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Podiatrist – Libby Pearson

VISITING SPECIALISTS

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Dr Nick Myles, Haematologist

Dr Kahokehr, Urologist

Northern Cardiology

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Chris, Tania, Angela, Julie, Helen, Sandra,

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Karen, Sarah, Darci

APPOINTMENTS / ENQUIRIES

6 Adelaide Road

Consulting Hours 9.00–5.00 Mon–Fri

9.00 – 12.00 Sat (Emergency appts)

Appointments 8.00–5.30 Mon–Fri

Account Enquiries 9.00–5.00 Mon–Fri

Result Enquiries 9.00–5.00 Mon–Fri

6 Cherry Street

Consulting Hours 9.00–12.00 Tues–Thurs

Online appointments: HotDoc.com.au

or through our website: hydeandpartners.

com.au – there are plenty available!

NOTE: Due to hospital and on-call requirements a roster of Doctor availability is not possible. Speak to our receptionist for details of Doctor's availability.

YOUR DOCTOR

Compliments of your GP

MARCH 2022



AVOIDING A VISIT TO THE DOCTOR?



TIREDFNESS OR FATIGUE?



ENDO-METRIOSIS



DISEASE DETECTING DOGS

Are eggs good for us?

Eggs are a very common part of many people's diets, and humans have been eating eggs since prehistoric times. So are they really all they're cracked up to be? We take a look at what's in an egg, and some common myths about them.

NUTRITIONAL INFORMATION

A single whole egg contains around 300 kilojoules, which is relatively low given the amount of other nutrients they contain... it's around the same number of kilojoules as in an average-sized apple!

Eggs contain around 12 per cent protein and 13 different essential micronutrients. They're particularly high in iron, folate, vitamins A, D, E, and several of the important B vitamins including B12, riboflavin, and pantothenic acid.

MYTHS ABOUT EGGS

Humans aren't meant to eat eggs

Humans have probably been eating eggs for thousands of years without any serious problems. Some people may choose not to eat eggs because of concerns about farming ethics or simply because they don't like the taste, but they're as natural a food source as anything else that people eat.

Eggs are high in cholesterol

Eggs do contain cholesterol, but there's been a lot of research into whether the cholesterol in eggs actually raises the levels of 'bad' cholesterol in the human bloodstream. The best evidence we currently have indicates that eggs do not cause high cholesterol.

I can't eat eggs on a diet

Eggs are relatively low in kilojoules, and the fats they contain are mostly good fats, and essential for transporting fat-soluble nutrients into the body. Eggs are a great food to eat on a diet as they're so densely packed with vitamins and minerals, as well as high in protein – which helps keep you full for longer. Of course it depends on how you cook them; poached or hard boiled eggs are a much healthier choice than those fried in butter or oil.

Eggs cause food poisoning

There is a bacteria called salmonella which can sometimes be found in eggs, but is completely harmless if they're cooked properly.

You can't give eggs to babies

The best food for babies up to six months old is breast milk or baby formula, babies under this age aren't meant to have any other food. After this, well-cooked eggs can be a healthy part of a child's diet, but any products with raw egg, like mayonnaise, should be completely avoided.

It's possible to be allergic to eggs; and if any food contains egg it has to be made clear on the packaging, along with other potential allergens, like wheat, milk and soy.

Eating a moderate amount of egg can be good for you; eggs are a high-protein, nutrient-rich addition to a healthy diet. Eggs are found in lots of different foods, and are a versatile and key ingredient in lots of meals, both sweet and savoury.



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



Endometriosis - why it matters

Endometriosis is a common condition affecting at least 830,000 women in Australia. It causes severe pain, fatigue, and can become seriously debilitating.

Around 1 in 10 Australian women develop endometriosis by the time they're 40. The causes are unclear, but it seems more likely to happen if there's a close family history of this condition. There may be combinations of factors which make some women develop endometriosis. There's growing acknowledgement of the need for improved awareness, education, diagnosis, treatment and research into this condition.

What is endometriosis?

