

# MC FAMILY MEDICAL PRACTICE

Suite 5, 380 Pennant Hills Road  
Pennant Hills 2120  
P: 9875 2626  
F: 9980 1034



## Dr Magda Campbell

Monday afternoon  
Wednesday and Thursday mornings  
One Saturday morning per month

## Dr Gabrielle Rees

All day Tuesday, Thursday and Friday,  
Wednesday afternoon

## Dr Samantha Lander

Mondays, and every Saturday morning

## Dr Kirstie Archer

All day Monday, Tuesday and Friday,  
Wednesday morning, and one Saturday every  
three weeks.

## Dr Lena Reichardt

Wednesday all day, Thursday all day, one Friday  
morning every three weeks.

## Dr Tharshini Ravishanker

Monday 9.30am – 3.45pm  
Thursday 9.30am – 3.45pm  
Friday 9.30am – 12.15pm  
and every third Saturday 8.30am – 11.15am

The practice also has the services of:

- **Veronica Taffs** – dietician – Thursday afternoons and Friday afternoons. Bookings can be made on 9875 2626.
- **Rachel Guthrie** – psychologist – all day Tuesday. Bookings can be made on 0438 303 474.

## Business Manager

Trina Jones

## Practice Manager

Pam Ashley Turner

## Receptionists

Gabrielle, Pam, Juliana, Jessica, Anne & Dolores

## Practice Nurses

Juliette and Saya

All our staff have a certificate in Cardiopulmonary Resuscitation and are involved in regular staff meetings and information evenings.

## SURGERY HOURS AND SERVICES

CONSULTATIONS by appointment:

**Monday to Friday** 8.45am – 6.00pm

**Saturday** 8.30am – 12.00 noon

Urgent medical problems will be dealt with promptly.

Our practice provides most General Medical Services including Paediatric, Women and Men's health, counselling, Health Assessments, Spirometry, Immunisation Clinics, and some minor procedures. For more details patients are advised to phone the practice on 9875 2626.

The practice provides a complete range of medical care, including home visits, hospital and nursing home care.

Home visits are only scheduled after they are deemed clinically appropriate by our medical staff. Please phone the practice prior to 10:30am to request home visits.

For after-hours problems, please call the Home Doctor Service on 13 7425 (13 SICK).

We are not open on any Long Weekends.

## RECALLS / REMINDERS

We may send you a recall or reminder letter or SMS (if you have signed a consent form for this preferred communication – please ask the staff if you would like to sign this consent). We also participate in the NSW reminder systems. If you do not wish to participate, please inform your doctor. Patients are encouraged to phone for test results 2 days after their test, between 12 and 2pm.

# YOUR DOCTOR

compliments of your GP

JANUARY 2022



**ARE YOU AN ANGRY PERSON?**



**WHY A CHERRY IS TOP!**



**YOUR BODY'S pH LEVEL**



**PRE-DIABETES ARE YOU AT RISK?**

## Don't decay! How to care for your children's teeth

It's never too early to start thinking about the importance of healthy teeth and gums. Getting children involved in their own tooth and mouth health is a great way to promote the kinds of healthy habits that will ensure lifelong dental health for your children.

### Why does it matter?

Healthy teeth are essential for a healthy body and life. Poor dental health can cause rotten teeth and bad breath, gum disease and sores, problems with infections, and nutrition. In fact, gum disease and the need for invasive dental treatment even increases the risk of some forms of heart disease.

The appearance of teeth is just a small part of dental health, but it's still important. Unsightly teeth can make people very self-conscious about their appearance and affect their confidence and ability to socialise.

### Getting into good habits

Getting children into the routine of dental care and the feeling of a fresh, healthy mouth can't start soon enough. Even small babies can get used to the feeling of a soft toothbrush, and as soon as those first teeth appear it's time to start really taking care of them. Brushing with recommended toothpaste, and teaching little ones to start doing it themselves, is a great start.

### Prevention is better than cure!

Brushing and flossing teeth regularly helps prevent tooth decay and gum disease by removing dental plaque – a soft deposit that contains bacteria and develops on the surfaces of teeth.

Regular cleans and check-ups at your dental clinic – as often as your dentist recommends – is also an important way to keep teeth healthy and identify problems early.



