

HAWKINS MEDICAL CLINIC

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CLINIC HOURS AND SERVICES

Consultations by appointment

Monday to Friday 8:30am to 6:00pm

Saturday 8:30am to 11:30am

Call 8725 5266 for an appointment.

After hours clinics are held at 7:00pm every evening Monday to Sunday and also at 11:00am on Sundays. After hours clinics on Saturdays and Sundays are restricted to urgent matters for patients of the Hawkins Medical Clinic – call our duty doctor on 0418 838 466 for an appointment. You will make quicker medical contact by phoning this number than by going to hospital Accident and Emergency.

If you need a home visit, please call the clinic as soon as possible after 8.00am.

YOUR DOCTOR



APRIL 2018

You snooze you lose? Not so.

Your need to nap is perfectly reasonable and may even be beneficial.

If you find yourself nodding off in the middle of the afternoon as you read a book in the sunshine, or watch TV from the couch, don't fight the urge. While as the saying goes "you snooze, you lose", when it comes to napping, you actually win.

People take a short kip during the day for a multitude of reasons. In countries like Spain, Brazil and Greece, a siesta is actively encouraged, while in other countries it can merely be a case of needing to catch up on lost sleep, a way to fight boredom, counteracting impending sleep loss, or even just to pass the time.

A 2006 study at the School of Psychology, Flinders University, Adelaide found that a 10-minute nap enabled all participants of the study to benefit from improved cognitive functions, less fatigue, and less impairment than those who either napped for longer or didn't nap at all. In a similar study in Canada, habitual nappers were also found to benefit from increased motor learning as opposed to those who didn't nap at all, or as often.

How long should my nap be?

The length of your nap is entirely up to you and what your body requires. The studies above suggest that longer naps may leave you feeling sluggish and drowsy upon waking up. There is also the possibility that you may feel less alert upon waking, than you did before you went to sleep.

The length of a typical sleep cycle is an hour and a half, with one hour of deep

sleep, and half an hour of light sleep. Waking up from a light sleep offers better chances of feeling fresh and invigorated, whilst being awoken from a deep slumber may have the opposite effect.

Brief naps of 10 minutes however, can alter your cognitive performance for the better, offering better levels of productivity and performance for even a few hours after waking.

When should I nap?

While there might not be an "average" time to nap, there is a time of day that is more common, especially in those countries that actively encourage siestas. In Spain, Mexico, Greece, and even Italy, workers take a nap at around lunchtime. Siesta is derived from the Latin word *hora sexta*, which means the sixth hour. When a traditional day begins at dawn, this would make the standard napping time 12 pm. However, to ensure businesses don't experience reduced productivity, they usually extend their opening hours to allow for these breaks.

Nap when you feel the need to, not the time of day that is most common. Many people feel sluggish and tired in the early afternoon after lunch and prefer to take a 10-20-minute nap during this time. In fact, Winston Churchill, John F. Kennedy and Albert Einstein all favoured a short nap in the afternoon.

While napping can help you fight fatigue during the day, it's also crucial to get a full night's sleep. If you're struggling with your sleep pattern and it's affecting your day-to-day life, it may be time to see your health professional.



To try the latest RECIPE take me home...

Easy Fish Bites

Serves 2

Ingredients

200g boneless firm white-flesh fish fillets

Oil for frying

½ C plain flour

1 egg

Dash of milk or water

Panko breadcrumbs (or regular breadcrumbs if you can't find Panko)

Salad ingredients of your choice



Method

- Cut fillets into large bite-size chunks.
- Place flour and breadcrumbs on separate plates.
- Whisk egg and milk in a shallow bowl.
- Coat fish pieces in flour, then egg mix, then breadcrumbs. When all the fish pieces have been coated, set aside while you prepare the salad. You could prepare the fish well in advance and store in the fridge until ready to cook.
- Heat oil to medium heat in a frying pan. Cook fish pieces for about a minute or two each side depending on how thick the pieces are.
- Serve with dipping sauces of your choice e.g. thousand island, tomato, tartare, sour cream.

Try serving with fries or baked potato.

Colour Therapy for Mindfulness



Gardening: more dangerous than you think

With the intense summer heat now behind us, and the cooler temperatures of autumn beginning to kick in, many people are finding themselves back in the garden ready for another season of planting.

While you're preparing the garden for lettuce, carrots, and cabbage, you should be preparing yourself, as well. Something dangerous could be lurking in your garden, and you may not even know it.

The bacterium legionella, of which there are 35 species, causes a severe form of pneumonia known as Legionnaires' Disease and is known to lurk in your everyday commercial potting soil. Whether you're preparing fresh potting mix for the season ahead, or you're ridding your vegetable plot of weeds, being aware of the dangers of your soil is crucial.

