



Newsletter



Thunderstorm Asthma

Thunderstorm asthma is a cluster of allergic asthma flare-ups (including severe acute asthma) associated with thunderstorms. It's not necessarily a special kind of asthma. However, a certain type of thunderstorm needs to occur, together with a high pollen count, to trigger an asthmatic flare-up. On those days, people with seasonal allergic rhinitis can experience asthma symptoms – even if they have never had asthma before.

Controlling asthma

What you're aiming for is to get control of your asthma. That means:

- *You have symptoms on less than two days a week
- *You need your reliever medicine no more than two days a week, or not at all
- *Your activities aren't limited by your Asthma.
- *You don't get any symptoms at night or when you wake up



Your Health Care Team

General Practitioners

Dr Jonathon Duffy
Dr Sunny Hong
Dr Tatiana Cimpoesu
Dr Mashal Jamil
Dr Raj Nilmani

Specialist Paediatrician

Dr Christian Fiedler

Practice Manager

Peta Smith

Practice Nurses

Trish & Sandy

Reception /Admin

Emma, Kylie M, Kylie H, Jane,
Jack, Maria & Chris

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Interpreter services are available.

Practice Opening Hours

Monday to Friday 8:30am to 5:00pm (Closed - Weekends & Public Holidays)

Bookings are required - please call 55629466, as we do not accept walk-ins

(walk-ins will be triaged and appts made if appropriate)

After Hours

In case of emergency please phone 000

Attend the Emergency department at South West Healthcare

Phone the After-Hours GP Helpline on 1800 022 222.

(The After-Hours GP Helpline is open 6pm to 8am Monday to Saturday, 12pm Saturday to 8am Monday and 24 hours a day on public holidays).

Home visits

In special circumstances GPs may also provide pre-arranged home visits if required, please speak with your doctor or our reception staff for further information.

Recalls & Reminders

Seaview Health is committed to preventative health and as part of this has a recall and reminder system in place for all patients requiring follow up appointments for immunisations, Pap tests, health assessments and care plans. Please advise your doctor if you do not wish to be included in this service. Seaview Health offers an appointment text message reminder service. A reminder text message will be sent to you one working day prior to your appointment. If you are unable to attend please phone to have your appointment rescheduled so we can continue to support your health in a positive way through prevention.



Tips for a Healthy Summer

Move more, sit less

Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two.

Wear Sunscreen & Insect Repellent, Use shade, wide-brimmed hats, clothing that covers, and broadspectrum sunscreen. TIPS Apply sunscreen before insect repellent., reapply sunscreen after 2 hours and after swimming, sweating, or towel drying off.

Keep Cool in Extreme Heat. Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions. Stay cool. Stay hydrated. Stay informed.



Eat Healthy Foods Delicious fruits and veggies make any summer meal healthier. TIP Healthy eating supports muscles, strengthens bones, and boosts immunity.

Choose Your Drinks Wisely Drink water instead of sugary or alcoholic drinks to reduce calories and stay safe. TIP Add slices of fruit to water for a refreshing, low-calorie drink.



https://www.cdc.gov/chronicdisease/pdf/infographics/22_328922-G_Summer_Infographic_Final_07052022.pdf

“Healthy Body & Mind - Drink water, eat natural foods, think positive, exercise daily & sleep well”

Supporting the next Generation of GP's

Seaview Health proudly supports the next generation of general practitioners by supporting and hosting Registrars through MCCC and medical students from Deakin University.

Your consent will be always be requested for all medical student attendance, please let reception know if you do not wish to participate in a medical student



FODMAP Diet: What You Need to Know

FODMAP stands for **fermentable oligosaccharides, disaccharides, monosaccharides and polyols**. These are the chemical names of 5 naturally occurring sugars that cause intestinal distress. This diet is designed to help people with irritable bowel syndrome (IBS) and/or small intestinal bacterial overgrowth (SIBO) figure out which foods are problematic and which foods reduce symptoms.



It's always good to talk to your doctor before starting a new diet, but especially with the low FODMAP diet since it eliminates so many foods it's not a diet anyone should follow for long. It's a short discovery process to determine what foods are troublesome for you."

What can I eat on the FODMAP diet?

Foods that trigger symptoms vary from person to person.

To ease symptoms, it's essential to **avoid high FODMAP foods** including:

- X—Dairy-based milk, yogurt and ice cream
- X—Wheat-based products such as cereal, bread and crackers
- X—Beans and lentils
- X—Some vegetables, such as artichokes, asparagus, onions and garlic
- X—Some fruits, such as apples, cherries, pears and peaches

Instead, **base your meals around low FODMAP foods** such as:

- ☒ Eggs and meat
- ☒ Certain cheeses such as brie, Camembert, cheddar and feta
- ☒ Almond milk
- ☒ Grains like rice, quinoa and oats
- ☒ Vegetables like eggplant, potatoes, tomatoes, cucumbers and zucchini

Chocolate crunch & raspberry pots (allergy free)

Ingredients

250g punnet raspberry
2 tbsp Cointreau (or Grand Marnier)
zest and juice from 1 small orange
100g pack dairy, gluten and wheat-free chocolate
3 tbsp soy milk
50g caster sugar
6 tbsp gluten, wheat and nut-free muesli



Method

Step 1—Divide the raspberries between 4 glasses. Sprinkle ½ tbsp of Cointreau and a little orange zest and juice over each, then set aside.