**A high-sugar diet is directly linked to tooth decay.**

However, the best thing you can do for your teeth is to follow a sensible, healthy diet. Dietary sugar is a real problem for dental health, and sugar is hidden in a lot of the food we eat. Sugar feeds bacteria in the mouth, which creates acids that wear away even the strongest parts of our teeth.

Sugary drinks are one of the biggest sources of hidden sugars – the amounts in some of the nation's favourite drinks are shocking. A standard 330ml soft drink can contain over seven teaspoons of sugar! It's not only bad for our teeth, but also bad for our waistlines, and our blood sugar balance. Ideally, don't let children get into the habit of drinking soft drinks.

From birth, the only fluids children really need are milk and then water as they grow older. Fruit juice can be a nice addition to a healthy diet, but should be limited to mealtimes, with water in between.

Getting into good habits as early as possible will set your children up to maintain great dental health, and is a good way to teach them independence in self-care. If you're uncertain where to start, contact our clinic for information or advice.



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

## Pre-diabetes

As rates of obesity-related diseases are on the rise, type 2 diabetes is an increasing concern. We're now talking about pre-diabetes in an effort to help people identify and manage health concerns before they become a real problem.

### What is pre-diabetes?

Your body produces insulin, which transports glucose from your blood into your cells, where it's used for energy. You're considered to be pre-diabetic when your blood glucose is abnormally high – which means the insulin isn't working properly – but it's not high enough to be considered diabetic. Elevated blood sugar levels are usually found as part of a routine check-up, but may be regularly monitored for people at high risk of developing type 2 diabetes.

### Why does it matter?

People who have these high blood sugars are more likely to go on to develop type 2 diabetes – one in three people who are identified with pre-diabetes go on to develop diabetes. However, knowing you are pre-diabetic means that you can take steps to reduce your risk of developing type 2 diabetes, as well as a range of related conditions.

### Are some people more at risk?

Factors that increase the risk for pre-diabetes are the same as those for type 2 diabetes, including:

- being overweight – excess body fat causes resistance to insulin, particularly if you carry weight around your middle
- low levels of exercise
- have close family members with type 2 diabetes
- high blood pressure
- high cholesterol

Also, the risk of developing pre-diabetes is greater for Aboriginal and Torres Strait Islander peoples, and people of Māori, Pacific, or Indo-Asian ethnicity.

### What should I do if I have pre-diabetes?

Being diagnosed with pre-diabetes is a warning, a wake-up call to give you a chance to make changes that can help reduce your risk of type 2 diabetes.

The good news is that pre-diabetes is one condition that responds really well to healthy lifestyle changes. The best things you can do are:

- Eat a healthy diet – plenty of fruit and veg, high fibre complex carbs, low fat and lean proteins.
- Reach and maintain a healthy body weight by following a sensible kilojoule plan.
- Exercise – anything you can do to just get around and move more is good, doing some cardio and strength training is great. Aim for at least 30 minutes of moderate activity each day and build up slowly.

The healthy living advice for anyone with pre-diabetes is good advice for everybody; eat well, exercise, and follow basic rules for healthy living.

Check your risk of getting type 2 diabetes by using the Australian risk assessment tool [www.health.gov.au/resources/apps-and-tools/diabetes](http://www.health.gov.au/resources/apps-and-tools/diabetes)

## Cherries- a delicious way to help build our health and wellbeing!

A delicious, seasonal stone fruit, cherries are tasty and well-loved. But are they actually good for you too? These shiny little mouthfuls are jam-packed with nutrients, making them a healthy addition to your diet, as well as a delicious one.

Cherries are a great source of:

- **Fibre:** at around 1.5g per 100g, cherries can make a significant contribution to your recommended intake – the recommended fibre intake for Australian adults is 25g per day for women and 30g per day for men.
- **Antioxidants:** particularly one group called anthocyanins – these give cherries their natural red colouring and are linked to all sorts of benefits, such as potentially lowering the risk of heart disease and some cancers.
- **Vitamin C:** works as an antioxidant to protect your body from damage, and also contributes to immune system health, good skin and hair, helps iron absorption and all round body function.
- **Potassium:** essential for your heart function and healthy blood pressure.

Tart cherry extract has some interesting properties, it's claimed to improve the symptoms of conditions like arthritis and gout, help your immunity and sleep, and may even have some ability to protect brain function and reduce the risk or severity of dementia and related conditions.