Endometriosis is a condition where the kind of body tissue that makes up the lining of

the uterus (womb) grows in other places within the body cavity, usually within the pelvis. This tissue responds to hormones in exactly the same way as it does when it's within the uterus, it thickens and then falls away.

Endometriosis can cause severe pain and menstrual problems that affect normal life. The pain may be intermittent and be worse after going to the toilet or having sex. People with endometriosis may have very heavy periods, bleeding between periods, and can have bleeding from the bladder or bowel as well.

Symptoms are variable and this may contribute to a delay in diagnosis, on average, it takes between seven and twelve years to be diagnosed with endometriosis.

Why does it matter?

The two main problems caused by endometriosis are pain and infertility. Living with chronic pain can be unbearable, and can contribute to other physical and mental health problems.

Endometriosis doesn't mean you can't get pregnant, but reduced fertility and problems conceiving are common. Sometimes endometriosis is diagnosed only when undergoing investigations for infertility.

Myths about endometriosis

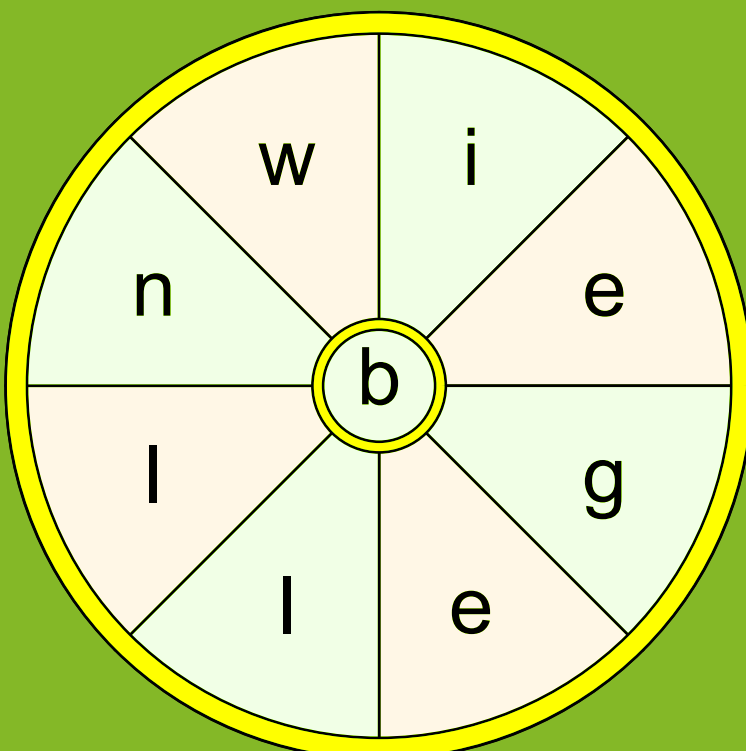
- I just have to live with pain. Actually there are lots of ways to manage your symptoms. It is a chronic condition, and you may have to live with it for a long time, but that doesn't mean it can't be well managed to allow you to live a normal, healthy life.
- I'll have to have a hysterectomy. Occasionally, a hysterectomy may be recommended, but there are lots of less invasive treatment options, and they're getting better all the time.
- It's normal to feel like this. Period pains and tiredness are common, but shouldn't be bad enough to have a serious impact on your life. If you're feeling constantly fatigued, have pain and other menstrual troubles, see your doctor.

When to get help

If you have symptoms of endometriosis, ask us for advice. Endometriosis can cause serious problems and you shouldn't have to live with chronic pain without help.

Word Wheel Wizard

How many words can you make using only the letters within the word wheel? Each word must include the centre letter.



Can you find the 9 letter word?

Hint: A good all-round health state.

WEAR YELLOW & RAISE AWARENESS

March is Endometriosis Awareness Month

March into Yellow is a fun and easy way to open up a conversation about the disease and an opportunity for our community to show support.

March into Yellow encourages our broader community to show their support for the invisible illness by adorning themselves in the colour yellow.

www.marchintoyellow.org.au

#MarchIntoYellow2022
#EndometriosisAustralia

Why are some of us reluctant to consult a doctor?