Step 2—Melt the chocolate and stir into the soya milk, then set aside. Tip the sugar into a pan along with 3 tbsp water. Over a gentle heat, cook without stirring for about 7 mins until the sugar melts and starts to turn golden brown. Tip in the muesli, stir, then pour onto a tray lined with baking parchment. Leave to cool, then shatter into thin shards.

Step 3—Divide the chocolate mixture between the glasses and allow to cool, but don't refrigerate. Scatter over the caramel crunch to serve.

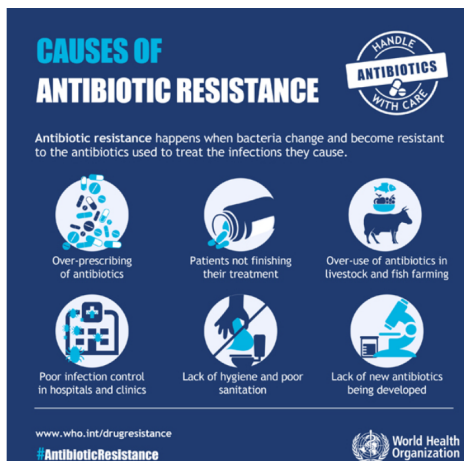
<https://www.bbcgoodfood.com/recipes/chocolate-crunch-raspberry-pots>

“The greatest wealth is health.”

Antibiotic Awareness

Its time to take antibiotic resistance seriously!!!

Antibiotics kill bacteria, they **can** **not** kill viral infections like colds and flu. Often they are incorrectly used for those illnesses, leading to antibiotic resistance.



We can all be part of the solution to preserving the effectiveness of antibiotics by only taking them when absolutely needed, in the most appropriate way for the shortest period of time.

Special Practice Notes:

- Patients with suspected contagious disease will be isolated from other waiting patients. Kindly inform reception staff on arrival.
- Repeat prescriptions are given out in regular consultations. If a repeat prescription is required outside these normal appointments you may be asked to see another doctor to obtain the script or incur a script fee.
- Backdated referrals—It is unlawful for a GP to provide a backdated referral. No backdated referrals will be given, if you believe your referral is out of date you will need to speak with our GP at your next appointment.
- Appointment cancellations—If for any reason you are unable to keep a scheduled appointment kindly give us reasonable notice to ensure you are not charged a missed appointment fee.
- Results All results from pathology tests are given out and discussed in a consultation. (Unless otherwise specified by the doctor). Patients are requested to phone reception or schedule an appointment to receive their test results.
- Patient contact details. It is important to ensure your details are kept up to date. Please notify reception if any of your details have changed.
- Communication. To provide the highest quality and safety of care for our patients, our GPs prefer to see patients to discuss their health care. Phone and email messages (note that **no** personal, confidential medical information will be accepted by email) will be passed on to our GPs where appropriate.
- Your privacy matters. It is policy of this Practice to maintain the security of personal health information at all times. Seaview Health has a comprehensive Privacy policy that you are welcome to read upon request.

Without urgent action against antibiotic resistance infections and minor injuries could once again become fatal.

Practice Mission Statement

Our mission is to improve the health, well being and quality of life of our clients and our community through treatment and education that considers the environmental, physical, social, emotional and mental aspects of health.

Practice Services

General medicine – Chronic Disease Management - Mental Health - Preventative health - Minor procedures - Nutritional medicine –Skin checks – Women & Men's health – Health checks – Vaccinations (incl TB & Q Fever)

New Skin Care Products—Now available

We now have an extensive range of high quality skin care products available. These include ;



*The ordinary
Skin Ceuticals*

*Ilk natural Skin care Propolis
Moisturiser*

Olive & Bee personal cream

Clear Zink Sunscreens

Calendula cream



Contact us

Seaview Health
366 Raglan Parade
Warrnambool Vic 3280
Phone: 03 55629466
Fax: 03 55621653
E-mail: info@seaviewhealth.com



Your satisfaction is important

If you feel there are any areas we can improve please place a note in our "Suggestions box" (located on the side table outside reception).

If you have a complaint please discuss it with your Doctor or the Practice Manager. If your complaint is not resolved you can take the matter to the Health Services Commissioner Ph 1300582113
email
hsc@health.vic.gov.au

Your feedback is greatly valued and appreciated as we strive to provide you

Fees & Billing

Seaview Health is a privately billing practice.
All patients are asked to settle their account in full on the day of their consultation.
Patients may be bulk billed at the discretion of their GP.



Our standard fees are:

Standard Consultation \$85.00

Long Consultation \$135

Extended Consultation \$195

Missed Appointment Fee \$30

On the day invoice Fee \$10.00 (if not paid on the day)

Please note concession card holder will receive a discount off all general practice consultations.

A full outline of all fees and medicare rebate information is available at reception.

If you are referred for investigative tests, please ask your doctor about costs that may arise.