Cherries are versatile too; when they're pitted they can be used in pies and

smoothies, chopped up in fruit salads, on cheese platters, and just eaten fresh as a tasty treat. If you're giving cherries to small children, remove the stones and chop cherries in half first. Small, round and firm cherries are a potential choking hazard for the little ones.



Cherries are also a sweet treat, which can help stop you reaching for empty-calorie snacks – replacing one unhealthy food in your diet with a healthy equivalent is a great step towards reaching and maintaining a healthy weight as well as promoting all-round health.

Remember, no food can work alone – it's best to eat cherries with other fruits and vegetables to get all the antioxidant effects required for good health.



When it matters most,  
**an expert is in reach.**

Turn to your GP

Expert advice matters 

 RACGP



# Is your anger hard to control? Understanding and managing your anger

It's natural to feel angry sometimes. Although it's negative and sometimes distressing, it can be a useful, protective emotion... however some people find it hard to keep their anger under control.

## Is feeling anger bad?

Anger can range from a feeling of annoyance to outright hostility. It's an essential part of the human range of emotions, and it's normal to feel anger when something triggers that feeling. It can also be related to stress and anxiety – it's harder to keep anger in check during stressful situations.

However, when it's difficult to control negative thoughts, and feelings of anger don't pass easily – even when the cause has been resolved – it becomes a problem. It can affect your behaviour, mental and physical health, work and relationships.

People who find it hard to control their anger can end up hurting themselves or others – so it's essential to work out some anger management techniques before that happens. Being around someone with poorly-controlled anger is frightening and distressing to others, and can have a serious impact on family members, especially children and partners.

## How can I manage my anger?

Effective communication is the key to managing difficult feelings and situations. Talking about how you feel can help you stay calm, and understand and manage your anger.

Being able to identify, manage, or avoid triggers or situations that you think may provoke you, is useful. Some people find that

breathing exercises, relaxation techniques and mindfulness strategies help them to manage stress and anger. Knowing what helps you calm down – going out for a walk, making a cup of tea, or writing down feelings can work too.

## When should I get professional help?

If you're finding your anger truly difficult to manage, seek support before it gets to the point where you're at risk of it affecting your wellbeing. If you ever feel that you're in danger of lashing out and hurting yourself or someone else, it's essential to get your anger under control immediately.

If simple techniques aren't helping and there's a real risk to you or others around you, get help – talking to us is a good start.

## WORDSEARCH

ACID	DENTAL	MINDFULNESS
ALKALINE	DIABETES	MOOD
ANGER	EXERCISE	NEUTRAL
BACTERIA	FIBRE	NUTRITION
BEHAVIOUR	FLOSSING	PLAQUE
BRUSHING	HEALTH	POTASSIUM
CHERRIES	INSULIN	SUGAR
CHOLESTEROL	KILOJOULE	TOOTHBRUSH
COMMUNICATION	LIFESTYLE	WELLBEING
DECAY	MANGANESE	

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

## Cherry BBQ sauce

Enjoy this tasty and healthy sauce at your next barbecue!



### Ingredients

- 2 cups fresh or frozen sweet cherries, pitted
- 2 Tbsp olive oil
- 1 small onion, chopped
- 1 tsp minced garlic
- 2 tsp freshly grated ginger
- 1 Tbsp tomato paste
- 3 tablespoons balsamic vinegar
- 1 ½ cups pear or apple juice
- ½ tsp sea salt
- 1 pinch red chili flakes or ¼ tsp if you like it spicy!

### Instructions

1. Heat the olive oil in a large frying pan, add the onion and cook until softened, about 3 minutes. Add the garlic and ginger and stir for one minute.
2. Add the tomato paste, vinegar, juice, salt, and cherries. Stir until everything is incorporated. Cook uncovered over medium high heat until boiling, reduce heat and simmer for 10 minutes, or until cherries are soft and mixture is slightly reduced.
3. Let the sauce cool for about 10 minutes before putting it in a food processor or high-speed blender. Blend until smooth. Cool to room temperature and store in the refrigerator up to 2-3 weeks.

# Can what you eat help your body's pH balance?

Our body's pH is important because we need to maintain a fairly precise balance to stay healthy. What does pH mean, and can we change it through our diet?

The letters, pH, refer to the unit of measurement that we use to describe whether something is acid, alkaline, or neutral. Acidity is measured on a scale from 0 (most acid) to 14 (most alkaline). Lemon juice is acidic, with a pH of around 2, whereas the human body is slightly alkaline, with a pH between 7.35 and 7.45.

