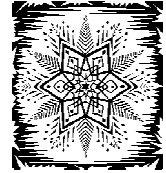


# wellnews



Volume 13 Number 2

The newsletter of  
Wellness on Wellington

Winter 2011

Health care is about team care which is why we are so pleased to be part of a multi-disciplinary centre like Wellness on Wellington. This edition of wellnews includes articles by the dentists and exercise physiologists of the centre, explaining their roles in health care and how they can help ensure you get healthy and stay healthy.

We also have an article about the many practitioners involved in caring for patients with diabetes. A whole team is needed to provided optimal health and we are delighted that at Wellness on Wellington these practitioners all work together making coordinated care much simpler and effective.

If you haven't yet had a flu shot and are considering one, it's best to get in quickly before the depths of winter hit. Once you've caught the flu, it's too late to get the shot!

## Appointment availability

There have been many benefits of our practice relocating to bigger premises, not least of which is the capacity to have more doctors working. We know that for the past few years it has been frustratingly difficult for patients to get an appointment, especially for moderately urgent matters that patients wanted seen "on the day".

The frustration was not just yours—both doctors and receptionists were constantly trying to juggle the competing needs of patients who needed to be seen versus providing appropriate time and care for the patients who already were being seen. Unfortunately our old building had a maximum capacity for the number of patients per day that could pass through the door, and we exceeded that number long ago.

We are therefore delighted that we now have increased room to house our growing

pool of quality doctors, and that as a result the number of consulting hours has steadily increased. We have appointments on weekend mornings and afternoons, and several doctors working most evenings. In fact, on nearly all occasions we can now

***On nearly all occasions we can now offer "same-day" appointments.***

offer "same-day" appointments in the practice for semi-urgent matters. Of course genuinely serious matters will be seen as soon as possible. Please let the receptionists know if you think your problem is urgent.

We are also delighted that the capacity of our building now allows us to offer more appointments in many disciplines. Our dietitian **Tracey Eppel** and podiatrist **Joseph Frenkel** have both increased their session times as has chiropractor **Frank Whelan**.

We also now have the room to offer specific education in diabetes and asthma management. Nurse **Amanda Dolphin** is a qualified diabetes educator and will be taking on a significant role in the management of patients with diabetes by being involved in the early education of newly-diagnosed patients and in providing "top-up" education for patients with established disease.

Similarly, Nurses **Sue Clifford** and **Sam Pope** are trained asthma educators and will provide training to patients in the use of puffers and spacers or who need further knowledge about managing their condition.

## Not just GPs

Patients have been telling us how delighted they are at the news in the last issue of Wellnews that medical specialists are joining us and adding to the many services available at the surgery.

As well as being more convenient for patients than travelling to remote suburbs and finding parking in crowded hospital carparks, having specialists in-house usually affords us the opportunity of relatively quick appointments and certainly creates an atmosphere where we can easily speak to a specialist about your condition, even before you've seen them.

We have recently been joined by two more specialists. **Dr Jason Chew** is an obstetrician and gynaecologist, and **Dr James Pang** is a general physician with special expertise in geriatrics and pain medicine.

We welcome them to our practice and look forward to many years of cooperative patient care.

**Wellness on Wellington**  
**1101 Wellington Rd, Rowville**  
**9780 8900 - all hours, every day.**  
**www.wellonwell.com**

**We are open every day of the year:**

|   |                   |
|---|-------------------|
| Monday - Friday                                 | 8.00 am - 9.00 pm |
| Saturday - Sunday                               | 9.00 am - 5.00 pm |
| Public Holidays                                 | 9.00 am - 1.00 pm |
| (Christmas & New Year Day 10.00 am -12.00 noon) |                   |

**For patients of this practice with urgent problems after hours, a doctor from the clinic can be contacted by calling the surgery and following the instructions on the answering machine.**

**Save a life—**  
**your own or your family's!**  
Update your home phone, work phone, mobile phone and address at reception!

