

Euroa Medical would like to welcome our newest Doctor to the clinic Dr Mohd Shahril Awang, better known as Dr Shah. Dr Shah is currently a practicing at Wyndham House Clinic in Shepparton but will be consulting here at Euroa Medical every Friday through October as part of a job share program. Dr Shah received his medical degree from Monash University in Melbourne, he speaks Malay and Indonesian and has special interests in Men's Health, Paediatrics, Dermatology and Skin Cancer. Please help us give a warm welcome to Dr Shah.

Euroa Medical would also like to welcome to the practice our newest visiting specialist Dr Justin Hunt. Dr Hunt is an Orthopaedic Surgeon from Melbourne who will be consulting from our rooms here at Euroa Medical on various occasions throughout the year. Please speak with reception for more information on exact dates as well as with your Doctor regarding a referral.

In addition to Dr Hunt and Dr Shah, some exciting new services have begun here at Euroa Medical as we have officially launched our new online appointment booking system. You will now be able to make appointments with our GP Doctors through our website at www.emfp.com.au this is a great new feature as patients will now be able to view at a glance what doctors are available for appointments and at what times, then book directly through the website.

Another new feature Euroa Medical is excited to announce, is our text message reminders service. As many of you may have already noticed Euroa Medical is now sending text message reminders for all your GP Doctor's appointments as well as appointments for Brent our Physiotherapist, Daniel and Danni our Dieticians, Mark our Optometrist, and appointments with Lakeside Podiatry. So if you have a mobile phone and aren't receiving this new text messaging service please check with reception that we have your current details.

In other news, Community Education sessions will again be continuing through July and August thanks to the support of all those who have been attending. Please see page 2 of the Newsletter for more information on who will be speaking in the coming months.

X-Ray appointment days and times at Euroa Hospital have now changed. The new hours will now be Monday mornings and Thursday afternoon.

All appointments for Dr Simon Permezel, our Ophthalmologist are made through his rooms in Shepparton by ringing 5831 3777. Appointments for Dr Anthony Guiney, ENT are made through his rooms in Melbourne by ringing 9375 2099. And Dr Justin Hunt, Orthopaedic Surgeon are made through his rooms in Melbourne by ringing 9421 6199.

Also we would again like to remind patients that Dr Allen Aylett is now taking part in the free kid's dental scheme. To see if your child is eligible ring Medicare at 132 150 or visit www.humanservices.gov.au/hpos Dental services are available in Euroa Mondays and Tuesdays 8:30am – 5pm and Wednesdays 8:30 – 12pm. All dental appointments can be made through reception at Euroa Medical.

One last reminder, don't forget, flu season is still upon us. So if you haven't already received you flu vaccine, please speak with your Doctor or one of our Practice Nurse about getting one. Patients can also speak with reception about booking an appointment.

		4		3		2		9	
Practitioner	1								6
Dr MB			8	6		3	5		
Dr RC	3								4
(Local)			6	7		9	2		
Dr MB	9								2
Dr MB		8		9		1		6	
Dr MB		1		4	3	6		5	

Dr MBBS

Dr P MBBS

Dr M MBBS

Practice Business Nicola King

Office Julie M

Practice Mare

Pam Walker, Jan Sheargold & Brean

Nurses

Margaret Kerlin Vanessa

William Wync

Reception Kate

Wool Jasm

Stay Healthy with Hand Washing!

This time of year it's not uncommon to hear talk of flu shots and spreading illnesses. One thing everyone can do to avoid the latter of the two is regularly washing hands. Hand washing is easy, inexpensive and one of the most important methods of prevention to keep germs and illnesses from spreading. Hand washing benefits you, your family, your co-workers, and everyone else you come in contact with throughout the day. By regularly washing your hands, you can help prevent the flu, the common cold, strep throat, intestinal disorders, and other illnesses.

Health Benefits of Humour and Laughter

Humour is infectious. The sound of roaring laughter is far more contagious than any cough, and when shared, it binds people together and increases happiness and intimacy. Laughter also triggers the release of endorphins, which are the body's natural painkillers. Humour and laughter strengthen your immune system, boost your energy, diminish the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving you relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases infection-fighting antibodies, thus improving your resistance to disease.

