

WAMBERAL SURGERY

SPRING and SUMMER 2017

SPRING IS IN THE AIR



I think most of us agree... Spring is one of the best times of the year. Finally, we can put winter behind us and look forward to the beautiful weather that spring brings. Spring is also a great time to concentrate on having your annual health check and making sure everything is in good shape before the holiday season and hot weather arrives.

Allergies

Allergies are very common and increasing in Australia and New Zealand, affecting around 1 in 5 people at some time in their lives. There are many different causes of allergy and symptoms vary from mild to potentially life threatening. Allergy is also one of the major factors associated with the cause and persistence of asthma. Effective prevention and treatment options are available for most allergies.

Allergy occurs when a person's **immune system** reacts to substances in the environment that are harmless for most people. These substances are known as **allergens** and are found in dust mites, pets, pollen, insects, ticks, moulds, foods and some medicines.

Atopy is the genetic (inherited) tendency to develop allergic diseases. People with atopy are said to be atopic.

When atopic people are exposed to allergens they can develop an immune reaction that leads to **allergic inflammation** (redness and swelling).

This can then cause symptoms in the:

- nose (runny/itchy) and/or eyes - **hay fever (allergic rhinitis/conjunctivitis)**
- skin - **eczema, hives (urticaria)**
- lungs - **asthma**

A substance that is an allergen for one person may not be for another - everyone reacts differently. The likelihood (or risk) of developing allergies is increased if other family members suffer from allergy or asthma

What happens when you have an allergic reaction?

When a person who is allergic to a particular allergen comes into contact with it, an allergic reaction occurs. This begins when the allergen (for example, pollen) enters the body, triggering an antibody response. The antibodies attach themselves to special cells, called mast cells. When the pollen comes into contact with the antibodies, the mast cells respond by releasing certain substances, **one of which is called histamine**. When the release of histamine is due to an allergen, the resulting swelling and inflammation is extremely irritating and uncomfortable.

The most common causes of allergic reactions in Australia are:

- dust mites
- pollen (grass, weed or tree)
- foods such as peanuts, cow's milk, soy, seafood and eggs
- cats and other furry or hairy animals such as dogs, horses, rabbits and guinea pigs
- insect stings and tick bites
- moulds
- medicines



Similar reactions can occur to some chemicals and food additives, however if they do not involve the immune system, they are known as "adverse reactions" rather than "allergy".



DO YOU NEED TO GET YOUR EYE SIGHT TESTED?

A J K W T V S O M

Does that say Wamberal? If your answer is YES you need to see us asap!

Organ Donation Saves Lives

In 2016 alone, families of 503 donors in Australia agreed to the donation of organs after the death of a loved one.. As a result, 1,678 people received an organ or tissue transplant. This subject is something few of us think about, but given that at any time around 2,200 people across Australia are waiting for a transplant to save or improve their lives, it is such a worthwhile consideration. If you want to be an organ donor, it is important to discuss it in advance and make your wishes known to your family. It is an emotional time and having our wishes known in advance helps make the wishes of the deceased be carried out.



“And that’s when you told her knitting is for old women?”

Doctors on Holidays over Spring?

Dr Sturmberg 27/10/17—23/11/17
Dr Scarman 1/11/17—4/11/17

Dr Cook 31/10/17—5/11/17
Dr Barkey 14/11/17—28/11/17

During school holidays or when our doctors take a well earned break, it can sometimes be difficult to get a non urgent appointment on the day or time that you would prefer. We do try to make sure all clinically urgent appointments are seen as soon as possible. If your appointment is non urgent for a routine check, please try to make these appointments in advance and out of school holiday times if possible.

Thank you

Also, if you have made an appointment and no longer require it, please phone us to cancel as early as possible so that we can re book this time for those that need it. Five minutes before your appointment is a wasted appointment that someone else could have had.

All these things help us to manage the appointments better to accommodate your needs.

Beetroot & walnut salad



Ingredients

- 2 x bunches baby beetroot, trimmed
- 140g (2/3cups) caster sugar
- Olive Oil to grease
- 55g (1/2 cup) walnut halves
- 1/2 tsp salt flakes
- 2 x bunches rocket leaves
- 80g goats cheese, crumbled
- 60ml (1/4 cup) extra virgin olive oil
- 1 tablespoon red wine vinegar

1. Pre heat oven to 200 degrees celcius.
2. Bake beetroot for apprx 45 mins until tender. Halve & cool.
3. Line a baking tray with baking paper. Place wire rack brushed with oil over the tray. Place sugar in a non stick frying pan over medium heat. Cook without stirring tilting pan occasionally for approx 4 mins or until sugar melts. Stir in walnuts to coat. Pour onto rack and separate walnuts. Sprinkle with salt. Set aside for 30 mins to set.
4. Combine the rocket and beetroot in a bowl. Top with crumbled goats cheese and walnuts. Combine oil & vinegar and drizzle over the salad. Serve

AFTER HOURS SURGERY

Just a reminder that the surgery is open until 8pm weeknights—Monday—Thursday and Saturday mornings. These appointments are in high demand, so bookings are essential. If your problem is urgent, please call the surgery 4384 2255 and we will do our best to fit you in.

Laughter is the best medicine but if you laugh for no reason,

You need medicine.