## Exercise Physiology

One of the new specialties available at Wellness on Wellington is Exercise Physiology. Many patients won't have heard of exercise physiology (also known as Sports Science), so we asked **Cassandra Smith**, the exercise physiologist at Bounce Health Group to tell us a bit about her profession and how she can help patients achieve and maintain maximum fitness and health.

Accredited Exercise Physiologists (AEP) are 4-year University qualified allied health professionals and are registered under the Exercise and Sport Science Australia (ESSA) national accreditation program. AEP's specialise in the delivery of exercise, lifestyle and behavioral modification programs for the prevention and management of chronic diseases and musculoskeletal injuries.

AEP's provide physical activity and behavior change support for a range of patients including those with cardiovascular disease, diabetes, osteoporosis/osteoarthritis, depression (mental

health), cancer (colon, breast and prostate), chronic lung conditions (COPD) and many other health conditions.

Clients who may be at risk or are developing chronic musculoskeletal injuries and conditions are also appropriate for an exercise rehabilitation program to improve restoration of physical function, mobility, strength and power qualities, flexibility, and preparation for return to sport or return to work.

Although exercise physiologists work with top-level athletes to maximize their fitness, they are trained to work with clients from all backgrounds and levels of conditioning.

What does an AEP do?

During your initial assessment the Exercise Physiologist will take time to gather a detailed clinical history that will help to outline your functional capacity and any risks that might be associated with exercise. You will have ongoing management of physical measures such as blood pressure, heart rate,

height/weight, girths, and thorough assessments of your cardio-respiratory, strength and balance fitness levels, which can then be compared to norms of your gender and age group. The AEP will also evaluate any nutritional and lifestyle issues that need to be addressed to meet your individualised program goals and offer you the appropriate education. The exercise plan will then be determined by the client's health status and readiness to undertake a lifestyle and behavior modification program.

Exercise Physiology is eligible for rebate under:

- Department of Veterans' Affairs (DVA) funding—patients need a referral from their GP
- Workcover—patients need approval from their case manager and GP for up to 10 sessions
- Private Health Fund insurance
- Chronic disease patients—patients who have an Enhanced Primary Care Plan can have up to 5 sessions distributed between allied health professionals including the AEP.
- Type 2 Diabetes group program—patients with diabetes can have up to 8 group classes with an EP each year. (See the article below on management of diabetes.)

Cassandra Smith the Accredited Exercise Physiologist at Bounce Health Group in Rowville also offers group session programs that are very cost effective, whilst still remaining individualised to the client. You will work at your own comfort level, whilst under professional supervision in a safe exercising environment. It is also a great opportunity to develop social relationships with other clients and promotes a very positive and friendly environment that helps to keep you motivated and in touch with your

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personal goals.

For further information or to make an enquiry you can contact Bounce Health Group at [www.bouncehealth.com.au](http://www.bouncehealth.com.au) or via phone on 9780 8950.

## The Diabetes Team

Diabetes is one of the commonest and ultimately most significant of the chronic diseases seen today. And the number of patients is rapidly increasing due to weight (too much), exercise (not enough) and lifestyle reasons. We've always had a multi-disciplinary approach to diabetes management, but with the new facility and the increased number of services on offer we have spent a lot of time working on building a genuine team approach to diabetes. Patients with established disease will note over the next few months that their doctor suggests a series of additional services that will help prevent and minimise complications. All diabetics should see their doctor regularly—in most cases four times a year, with a blood test a few days before the visit. Newly diagnosed diabetics will see our diabetes educator **Amanda Dolphin** for a one-hour initial education session and several follow up sessions. They'll also get education from our dietitian **Tracey Eppel** and podiatrist **Joseph Frenkel**. Most patients will be referred to **Cassie Smith**, the exercise physiologist at Bounce Health Group and suitable patients will be invited to an annual program of 8 sessions which will be held by Cassie, Amanda and Tracey who will then report back to your GP.