A microbiology review on a 25-year investigation into Legionella and Legionnaires' Disease discovered that Legionella longbeachae, an isolate in potting soil, is the leading cause of legionellosis in Australia, occurring in gardeners who are exposed to commercial potting soil.

While you can't catch Legionnaires' Disease from person-to-person contact, the elderly, smokers, and those with a weakened immune system are more at risk. A review of national legionellosis surveillance in Australia between 1991 and 2000 also made the connection between vulnerable aging people with a deteriorating level of health, and a higher risk of catching it while gardening, or even shopping.

A seasonal analysis during the same review also picked up on a peak number of cases during autumn in a four-year period, further enhancing the need to take care when planting season begins.

What you can do to stay safe in the garden

There are plenty of things you can be doing to keep yourself safe in the garden. Firstly, always read the warnings and any instructions on composted potting mixes. If you're handling the mix indoors or during high winds, wear a dust mask, and water your plants only using a gentle mist.

When you're preparing the soil for planting, ensure you moisten it, and open the bag slowly, and away from your face. If you're using potting mix in a garden shed or glasshouse, ensure there is plenty of ventilation. Most importantly, wear gloves at all times, and wash your hands thoroughly after handling any soil or garden products.

Symptoms of Legionnaires' Disease can begin 2-10 days after exposure. If you have a cough, shortness of breath, fever, muscle aches or headaches, consult a doctor immediately.

What are **energy drinks** really doing to **your body**?

While they are marketed as a mental and physical performance booster, what are they really doing to you?

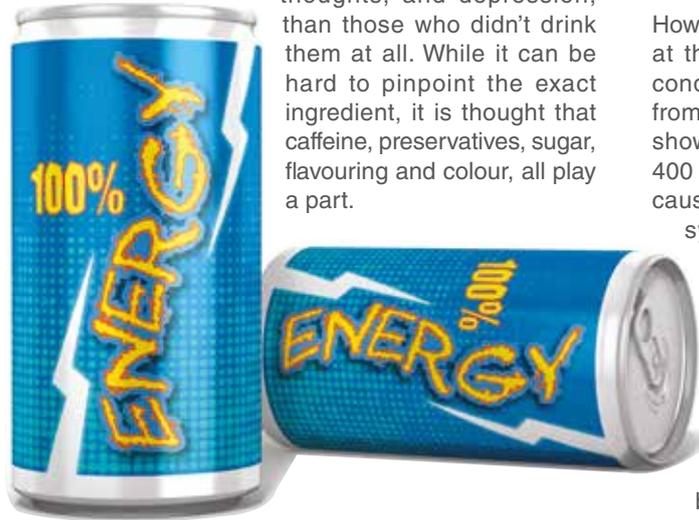
In the refrigerators of many supermarkets and convenience stores, you're sure to see a range of brightly coloured cans and bottles, promising to give you that much needed "lift" to get through the day. While those claims might be valid, at least in providing you with a short-term sugar or caffeine high, the dangers of energy drinks and soft drinks when consumed in high quantities on a regular basis, may be far-reaching.

A literature review carried out by Food Standards Australia New Zealand in 2000, determined that approximately three micrograms of caffeine per kilogram of bodyweight, per day, could increase the anxiety levels of children aged between five and 12. This level of caffeine can be found in just two cans of cola, or three cups of instant coffee.

While there is no "acceptable" daily intake for caffeine in Australia, there have been numerous

studies conducted that suggest soft drink consumption is associated with mental health problems in adolescents, such as hyperactivity, conduct problems, suicidal behaviours and psychological distress.

A 2010 study on soft drink consumption and mental health problems among adults in Australia also stated that those who consumed more than half a litre of soft drink per day had around a 60 percent greater chance of developing psychological distress, stress-related problems, suicidal thoughts, and depression, than those who didn't drink them at all. While it can be hard to pinpoint the exact ingredient, it is thought that caffeine, preservatives, sugar, flavouring and colour, all play a part.



According to a 2011 study on the health effects of energy drinks on children, adolescents, and young adults, 30 to 50 percent of adolescents and young adults consume energy drinks. As a result of findings such as these, several countries have imposed bans and restrictions on energy drink sales, especially after reported incidences of adverse side effects in children, adolescents, and young adults. Of close to 5,500 caffeine overdose patients in the United States, nearly half were under the age of 19.

However, it's not just young adults suffering at the hands of energy drinks. A study conducted in 2013 by Dr. Jonas Dörner from the University of Bonn in Germany showed that an energy drink containing 400 mg of taurine and 32 mg of caffeine caused increased peak strain, and peak systolic strain rates in the heart's left ventricle.

These studies, and others like it, show that energy drinks and soft drinks are more than just bad for our teeth. They can have a severe impact on both our physical and mental health. If you think energy drinks may be affecting your health, be sure to mention it to your doctor.

