent washing with soap, especially in winter
- Drying preparations such as calamine lotion
- Extremes of temperature, especially cold weather with low humidity and heat
- Stress and emotional upsets
- Teething
- Certain foods. The relationship of diet to eczema is controversial and uncertain, however it may be worthwhile avoiding certain suspect foods for a 3-4 week trial—these include cow's milk, fish, eggs, wheat, oranges and peanuts

Treatments

Self-help options

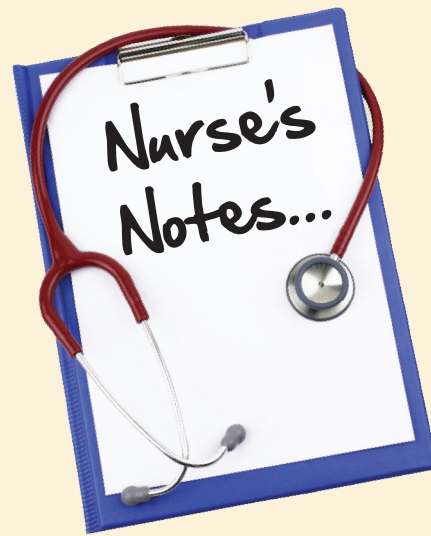
- Avoid soap and perfumed products—use a bland bath oil in the bath and aqueous cream for the skin to keep it moisturised (e.g. Sorbolene, Aquasol)
- Older children and adults should have short, tepid showers
- Avoid rubbing and scratching—use gauze bandages with hand splints for infants
- Avoid sudden changes of temperature
- Wear light, soft, loose clothes such as cotton clothing
- Avoid dusty conditions and sand, especially sandpits
- Consider house dust mite eradication steps

Medical help

Consult your doctor if you are concerned, they may prescribe antihistamine medicine for the allergy, special moisturising creams and lotions, antibiotics for infection (if present) and milder dilute corticosteroid creams, which can be very effective.



Typical sites of infantile eczema



WHAT DO YOU KNOW ABOUT DIABETES TYPE 2?

Taking control of your health is crucial when diagnosed with 'Diabetes Type 2'.

The more that is understood about the process that occurs within the body which leads to the actual diagnosis of 'Diabetes Type 2', the more ability you, as the patient, has to slow down its progression and reduce the chance of long term complications.

During this early phase, as well as once the need for medication is reached (whether it's tablets, or insulin injections), the key factors that will affect you are:

Diet

- in particular the need to reduce your sugar and starchy foods
- and the need to reduce portion sizes

Exercise

- exercise is crucial for the body to utilise the carbohydrates that convert to glucose when they are eaten

Type 2' need to reduce their blood glucose

Blood with a high content of glucose causes damage to the small blood vessels, especially those supplying blood to the back of the eyes, the kidneys and the nerves of the feet.

The aim of treatment for 'Diabetes Type 2' is to reduce the risk of complications from such damage.

Our practice nurses are available to provide help and support in managing your 'Type 2 Diabetes' – especially our Diabetes Care nurses – Chris, Kate and Liss.

- Phone Otumoetai Doctors on 576 2321 if you have any queries at all.

There is also support available through the local agencies:

Western BOP Primary Health Organisation (PHO)

- Nursing Service - phone 571 2100 and ask for Caroline
- Diabetes Wellness - phone 577 3195 and ask for Mereana
- Diabetes Help Tauranga - phone Debbie 027 883 0158 or 571 3422

Your Annual Diabetes Review is free of charge, and is provided to help monitor your diabetes.

We are here to support your health, so don't hesitate to phone us on 576 2321 if you have any queries or concerns.



TRAVEL HEALTH & VACCINATION ADVICE

Dr Marty Lemberg is a member of MASTA of New Zealand. MASTA is the Medical Advisory Service for Travellers Abroad. He is able to give up-to-date advice on vaccination requirements, malaria prevention and latest health news with support from Worldwise Travel Health Vaccination Centres.

Dr Lemberg can provide travel health reports specific to your itinerary and can provide medical kits, water purifying tablets, insect repellents and mosquito nets. We are also a Yellow Fever vaccination authorised centre.

Dr Jocelyn Heard also has a special interest in Travel Medicine. Dr Heard our Practice Nurse Gill and Dr Lemberg regularly complete courses relating to Travel Medicine and are also available for appointments.



SKIN SURGERY

We have several doctors who are 'accredited' under the Western BOP PHO and DHB Skin Surgery programme, to do skin cancer surgery approved by the PHO.

If you would like to discuss this further and see if you qualify for this funded service, please don't hesitate to mention it to your doctor when you are next seen.



THE FACTS ABOUT OSTEOPOROSIS

Osteoporosis is a common condition found mainly in middle-aged and elderly women, post menopause, which leads to the thinning of bones, so that they become weak and brittle.

Women at greatest risk are those who:

- Are of Caucasian or Asian racial origin
- Are thin and slight
- Smoke cigarettes
- Drink a lot of alcohol
- Drink a lot of coffee
- Get little exercise
- Have little calcium in their diet
- Lack hormones due to the menopause
- Take cortisone tablets

How do you know if you have it?

Most women do not know, because thinning of the bones occurs unobtrusively. It is often first noticed when a bone breaks. The best test to identify Osteoporosis is a bone densitometry scan.

