



Glenferrie Road



.Medical Centre



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Winter Newsletter 2019

**Please notify reception staff immediately (preferably at the time of making your appointment) if you have had recent contact with a confirmed contagious condition...**

**Eg: Measles    Influenza    Chicken Pox**

**Or after returning from overseas travel you experience feeling very unwell, have a high fever or rash.**

**Flu Vaccines** are currently available for all ages. It is difficult for us to predict whether Flu Vaccines will remain available right through to the end of the year. If you are considering a Flu Vaccination, our recommendation would be to have a vaccination soon, especially if you are travelling later this year.

**Measles Alerts** in Victoria are currently notified to the Department of Health every other week, cases are lately reported with disappointing frequency. If you were born prior to 1966 you may very likely have a natural immunity. If not check with your health care provider to ensure you are vaccinated against this highly infectious disease. A blood test can determine your immune status.



Measles is a contagious viral illness that causes a skin rash and fever. Serious and sometimes fatal complications include pneumonia and encephalitis (brain inflammation). Measles is also known as rubeola, not to be confused with rubella (German measles). Worldwide, measles is the fifth highest cause of illness and death in children. Measles has been rare in Australia because of the widespread use of the **measles vaccine**. It is important to continue immunising children in Australia, because there is a risk that the infection can be brought in by people arriving or returning from overseas.

## Symptoms of measles

The signs and symptoms of measles may include:

- fever
- general discomfort, illness or lack of wellbeing (malaise)
- runny nose
- dry cough
- sore and red eyes (conjunctivitis)
- red and bluish spots inside the mouth (Koplik's spots)
- red and blotchy skin rash that appears first on the face and hairline, and then spreads to the body.

## Complications of measles

Possible complications of measles include:

- [otitis media](#) – inflammation of the middle ear
- diarrhoea and vomiting – may cause further complications such as dehydration
- [respiratory infections](#) – such as bronchitis, croup or laryngitis
- [pneumonia](#) – a type of lung inflammation that causes about 60 per cent of measles deaths
- pregnancy problems – if a pregnant woman contracts measles, she risks miscarriage or premature labour
- [encephalitis](#) – or brain inflammation, affects about one person with measles in every 1000. About 10 to 15 per cent of people with encephalitis die and 15 to 40 per cent of survivors have permanent brain damage to varying degrees
- subacute sclerosing panencephalitis (SSPE) – occurs in about one in every 100,000 cases of measles. SSPE is an extremely rare progressive inflammation of the brain that causes brain degeneration and is always fatal. SSPE usually begins about seven years after the measles infection.

.....Better Health Channel

## • Meningococcal Disease...

**Summary (FULL ARTICLE AVAILABLE FROM THE BETTER HEALTH CHANNEL OR HAND OUT IN WAITING ROOM)**

- **Meningococcal bacteria are only passed from person to person by regular close, prolonged household or intimate contact with infected secretions from the back of the nose and throat.**
- **Meningococcal disease is uncommon but serious.**
- **It usually takes the form of a blood infection (septicaemia) or infection of the membranes covering the brain and spinal cord (meningitis).**
- **Immunisation against meningococcal bacteria provides good protection against meningococcal disease.**
- **Meningococcal vaccines are available to protect against disease strains A, B, C, W and Y.**
- **The National Immunisation Program schedule provides a free meningococcal ACWY vaccine for children at 12 months of age or a free catch-up dose for unimmunised people under 20 years of age who have not previously had their meningococcal C vaccine at 12 months.**
- **Commencing from April 2019, a free meningococcal ACWY school based vaccination program will be provided on the National Immunisation Program for secondary school students in Year 10, or age equivalent. Young people aged 15 to 19 years of age, who have not already received the vaccine in school, will be able to be vaccinated by their immunisation provider.**