Helping people to improve their health, understand their likelihood of developing certain diseases, and reduce risk factors are important parts of a GP's role. So why do some people avoid visiting their doctor?

Time

It's not always easy to get an appointment time that suits work or family commitments. Your employer may be able to help if you need to take time off; it's in their interest to have a healthy employee after all. If responsibilities at home make it difficult for you to make time for your health, consider how much harder it would be if you were to get really sick.

...being male!

Men are less likely than women to access GP services. There could be a few reasons for this – there may be expectations on men to just 'tough it out', or they may have work or family pressures. Accessing healthcare may simply be more normal for women who routinely use services related to pregnancy and childcare. Differences in life expectancy and disease risk between men and women tells us that this is a problem; being male is an independent risk factor for some disease.

Support and resources

People struggling due to poverty, mental or physical disabilities can find it difficult

GP services are designed to be accessible to everyone. Whatever the problem, we're here for you, and getting advice and assessment might just save your health – or even your life.

to access health services. They may feel ashamed to ask for help and overwhelmed with the healthcare system, however there are a many support services in place to help everybody get the best care possible.

Embarrassment and fear

Many people are uncomfortable being asked personal questions, and embarrassed or afraid of having a physical examination. It's important to remember that health professionals understand and are used to dealing with these issues. It's good to be open with your doctor if you're feeling nervous.

Some people may put off a visit for fear of the outcome – no one wants to find anything wrong with their health... but early diagnosis gives better results.

Chicken omelette roll-ups

These simple roll ups are a versatile protein-filled snack, or great for lunchboxes and breakfast.

Ingredients

8 eggs

4 Tlbs milk

1 cooked chicken breast, shredded

1 small Lebanese cucumber, sliced in to thin strips

1 small carrot, grated

¼ red capsicum, seeded, sliced in to thin strips

½ cup of bean sprouts

Handful of coriander or parsley leaves for garnish

Method

1. Combine chicken, cucumber, carrot, capsicum, bean sprouts in a large bowl.
2. In another large bowl beat together eggs and milk until combined.
3. Heat a medium sized non-stick pan on medium heat and pour in the egg mixture.
4. Swirl the pan to ensure the mixture thinly covers the entire base. When the egg is cooked on the bottom flip it over and cook the other side. Remove from the pan and place on a chopping board.

5. Place the chicken filling along the centre of the omelette and gently roll up so that the filling is packed firmly.
6. Chop the roll up, garnish with chopped parsley or coriander and serve.

Filling ideas: avocado, cottage cheese, lettuce, baby spinach, coleslaw.

Dog detectors - how they help us detect disease

We have long considered dogs to be our 'best friends' and know they can sense our emotions, but did you know they can also sniff out disease?

It's common knowledge that dogs have an incredible sense of smell; they have around 300 million scent receptors in their noses, whereas humans only have around 5 million. Their sense of smell is so sophisticated that they can instantly work out which direction a smell is coming from and analyse many different smells. This ability is invaluable in finding missing persons, fighting crime, and even in healthcare.

A dog's sensitive nose can pick up the faintest scents, including human pheromones. They're able to work out our emotions from subtle changes in our sweat and scent, and spot things that we humans might not even imagine could be identified by smell. A dog might know if someone is pregnant, unhappy, and unwell.



Dogs can be trained as helpful, sometimes life-saving companions for people with epilepsy and can alert them to oncoming seizures. Exciting new research has given us evidence that dogs can effectively sniff out certain diseases, including some forms of cancer and bacterial and viral infections.

Training dogs to detect viruses may be the key to rapid identification of people with Covid-19. This could be useful where speed is important – assessing large numbers of people quickly and accurately could allow safer movement through airports or into crowded venues. Initial studies have shown trained dogs can identify Covid-19 with around 94% accuracy. Further research is ongoing, and the next step is to make sure that sniffer dogs are as good at sniffing out Covid-19 in real life situations, as well as samples in laboratory conditions.



What's the difference between tiredness and fatigue?

Have you ever wondered if the tiredness you're feeling is normal?