Stop making a meal out of me!

All it takes is for one irritating mosquito to target you as their entrée, and the itching begins.

Australians are blessed with a variety of wildlife, many of which most people are all too happy with which to cohabit the country. However, if there were one creature many people would love to give an eviction notice to, it would be the mosquito. Mosquitos can turn a fun outdoor excursion into a miserable experience in a heartbeat. Here is how you can reduce the risk of becoming a mosquito's buffet.

While their presence is more often felt in warmer summer months, the quantity and distribution of rainfall in spring and autumn can all bring about large mosquito populations, especially around standing bodies of water, that want to make you and your family their go-to delicatessen.

Most mosquitos choose to bite at dusk and dawn, but you can also be at risk during the day. When you're out and about, ensure you keep a bottle of insect repellent containing DEET or picaridin handy and use it when your skin is exposed. It's important to use insect repellent as opposed to relying on fad deterrents such as specific food groups, phone app sounds, or citronella. These are not scientifically proven to work.

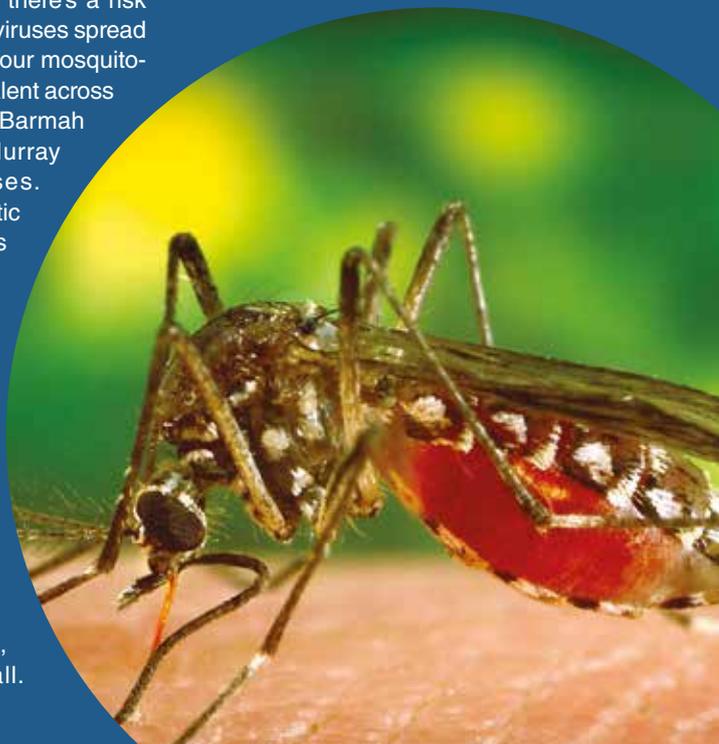
Cover up, wear light-coloured, loose-fitting clothing, and avoid tight-fitted apparel

such as jeans that are an easy target for hungry mozzies. Also try to avoid pools of water from forming around your property. Standing water is a mosquito's dream accommodation for breeding, so don't give them a reason to lay down roots.

Unfortunately, the mosquito's bite is not just a cause of irritation; it can also be a cause for concern. Mosquitos feed on disease-ridden animals, and there's a risk of contracting any number of viruses spread through their bite. There are four mosquito-borne diseases that are prevalent across Australia: Ross River virus, Barmah Forest virus, Kunjin and Murray Valley Encephalitis viruses. Additionally, a number of exotic mosquito-borne diseases such as Dengue fever and malaria are detected among travellers to Australia. However, in most parts of the country transmission is not possible, as the mosquito is not prevalent.

Even as the holiday period for mosquitos starts to die down as we head into autumn, you are still likely to find them, or they will find you, around wetlands, and during times of rainfall.

And, as the bite of a mosquito can be exceptionally dangerous, always take the necessary precautions. If you begin to suffer from drowsiness, fever, headaches, a stiff neck, nausea, dizziness, rashes, swollen or painful joints, sore muscles, flu-like symptoms or weakness, consult a medical professional immediately.



Put your **best bread** forward

Bread is a versatile meal option, but not all are equal in nutritional value.

Bread is a staple of most Australians' diets, and scanning the tables at your local café, you will see many people digging into sandwiches, toasties, and all manner of delicious lunch treats. Consumers have a vast range of choices, from traditional white bread and wholegrain to wholemeal and rye, just to name a few. But, how healthy is the bread you're eating? Below we cover three of the most popular bread options available, in a bid to find out which is the healthiest option.

Wholegrain

Wholegrain bread is low in saturated fat, is cholesterol-free, high in soluble and insoluble fibre, and is an excellent source of minerals such as iron, copper, and magnesium.

