



**OCTOBER-NOVEMBER 2024 EDITION**

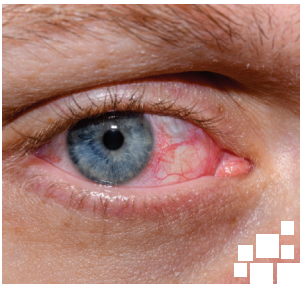
**FREE TO TAKE HOME!**



Connecting with teens



Colds & flu



Dry Eye



How to manage stress

**Surgery Hours**

Monday—Friday  
8.30am—5.30pm

**After Hours**

We offer 24 hour after hours service. Simply Phone  
02 6056 2447

**Billing**

We are a private billing clinic. A schedule of fees is available on our website. We bulk bill DVA and children under 16. All other appointments will be billed.

**New Patients**

Our books are open! Dr Gabra, Dr Buttar, Dr Lin & Dr Singh and Dr Mohammadi are currently accepting new patient's. Please phone the clinic to book an appointment.

**Results**

Please phone 6056 2447 between 3pm— 4pm to speak to a nurse regarding these

**Scripts & Referrals:**

Scripts and referrals require an appointment. The quick and script clinics are available for scripts and ongoing referrals. New referrals require a full appointment.

**Patient Identification**

To meet our accreditation standards we need to confirm your identity each time you contact or visit the clinic using your name, DOB and address.

**Update of Details**

It is important that your contact details, Medicare and concession cards are kept up to date on our records. We ask that once a year or if any of these details change you complete an update for either in clinic or on our website—www.wwmc.com.au

**Face Masks & Hygiene**

Hygiene stations are available throughout the clinic to help protect our patient's and hand washing instructions are located in all toilets. Masks are recommended to be worn in the clinic.

*Practice Doctors*

**Dr William Walton**

*Travel medicine & Family medicine*

**Dr Sally Gabra**

*Family medicine*

**Dr Daniel Lin**

*Registrar/Family Medicine*

**Dr Hooman Mohammadi**

*Registrar/Family Medicine*

**Dr Douglas Colwell**

*Occupational & family medicine*

**Dr Rajdeep Buttar**

*Registrar/Family Medicine*

**Dr Sumeet Singh**

*Registrar/Family Medicine*

*COVID-19 - MOVING FORWARD*

As we adjust to the "New Normal" where we are now living with COVID-19 in the community, Wodonga West Medical Clinic have made some adjustments as to how your healthcare is provided. We ask that if you have any of the following symptoms Please DO NOT come into the clinic :

- Runny nose
- Sore throat
- Fever
- Cough
- Any respiratory symptoms

If you require an appointment and have any of the above symptom's telephone, video and respiratory room consultations will be offered. For the protection of our staff and other patients, our staff are required to triage all patients when booking any appointment. To shield our patients and staff, many of the procedures introduced during the pandemic will be continuing, including:

- Revised seating in waiting areas;
- Hand sanitising stations;
- Masks in clinic;
- Respiratory clinic, located in the clinic with an external door

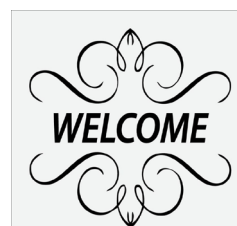
**COVID-19 Vaccinations**

The clinic is pleased to announce we are continuing to participate in the Covid-19 vaccination program. Moving forward we will be offering Moderna vaccines for all eligible patients. Appointments are available by calling our helpful reception staff on (02) 6056 2447.



*Farewell Dr Zhengdong Qu*

We would like to inform our patient's that Dr Zhengdong Qu has left our practice. We would like to wish Dr Qu and his family all the best for the future.



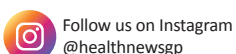
*Welcome Dr Hooman Mohammadi*

Wodonga West Medical Clinic is please to welcome Dr Mohammadi to our clinic. Dr Mohammadi will be available to see patients from July 2024 including new and existing patients. Please make him feel welcome

**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](http://www.healthnews.net.au)





## Connecting with your teenager

Social distancing has meant parents and teens are being forced to spend more time together. The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-shut bedroom door.

Whilst there is some validity to this, it is far from the whole story. The transition from being a child to an adult is not always easy. In this era of social media and smartphones, there are additional pressures.

Parents often lament that their teenagers do not listen, and they may be right. However, communication is a two-way street. This means listening is as important (possibly more so) than talking to your teens. We know that teenagers (despite what they may say) are still wanting guidance and parental support. Whilst publicly, they may claim to know it all, deep down, there is still insecurity.

Look for common interests. Talk about topics that they raise. Be prepared to talk when they are ready to open up about a situation (even if you are doing something else). Be opportunistic. When driving to school or other places, you have a captive audience. This can be a good time to talk. Aim to sit down for dinner with your teen at least a few times a week. Talking around the dinner table can be revealing. No matter how many times the answer is nothing much, ask each day how was school or what happened in their day.

Communication is the key to connecting. Ask your own parents how they coped with you. Talk to your doctor about any concerns you have about your teenager, and remember, adolescence is a time of physical, mental, emotional, and social change.

## How to prevent the spread of colds & flu

Despite passing the worst of the season, winter cold and flu viruses have not disappeared. In fact, the 2024 season peaked later than that of 2023 according to new data from the National Notifiable Disease Surveillance System (NNDSS), which noted a peak in June & July as opposed to May in 2023.

There is much we can do to reduce the spread of this disease, and whilst we should not let this rule our lives, we should always remain mindful. Viruses are spread by airborne droplets. Covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. Wash your hands. Sanitiser is not essential. Soap and water are fine.

Typically, people try to soldier on with a virus on board, but times have changed. Those not working at home need to stay home when unwell. This helps you get better quicker and, more importantly, makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when you are sick!