It's usual to feel tired sometimes, particularly if you have disturbed sleep, you're unwell, or have external factors that cause tiredness. Sometimes, however, you can experience tiredness that doesn't go away after rest, that seems to affect your whole body and mind, and that can be overwhelming at times.

This kind of extreme tiredness that isn't easily improved by simple lifestyle adjustment is known as fatigue, and may actually be related to an underlying medical condition. Some conditions which cause fatigue include:

UNDERACTIVE THYROID

Having an underactive thyroid gland affects your metabolism – the way your body uses energy. With an underactive thyroid, people commonly feel very fatigued, put on weight easily, and can feel cold all the time.

ANAEMIA

Anaemia is a condition where the blood doesn't carry enough iron, which is critical to getting oxygen around your body as well as supporting other essential body processes. Low iron can be caused by dietary deficiency, heavy periods, or problems with absorption of nutrients in the gut. Other forms of anaemia can include B12 or folate deficiencies, and can cause extreme fatigue.

CHRONIC FATIGUE SYNDROME (CFS)

CFS is a little harder to diagnose than some other causes of fatigue. It's often only considered when other causes have been eliminated – there's no simple blood test or

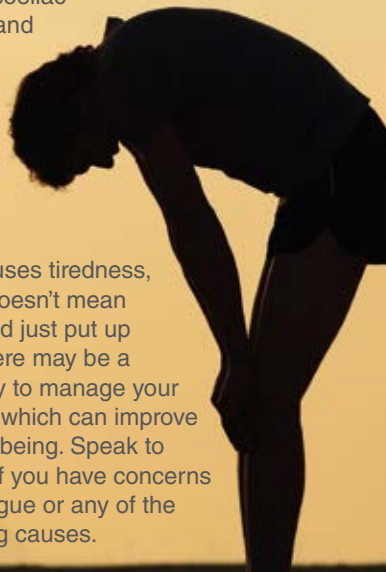
investigation that can confirm it. CFS can cause fatigue that can be debilitating, and is linked to chronic pain conditions.

MENTAL HEALTH TROUBLE

Shock, depression, anxiety, stress, and other mental health conditions can make you feel exhausted, drained, and have a serious impact on your sleep. Mental health conditions aren't always easy to deal with, and you certainly don't have to face them alone. There's a range of services to treat or help you manage difficult times or mental health problems.

There are a number of other conditions which can cause fatigue, including sleep apnoea, coeliac disease, and diabetes.

You may already know if you have a chronic condition which causes tiredness, but that doesn't mean you should just put up with it; there may be a better way to manage your condition which can improve your well-being. Speak to your GP if you have concerns about fatigue or any of the underlying causes.



PRACTICE UPDATE

Congratulations to three of our Registrars who have passed their final exams for the specialty of General Practice; Dr Thu Tran, Dr Damian Drew and Dr Thomas (Toby) Monks-Corrigan.

We are fortunate to now have a new Nurse Practitioner working at Hyde and Partners, Joanne Lewis. We also have two new Practice Nurses, Kate Kerin and Kavitha Nalluri.

Are you thinking of getting pregnant? Our doctors can provide advice, in advance, for pregnancy planning in relation to recommended vitamins, diet, exercise, immunisations and screening prior to and during a pregnancy. They can also discuss different antenatal care options with you to ensure your pregnancy runs as smoothly as possible.

COVID-19 vaccinations are recommended at any time during a pregnancy as it is known that the COVID-19 infection risk to mother and baby increases.

Two years has passed since COVID-19 infection was introduced to Australia. It is evident that it will be present for some years to come and we need to learn to live with it. We strongly advise continuing with the recommended vaccination schedule, including boosters. The effect of this has been felt by everyone; for some people livelihoods have been affected, and for others, the emotional toll has been very challenging and remains ongoing. Our doctors are able to assist with mental health problems, and encourage anyone who is struggling, to seek help.

The staff at Hyde and Partners continue to practice within the safety guidelines set by SA Health.

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: | | |

WORD WHEEL WIZARD

The nine letter word is WELLBEING

26+ words: WIZARD

11-25 words: SORCERER

1 - 10 words: NOVICE

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.

Our newsletter is free! Take a copy with you.