The pH of your body is quite strictly controlled by complex mechanisms. Kidney and lung function are the main drivers; when these organs are healthy our bodies are usually pretty good at maintaining the correct pH levels. Our pH balance can become unbalanced if we're seriously unwell, especially with lung or kidney disease. So how much can our diet affect our pH balance?

## What is the alkaline diet?

Some people recommend following a specific diet to help maintain the healthiest

pH balance. The idea of the alkaline diet is that some foods cause your body to be more acid or more alkaline as they break down in your gut. Promoters of the diet claim that keeping your body at the slightly alkaline end of its normal range is beneficial for bone health, digestion, inflammatory processes, immune response, and almost every aspect of everyday health.

The pH of food does not necessarily relate to the effect it's supposed to have on your body; for example, acidic citrus fruits are considered to be some of the best foods for making the body more alkaline.

## Does the alkaline diet work?

There isn't a lot of definite clinical evidence supporting a special 'alkalising' diet. On the other hand, the basic principles of the pH diet are to eat more fresh fruit and vegetables and other whole foods; and to limit processed foods, sugars, and saturated fats. In short, the alkaline diet is based on sound principles of good nutrition, and while we don't know how much it affects our pH, it's certainly a healthy eating plan.



## Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To get the most out of your next visit, use the area below to note what you'd like to know and take this list with you to your next appointment so you don't forget what it was you wanted to ask..

DOCTOR'S NAME	DATE	TIME

1.

2.

3.

NOTES:

**Disclaimer:** The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

## MEDICAL FEES

There has been a recent increase in fees. The new rates are (Medicare rebate amount shown in brackets):

<b>Brief Consult</b>	\$42.00	(\$17.75)
<b>Standard Consult</b>	\$79.00	(\$38.75)
<b>Longer Consult</b>	\$125.00	(\$75.05)
<b>Prolonged Consult</b>	\$165.00	(\$110.50)

(more than 40 minutes)

Any request for a script or a referral outside of a consultation needs to be approved by your doctor, as it is generally preferable that these are dealt with during a consultation. Any scripts or referrals requested outside of a consultation do attract a charge of \$15.00 each and require 48 hours' notice.

We are a private billing practice, but we do bulk bill children aged 6 and under; and patients holding Pension Cards, Veterans Affairs Cards and Social Security Health Care Cards (not Seniors Cards). If you are having difficulties paying your fees, please discuss this with your doctor. We accept Mastercard and Visa, and EFTPOS is available.

## HOME VISITS

Time is set aside in the early afternoon for home or nursing home visits. If you are too ill to visit the surgery and you live in the Pennant Hills district, please phone before 10:30am.

Fees for Home visits are (Medicare rebate amount shown in brackets):

<b>Standard visit</b>	\$115.00	(\$65.90)
<b>Long visit</b>	\$155.00	(\$102.20)
<b>Prolonged visit</b>	\$190.00	(\$137.65)

## APPOINTMENTS

We operate an appointment system based on 15 minute appointments. If you require a longer appointment, for example for a pap smear, counselling, or multiple items, please let the receptionist know when booking. Emergency appointments are available for urgent problems. Please be aware that emergencies do arise and can alter the regular appointment times, so it may help to phone prior to your appointment to check whether we are on time. 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. Please note that we do not receive or reply to any electronic information requests.

You can now book your appointment online at [www.healthengine.com.au](http://www.healthengine.com.au)

## HEALTH INFORMATION

Our practice collects personal health information and safeguards its confidentiality and privacy in accordance with Australian Privacy Principles. If you have any questions, please don't hesitate to ask for further information from our staff.

## FEEDBACK

If at any time you are dissatisfied with either patient care or office management issues, please feel free to talk to any of our doctors or our Practice Manager. Alternatively if you wish to make a more formal complaint you can contact the Health Care Complaints Commission Locked Bag 18, Strawberry Hills NSW 2012.

This practice is committed to comprehensive and continuing whole patient care. The doctors have satisfied the requirements of the Royal Australian College of General Practitioners and are on the Vocational Register of General Practitioners. Each year all of our doctors are involved in continuing education courses. We are an accredited RACGP Training Practice with GP Registrars working on 6 month rotations. We also train students from UNSW and Sydney University.

*Our newsletter is free! Take a copy with you.*