# Pneumococcal disease – immunisation

## Summary

- Pneumococcal immunisation is recommended for children, especially for babies.
- Immunisation is also recommended for people aged 65 years and over, Aboriginal and Torres Strait Islander people aged 50 years and over and those with a serious underlying medical condition.
- In Victoria, pneumococcal vaccines are provided free of charge under the National Immunisation Program for all young children, people aged 65 years and over, Aboriginal and Torres Strait Islander people aged 50 years and over, and some people who are more at risk of infection.
- Serious reactions to the pneumococcal vaccines are rare.
  - **Pneumococcal disease** is caused by the bacterium, *Streptococcus pneumoniae*. The infection can cause milder symptoms such as sinusitis or ear infections. More serious complications include inflammation of the brain (meningitis), inflammation of the lungs (pneumonia) or a blood infection (septicaemia).
  - People in high-risk groups are more likely to become seriously ill or die from pneumococcal disease. Pneumococcal immunisation is recommended for young children, people aged 65 years and over, Aboriginal and Torres Strait Islander people aged 50 years and over and those with a serious underlying medical condition. Serious medical conditions include, but are not limited to, chronic heart, kidney and lung disease, diabetes and a weakened immune system.
  - Immunisation can substantially reduce the risk of infection, especially in young children. Serious side effects or allergic reactions to the pneumococcal vaccine are rare. If you are concerned about your reaction or your child's reaction to any vaccine, see your doctor immediately.

## Anxiety & Depression in Men

In general, men tend to put off getting any kind of support, because they think they're supposed to be tough, self-reliant, and able to manage pain and take charge of situations. This can make it hard for men to acknowledge they have any health issues, let alone any that affect their social and emotional wellbeing.

Depression is a serious and common condition that won't get better by itself. If you have a broken arm or a deep cut on your foot, you don't expect that to heal without medical help. It's the same with depression.

On average, one in eight men will have depression and one in five men will experience anxiety at some stage of their lives.

Men are less likely to experience anxiety and depression than women. They are also less likely to talk about it. This increases the risk of their anxiety or depression going unrecognised and untreated.

Untreated depression is a high risk factor for suicide. In Australia there are about 3,000 suicides each year. Seventy-five per cent of people who take their lives are men – with an average of almost six men taking their lives every day. Suicide is the leading cause of death for men under the age of 45, significantly exceeding the national road toll. It's important to remember that anxiety and depression are medical conditions, not weaknesses, and effective treatments are available.

Learn the [signs and symptoms of anxiety](#) and depression – not only for you, but for your friends and family. Visit [beyondblue](#) to find out more about anxiety and [depression in men](#).



## Symptoms of anxiety in men

Anxiety is more than having sweaty palms and butterflies in your stomach. Symptoms of anxiety can include feelings of worry, fear and impending doom that are so severe they interfere with your ability to work, maintain relationships and get a decent night's sleep. Physical signs of anxiety may include:

- pounding or racing heart
- excessive sweating
- muscle tension
- restlessness or agitation
- dizziness and vertigo
- shortness of breath or choking sensations
- insomnia
- panic attacks.

### **Emotional signs of anxiety may include:**

- constant worry about what could go wrong
- feelings of dread
- concentration problems
- avoidance
- catastrophic thinking
- irritability or edginess
- being overly vigilant towards danger
- absentmindedness
- fear of losing control

## Supporting someone with anxiety or depression

There are ways that you can help someone with anxiety or depression. It may be helpful to:

- let them know if you've noticed a change in their behaviour
- spend time talking about their experiences and let them know you're there to listen without being judgmental
- help them to get information from a website, library or community health centre
- suggest they go to a doctor or health professional, and help them to make an appointment
- offer to go with them to their appointment and follow up with them afterwards
- encourage them to get enough sleep, to exercise and to eat well
- encourage family and friends to invite them out and keep in touch, but don't pressure them to participate in activities
- encourage the person to face their fears with support from their doctor or psychologist
- discourage them from using alcohol or other drugs to try to feel better
- contact a doctor or hospital if they become a threat to themselves or others.

It is unhelpful to:

- put pressure on them by telling them to 'snap out of it' or 'get their act together'
- stay away or avoid them
- tell them they just need to stay busy or get out more
- pressure them to party more or wipe out how they're feeling with drugs and alcohol
- assume the problem will just go away.