Patients with established diabetes won't miss out. The group education classes are also suitable for them and we will encourage you to take part. Ongoing education (the advice changes as research uncovers new findings) and regular exercise have been shown to make a significant difference in how well patients manage their diabetes and the long term complications.

We trust patients will be happy to be involved in the many opportunities for health care that we can offer. We are delighted to offer such an extensive range of health services by a group of practitioners who are genuinely working together. But ultimately the most important member of the Diabetes Care Team—is you!

## From the medical press

Each issue we bring you a few interesting developments in the world of medicine with references so you can read more.

The idea of screening for cardiovascular disease is to pick the high-risk patients who are more likely to benefit from interventions before a heart attack happens.

Using age alone to predict future heart attacks is simpler than Framingham screening (assessing age, sex, family history, blood pressure, cholesterol, height, weight etc and then plugging the numbers into a formula to calculate heart attack risk) but has similar predictive accuracy and is much more cost-effective because it avoids blood tests and medical examinations. The authors suggest age-only screening is the best value for money method.

<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0018742>

Take care when using Bonjela Teething Gel in infants. The gel contains the choline salicylate (similar to aspirin) and excessive use can lead to salicylate poisoning. In the UK, Bonjela Gel contains lignocaine (anaesthetic) rather than salicylates. The government there actively advises that the adult form of Bonjela (which does contain salicylates) should not be given to children under 16 years of age – partly because of toxicity and partly because of the theoretical risk of Reye Syndrome (a very rare condition in young children where aspirin interacts with some viral infections and can cause brain damage and death).

[www.mja.com.au/public/issues/194\\_03\\_070211/wil10690\\_fm.html](http://www.mja.com.au/public/issues/194_03_070211/wil10690_fm.html)

Though doctors are encouraged to take up new technology and Medicare now has an item number for tele-health consultations for doctors working in remote areas, the Australian Health Practitioners Registration Agency (AHPRA) has warned doctors against any technology based consultations.

Doctors are expected to perform an adequate examination of the patient's condition regardless of the form of consultation.

We know that sometimes patients wonder why we can't manage their condition over the phone, but they must realise the legal and medical constraints we face.

<http://www.6minutes.com.au/news/AHPRA-warning-on-e-health-consults>

## Regular dental check-ups to prevent decay

At Wellness on Wellington we can't stress enough the importance of regular dental check-ups to reduce the chance of tooth decay. A preventive dental action plan is not only beneficial to your family's health but it will also cost you less in the long run.

Instead of only visiting the dentist when a problem arises, time, money and pain can be saved if you have regular check-ups at least once a year. As well as the possibility of prevention, the earlier an issue is tackled

the higher the chance of a full recovery that doesn't require further or more invasive treatment.

You may be surprised to know that children typically catch tooth decay from their parents, grandparents or siblings. Kissing, sharing food or utensils, or the simple act

of licking a dummy clean before replacing it in your child's mouth can all lead to tooth decay.

We recommend that parents of newborns and toddlers attend

the dentist to address their own dental needs and therefore reduce the transmission of tooth decay to their children.

### ***Children typically catch tooth decay from their parents, grandparents or siblings.***

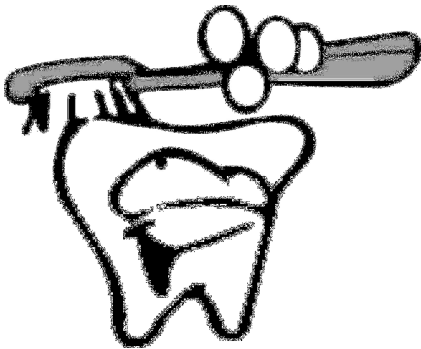
calcium from the mothers teeth) but treatment options become limited once falling pregnant.

Still, good dental hygiene is not limited to just parents and young children. The Australian Unity Dental Care centre, located in Suite 2 at Wellness on Wellington, is committed to reducing the development and transmission of tooth decay throughout the entire Australian population.