What can you do about it?

- Take regular weight-bearing exercise; such as walking
- Stop smoking
- Cut down on alcohol and caffeine
- Have adequate calcium in your diet. Great sources of calcium include: low-fat calcium-enriched milk, low-fat dairy products (e.g. yoghurt or cheese), fish (including tinned fish such as salmon, with the bone), citrus fruits, sesame and sunflower seeds, almonds, brazil nuts and hazelnuts

Drug treatment

The best treatment is probably preventive hormone replacement therapy with the onset of the menopause. There are now many drugs available to treat established osteoporosis.

What might your doctor do?

- discuss your diet
- suggest hormone tablets and calcium supplements
- review your 'risks' for osteoporosis, and if you are at high risk suggest further tests such as bone density measurement

PRESCRIPTION REQUESTS

You can request your repeat prescription by emailing a nurse from our website, www.ohcdoctor.co.nz Please be sure to put your name, date of birth, and which Chemist you would like your prescription sent to, on the email message.

Alternatively you can telephone the practice nurse **between 9am – 4pm Monday to Friday**. She can have the prescription prepared then faxed to a pharmacy of your choice – unless you are due for a doctor's appointment. **Please allow 2 working days for your prescription to be prepared – so please be sure to check when your prescription is due to run out, so that your request can be processed in time.** The cost for a prescription to be prepared by the doctor is \$18.

Please be sure to pay all your accounts here before the end of the month, to ensure you are not charged an administration fee for the preparation, printing and posting of your account to you.

“URGENT APPOINTMENTS” INFORMATION

In our Annual Practice Questionnaire some of you asked about our urgent appointment system, and how this works.

Otumoetai Doctors provides a service for our enrolled/registered patients who may need to be seen for “URGENT” medical attention, when there are no appointments available, because we are fully booked.

An “URGENT APPOINTMENT” is not an allocated appointment time, so is under time pressure. It means you are likely to be seen by a doctor other than your own.

Our “URGENT” system allows us to briefly see our patients who need to be seen **urgently** to deal with an **immediate emergency situation**. It does not allow time for extensive background reading of patient files.

We make every effort to have you seen as soon as possible. For your information the following is the process of events that will take place:

- > The Practice Nurse is required to assess your medical condition to ascertain whether your condition requires “URGENT” medical attention.
- > She will ask you a number of questions about your condition.
- > She will then advise you either:
- > That you will be seen as an “URGENT” appointment – as per above,
- OR
- > that the matter you presented with today does not require “URGENT” medical attention, and that a booked appointment with your doctor at a later date would be a better way to help you.

(NB: please note there is a \$5 surcharge for patients seen in our URGENT Appointment system.)

EXTENDED APPOINTMENT TIMES

Following our Annual Practice Questionnaire some of you asked about the possibility of having more time in your consultation with your doctor.

Doctor appointments are 10-15 minutes in length. If you would like a longer appointment at any time, please mention this to the receptionist who will be happy to arrange this for you. Please note a double appointment has a double fee.



SATURDAY MORNING CLINIC

We run a clinic on Saturday mornings between 8.30am – 1pm. This clinic is generally reserved for urgent/acute consultations, and therefore we are not generally able to pre-book appointments days in advance.

There are however times when we can pre-book some routine bookings for patients who find it impossible to be able to come to the doctor during weekday hours, because of work commitments that take them out of town, or require them to work long hours, so if this is you please phone us and let us know.

If you need to be seen at our Saturday morning clinic, please don't hesitate to phone us 8.30am onwards on the Saturday and our receptionist will provide you with an appointment time. (NB - There is an extra surcharge of \$5 for seeing us on Saturday mornings)

DOCTORS WORKING DAYS

As each of our Doctors work different hours and days, if you would like a copy of the latest “Surgery Hours” pamphlet, please ask our receptionists when you are next in the surgery.

SUMMARY OF THE DOCTORS' WORKING DAYS					
	MON	TUE	WED	THU	FRI
Dr Heard	✓	✓	✓	✓	
Dr Lemberg	✓	✓	✓		✓
Dr Robinson	✓		✓	✓	✓
Dr Chavasse	✓		✓		✓
Dr Dixon	✓	✓			✓
Dr Johnstone	✓	✓	✓		✓
Dr Ryan	✓	✓		✓	
Dr Hill		✓		✓	
Dr Burness		✓	✓	✓	✓
Dr Eastwood			✓	✓	
Dr Drummond			✓	✓	

OUR ONSITE SERVICES

OTUMOETAI DOCTORS

(07) 576 2321



Unichem Otumoetai Pharmacy

(07) 576 7290



BAY PHYSIOTHERAPY

(07) 577 9798

Bryce P. Hamer & Associates



ROSEMARY DIPROSE COUNSELLOR

(07) 570 1041

Suite 5, 506 Otumoetai Rd, Tauranga

COUNSELLOR
Children, Adolescents, Adults

ANNA ROSE KENDALL PODIATRIST

(07) 576 2321



OTUMOETAI OPTOMETRISTS

(07) 576 0085

David Parlane Optometrist



THE DENTIST

(07) 576 4895

Alistair Miller BDS (Otago)