Evidence suggests that including wholegrains in your diet when you're at risk of diabetes or are diabetic can also be beneficial.

Research from the Nurses Health Studies I and II conclude that wholegrain foods can reduce the risk of developing type 2 diabetes by a whopping 21 percent and that diabetics who eat wholegrain cereals may also benefit from improvements in insulin sensitivity.

Wholemeal

Wholemeal bread features much-needed vitamins such as Vitamin B, folate, and selenium. It's also richer in dietary fibre than white bread, which is beneficial for digestive health.

White

Many people prefer white bread, but it has little nutritional value. As it's refined, much of the fibre and protein is removed, leaving mostly starch and few nutrients. White bread, as a refined carb, can also contribute to weight gain by releasing surplus sugar into your bloodstream. Unless you exercise to use these sugars, they often get stored as fat.

What's the healthier choice? The clear winner from these three popular bread types is wholegrain. Try substituting your usual white loaf for a more wholesome wholegrain option.

If you're looking to make drastic changes to your diet, or if you're concerned about your health, be sure to mention it to your doctor.



Get your **flu vaccination** now

From April onwards, the 2018 flu shot will be available from GP surgeries and other immunisation providers.

It seems like only yesterday flu season was in full swing, but as we head into autumn, that dreaded colder weather is on its way. For the best chance of developing immunity against the flu, why not organise your family's flu vaccinations now? The flu vaccine is recommended by the Australian Department of Health to all those over the age of six-months-old.

While many people prefer to immunise their families closer to winter, the Australian Department of Health says by vaccinating in April, you're able to develop a stronger immunity to the flu before it becomes prevalent from around August. As evidence also suggests the influenza vaccine's effectiveness may wane over time, choosing to be protected when it's most needed is the best possible approach.

Under the National Immunisation Programme (NIP), those who are at high risk

of contracting the flu, or at risk of suffering from complications, can receive the vaccine for free (a consultation fee from your provider may still apply).

Those covered under NIP include:

- People who are aged 65 or older.
- Aboriginal and Torres Strait people aged six months to less than five years.
- Aboriginal and Torres Strait Islander people who are aged 15 years and over.
- Pregnant women.
- People aged six months and over with medical conditions such as severe asthma, lung or heart disease, low immunity or diabetes that can lead to complications from influenza.

Without immunisation, the risks of catching the flu are higher. It can spread from person to person quickly, and can even lead to severe complications such as chest infections and pneumonia. If you're ready to protect you and your family, visit your local doctor or immunisation provider.

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WALK-IN SCRIPT CLINIC

We now provide an alternative to ordering your repeat scripts over the phone. Attend Mon–Fri between 8:15 and 8:45am for a repeat prescription only, bulk billed consultation. No appointment necessary. Please note, the patient requiring the script must be in attendance for these appointments. Patients should be reviewed by their regular GP at least 6 monthly for some conditions. Please see one of our friendly staff for more details.

APPOINTMENTS SYSTEM

We have changed our appointments system to streamline on-the-day access to our doctors. Hawkins Clinic patients can now contact the clinic before 10am every weekday and they will be seen by one of our duty doctors that morning. All you need to do is ask for a same-day appointment. Patients can also book a duty appointment from 6pm the night before on their computer or smart phone. Ask one of our friendly staff for an online appointment registration form and we will send you more information. You can still book an appointment with your usual GP in the same way.

PAEDIATRIC CLINIC

Report to the Nurses Area

A walk-in paediatric clinic for children under 5 runs daily from 11.00am until 11.30am for non-trauma recent onset illnesses - i.e., fevers, coughs and colds, earaches, sore throats and rashes. This initiative is staffed by our registrars, Dr Elson and Dr An and the hospital paediatric TMO.

HAWKINS@PINEHALL

Hawkins@Pinehall is now officially open for business. Patients may be offered the opportunity to see their doctor at either location.

ONLINE APPOINTMENTS

Register your email address with the clinic to be able to download the App or go to the website to book an appointment with our duty doctor from 6pm the previous evening. Saves a phone call next morning when you are up during the night with a sick child. A number of doctors also offer some online appointments each day. See our staff for more information.

SKIN CHECK CLINICS

Dr Bruorton runs a weekly skin check clinic. Ask one of our friendly staff for more information.

TEXT/SMS REMINDERS

Patients with mobile phones are encouraged to update their telephone details with the clinic. You will also be asked if you are happy to receive future SMS reminders. These should not be relied upon as your only appointment reminder.

WHEN YOU ARRIVE FOR AN APPOINTMENT

It is important to ensure you let a receptionist know you have arrived for your appointment. Your doctor will only call you for your consultation if your arrival has been recorded.

Take me home for some relaxing **COLOURING IN** – check inside!