Call us on 9780 8920 to arrange your next appointment.

### **DID YOU KNOW: ENVIRONMENT**

Our dental practices participate in the 'Dentists for Cleaner Water' program which aims to reduce the use of amalgam and composite filling materials in tooth restorative work. Our use of an amalgam separator in our practices means less filling materials will be returned to the environment after filling displacement, removal or tooth extraction.



## Solving the prostate problem

Whilst PSA testing is moderately effective at identifying prostate cancer, it is very poor at distinguishing between aggressive cancers that will resist all treatment, mild cancers that will probably never need treatment and moderate cancers that will respond effectively to early treatment. The inability to distinguish between these cancer types means a lot of men get unnecessary surgery (and in some cases get permanent side-effects from it) whilst other men who would benefit from radiotherapy, chemotherapy or hormone therapy don't get it early enough to help them.

Now Australian urologists at the Garvan Institute in Sydney have helped develop a simple gene test that could help decide how aggressive a cancer is. The researchers say that the test is useful for men with clinically localised prostate cancer, who represent more than 80% of newly diagnosed prostate cancer cases.

The new test isn't yet available to the general public, but if further trials prove successful we will have much better information with which to advise you of the best way to investigate prostate changes.

# Wellness Whispers

## NEW STAFF

We have also been joined by **Dr Maria Xiong** who is our new PGPPP—the prevocational doctors who are having their first taste of general practice. Maria is a medical officer with nine years postgraduate medical experience including seven years experience in China. Most recently she has undertaken medical, emergency medicine and surgical rotations at Box Hill, Maroondah and Angliss Hospitals as well as rehabilitation and aged care medicine at Wantirna Health and Peter James Centre. Maria is fluent in both Mandarin and Cantonese.

Another psychologist has joined our team and we are pleased to welcome **Ms Casey Logan**. Casey has ten years experience in both government and welfare related programs and currently works in an established private practice in Frankston.

Casey provides services to children, adolescents and adults and can provide assistance with depression, anxiety, stress and anger management, life adjustment issues, trauma, relationship issues and self esteem to name a few. Initially she will be available at the clinic on Thursday evenings.

She tells us that “I enjoy travel, cooking, renovating and interior design and the leisurely Sunday afternoon drinks with friends and family. I've lived in the Dandenong Ranges most of my life but have never had the opportunity to work in the 'local' community.

Welcome to all!

## REMINDER

We are surprised at how many patients aren't aware that we are open all day on weekends—from 9am till 5pm. Appointments are available

particularly for more urgent matters.

We are also available on public holidays, though we try to reserve those appointments for matters that cannot wait till the next day. Our public holiday hours are 9am—1pm except Christmas and New Years Day when we are open 10am—12noon.

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## CONGRATULATIONS

Heartiest congratulations to our podiatrist **Joseph Frenkel** on the birth of his third child, a little girl named Ella who was born on 29th April.

## ART GALLERY AND PLAY CENTRE

Wellness on Wellington is neither art gallery nor play centre—but we have incorporated elements of both in our latest building additions.

We are delighted to announce a partnership with the Rowville Secondary College Arts Campus. This exciting school nurtures talented teenage artists in all creative disciplines. We are pleased to be able to display their pieces on a rotating basis at various points through the building. We invite you to stop and enjoy the amazing creations by these young artists.

We've also added some play equipment to our outdoor play centre.

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Finding toys or equipment which was suitable for all ages has proven very difficult but we think

our two wavy mirrors will appeal to children (and adults) of all ages. Currently we are investigating a musical walkway but we are still looking for other ideas, so please pass on any suggestions of “safe, durable and suitable for all children” equipment to the practice manager.

The information in this newsletter is general in nature and cannot be relied upon in any particular case. Serious conditions may appear minor and vice-versa. We therefore advise that if you have any concern about your health, you should consult your doctor at the earliest opportunity.