**If you or someone you know needs support, talk to a doctor or other health professional about getting appropriate treatment.**

# Mushroom poisoning

## Also called

- Fungi poisoning

## Summary

- There is no 'home test' that can help you tell the difference between fungi and mushrooms that are safe to eat and those that are poisonous.
- It is recommended that you only eat mushrooms you've bought from the supermarket, greengrocer or another reputable source.
- The yellow staining mushroom (*Agaricus xanthodermus*) is the most commonly eaten poisonous mushroom in Victoria.
- Symptoms include gastrointestinal upsets such as abdominal pain, nausea, vomiting and diarrhoea.
- The death cap (*Amanita phalloides*) is potentially fatal if ingested.
- If you suspect you or your child may have eaten a poisonous mushroom, don't wait for symptoms to occur. Contact the Victorian Poisons Information Centre for advice (Tel 13 11 26).
- **If the person who has eaten the mushroom has collapsed, stopped breathing, is having a fit or is suffering an anaphylactic reaction, immediately ring triple zero (000) for an ambulance.**



## Treatment for mushroom poisoning

If you suspect you or your child may have eaten a poisonous mushroom do not wait for symptoms to occur, contact the [Victorian Poisons Information Centre \(VPIC\)](#) (Tel [13 11 26](#)).

The VPIC staff member will take a brief history from you and give you the appropriate advice. It may be necessary for you to seek treatment through your doctor or the emergency department of your nearest hospital.

It helps to have a sample of the mushroom. VPIC staff may ask you to send them a photo of the wild mushroom to help in the species identification and risk assessment.

**If the person has collapsed, stopped breathing, is having a fit or is suffering an anaphylactic reaction, immediately ring triple zero (000) for an ambulance.**

**Do not ring the Victorian Poisons Information Centre in an emergency.**

## Effects of poisonous mushrooms

The three main effects of poisonous mushrooms are:

- **hallucinations** – some mushroom species contain toxins that cause hallucinations. These psychotropic types are commonly referred to as ‘magic mushrooms’. One of the better known species is the golden top (*Psilocybe subaeruginosa*). Apart from hallucinations, other effects include confusion, muscle weakness, agitation, rapid heart rate and headache. The golden top looks very similar to some varieties of Galerina mushroom, which are potentially deadly
- **gastrointestinal illness** – many poisonous mushrooms cause gastrointestinal illness, such as nausea, vomiting, stomach cramps and diarrhoea
- **liver failure and death** – about nine out of 10 fungi-related deaths are attributable to the death cap mushroom (*Amanita phalloides*). Symptoms occur six to 24 hours after eating and include nausea, stomach cramps, vomiting and diarrhoea. The toxin can fatally harm the liver and kidneys, and death can occur within 48 hours. Other mushrooms that have a similar effect to the death cap include some species of Galerina, Lepiota and Conocybe.

## A few Winter (or anytime) pastime suggestions

Winter can be a time when we can tend to “hole up” from the cold weather, this might create what’s called “Seasonal Affective Disorder” SAD

- Podcasts – so much to choose from...



- Learn chess or bridge
- Painting / Basket Weaving (yes basket weaving!) Knitting / Crochet / Creative writing or Poetry writing classes... check out : CAE or “ We Teach Me” for class options



- Ever thought of dance lessons, ballroom, hip hop, ballet for beginners?
- Find out about your family tree, try Googling Grandma or Grandpa’s name – you might be



surprised what you find, then go from there if it looks intriguing.



- Volunteer –there is so much need and so many options, maybe one to suit you.
- Plan some time away, even country Victoria has a lot to offer in the winter, or if you are



feeling really adventurous try Tassie.

- ~~Live concerts and performances~~ Stonnington Council run a number of concerts and events



throughout the year – check out their website

- MTC, Ballet, MSO etc performances and memberships provide wonderfully uplifting and inspiring entertainment opportunities(get an Uber if driving or parking is an issue)



- University of the Third Age, give that grey matter a run for its money
- Cooking up a storm for family, friends or neighbours

## Winter Warming Recipe...

### Vegetable stir-fry with chilli



### Ingredients

- **Preparation time:**10 minutes
- **Cooking time:**15 minutes
- **Serves:**4
  - 1 tablespoon canola or olive oil 1 onion, sliced, 2 carrots, sliced
  - 2 capsicums, seeds removed and sliced
  - 125 g red cabbage, finely sliced
  - 125 g snow peas, ends trimmed
  - 200 g broccoli
  - 1 tablespoon sweet chilli sauce
  - 1 teaspoon sesame oil
  - 1 cup roasted cashews
- Add all ingredients

Add to shopping list

### Cooking method:

1. Heat oil in wok or non-stick frypan and stir-fry onion and carrot over high heat for 2 to 3 minutes.
2. Add capsicum, cabbage, broccoli and snow peas. Stir-fry until just tender.
3. Stir in sweet chilli sauce and sprinkle with sesame oil.
4. Scatter with cashews and serve with steamed rice or cooked noodles.