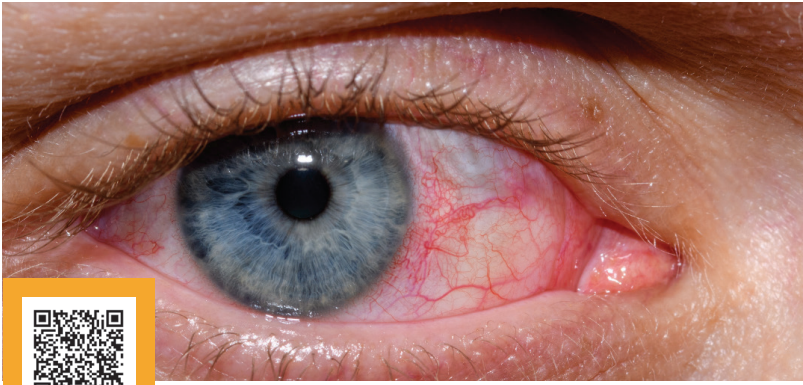
Regular exercise has been shown to strengthen the immune system, but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation herbal teas) has been shown to benefit immunity as does having adequate vitamin D levels.

Going forward, the importance of preventing the spread, including staying away from others when not well, will hopefully stay with us. And, of course, speak with your GP about your recommended vaccination plan.



More info »





More info »

## Dry Eye

The eyes need constant lubrication, which is provided by the tear glands.

Eyes become dry for two main reasons. Firstly, tears can evaporate too quickly. This can be on planes, in air conditioning, in dry air, or in smoky conditions. It is temporary and improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses, and having low vitamin A levels. Symptoms are a burning, itching, stinging, or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is based mainly on symptoms and a thorough eye examination. Blood tests would be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air, and wear sunglasses when outside. Take breaks when using screens for long periods of time, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info »

## Oral Thrush

Thrush, caused by the fungus *Candida albicans*, can affect different parts of the body, most commonly the genitals and the mouth and throat. Oral thrush typically causes white plaques in the mouth and throat, which may be surrounded by redness. It is not painful.

Risk factors include having diabetes, being on steroids (including asthma sprays containing steroids) and having dentures. It is also more common after chemotherapy or radiotherapy and sometimes after courses of antibiotics. Interestingly, it is estimated that the fungus may sit dormant (not causing any symptoms) in 75% of the world's population.

Treatment is with antifungal drops or lozenges. Rinsing the mouth with salty water can be helpful in some cases. For those with asthma, gargling with salty water after inhalers can help prevent oral thrush.

Many mouthwashes kill off the good bacteria in the mouth, enabling thrush to grow. Beware of excessive use of these.

## How to manage stress

Stress is claimed to be the scourge of the 21st century. Economic pressure has added to this for a lot of society, as does the days of social media.

Even in normal circumstances, it doesn't seem to matter who you talk to; everyone feels stressed at some stage. Relationships, money, and work are usually shown as the big three in polling. Our body reacts to stress today like it did in caveman days. It goes into fight or flight mode with the release of hormones like adrenalin and cortisol, which were very helpful when the threat had a physical solution and would be over soon (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress. Regular exercise is a great stress beater. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful too. There are many apps designed to help people deal with stress, and many are free. Drinking herbal tea helps some people, as does keeping a journal or writing things down. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short break, if possible, may help.

Ultimately, dealing with the source of the stress is paramount. Remember, you don't always have to do this alone. For many, chatting with your GP or a counsellor (which can be done online or via phone) can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



More info »



## STIR FRY PORK AND SNAKE BEANS

### Ingredients

- 2 tbsp canola oil
- 1 garlic clove, crushed
- 500 gm snake beans, cut into 5-6cm pieces
- Thai Basil (to taste)
- 2 tbsp soy sauce (or to taste)
- Sesame oil to taste
- 500 gm coarsely minced pork (marinated with the below)
  - 1¼ tbsp caster sugar
  - 1 tsp Shaoxing wine
  - 1 tbsp coarsely ground white pepper
  - 1¼ tbsp oyster sauce
  - 1¼ tbsp soy sauce

### Method

1. For marinated pork, combine ingredients in a glass or ceramic bowl and marinate in refrigerator (half a day or up to 1 day).
2. Heat a wok over high heat and add oil, then add garlic and stir-fry until light golden (2-3 seconds), then add marinated pork, stirring to break up pork and prevent it from catching on the wok
3. Once pork is cooked and juices have evaporated (4-5 minutes) add snake beans and stir-fry until tender, reducing the heat to medium if they start to burn.
4. Add the Thai Basil and season with soy sauce, one or two drops of sesame oil, and salt to taste and continue to stir-fry until beans are soft but still hold their shape

*Note – for some extra authentic flavour, try adding a few drops of liquid smoke.*

## WORD SEARCH

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COLD  
PARENTS  
STRESS  
HEALTH  
FUNGUS  
PRESSURE  
BASIL  
EXERCISE  
TALKING  
THRUSH

## WODONGA WEST MEDICAL CLINIC

### Our Facebook Page!

Wodonga West Medical clinic is taking a leap into the social networking scene! Our Facebook page which has been largely dormant for the past few years is now going to be active. Keep up to date with the latest health and surgery news by liking us on Facebook. Tell all your friends and family too!



### Online Bookings

Wodonga West Medical Clinic is proud to announce that we can now take online bookings and payments through our new system AutoMed. You can now use the BOOK NOW button on our website— [www.wvmc.com.au](http://www.wvmc.com.au)— to book available appointments or you can download the AMSConnect app on your phone via the QR codes below. Please do not hesitate to ask reception staff if you have any questions or concerns.