Stroke Awareness
28th August

Medication

Due to a job change, I am moving to a new home town. I am very comfortable with the change and will be along all the time for help. After a long history, I am moments away from saying for once you do on.

This is

July 10, 2010
office, been president

August 1, 2010
existence the border with bar West.

What Can Cause Problems?

The dental plaque on your teeth is mostly made up of bacteria, which feed on sugar from food and drink, producing acids. The acids then erode the teeth by dissolving the minerals on the tooth surface.

Most people think that sweets and lollies are the main foods to blame for tooth decay but bacteria not only use sugar to create acid but can also use any food that contains sugars and other carbohydrates. This includes fruits, peas, potato chips, crackers, potato chips, dried fruit, snack bars, muesli bars and popcorn to name a few. Especially harmful are peanut butter that stick to teeth where they provide a constant source of energy for bacteria. Acidic drinks include (including 'diet' drinks and carbonated mineral water), all cordials and fruit juices.

It's not practical to cut out these foods completely but it's good to know the basic facts about tooth-friendly eating to control any potential damage they might do.

How to Avoid Diet-Related Mouth Problems

Brush regularly

Most dental problems can be avoided by brushing twice a day with fluoride toothpaste to remove any plaque that's built up. Make sure you brush an hour after eating as the acid in food and drink temporarily softens your tooth enamel and can harm it.

The role of saliva

Saliva provides a strong protective film to the teeth and helps to wash away and neutralise the damaging acids from the mouth of debris. Recent research shows that cheese is one of the healthiest snacks for your teeth as it stimulates saliva production. Chewing sugar free gum after you've eaten will also do this.

Only eat 'safe' snacks and drinks between meals

If you want to snack between meals try to avoid sugary or acidic foods and drinks. If you can't avoid them, try and drink them through a straw to minimise the exposure to your teeth. Instead choose 'safe' snacks like fruits, vegetables, toast, nuts and cheese and wash it down with 'safe' drinks like milk and water (preferably fluoridated tap water).

Chew sugar-free gum

If it's not possible to brush your teeth an hour after eating, chew sugar-free gum to stimulate saliva which will help neutralise acids and keep your mouth free of food debris.

Regular Dental Checks

All of the above works best when combined with regular visits to your dentist. 6 monthly examinations will help to ensure that your oral and dental health are at their best, and long term it does save you lots of dollars.



3 stalks celery, chopped
chopped parsley, to garnish

Cooking method

Place quartered chicken in a large pot. Cover with water and simmer for 15 minutes.

Add vegetables, salt and pepper and cook slowly for 30 minutes. (You can also pressure cook for 30 minutes.)

Strain through colander. Cool. Chill in refrigerator.

Serve reheated with matzoh balls, noodles or rice.

Garnish with chopped parsley.

Weight (g) 190.38g, Energy (kJ) 662.36kJ, Protein (g) 22.28g, Total fat (g) 5.58g, Saturated fat (g) 1.70g, Polyunsaturated fat (g) 2.20g, Monounsaturated fat (g) 2.20g, Cholesterol (mg) 66.00mg, Carbohydrate-available (g) 3.92g, Carbohydrate-fibre (g) 1.96g, Vitamin C (mg) 6.64mg, Total folate (ug) 23.85ug, Total vitamin A equivalents (ug) 537.05ug, Total iron (mg) 467.58mg, Calcium (mg) 35.78mg, Iron (mg) 0.89mg, Zinc (mg) 0.99mg

Do you have IBS?

Dolor

I'm sure we have all met someone with a diagnosed or even self-diagnosed case of Irritable Bowel Syndrome (IBS). This condition can be extremely debilitating and may require a very good working knowledge of public toilets!

The good news is that recent research has shown that FODMAPs may contribute to IBS symptoms, and removal of these can alleviate symptoms such as wind, bloating, pain and alternating bowel habits.

FODMAPS stands for:

Fermentable - Gobbled up by bacteria in the bowel, producing gas

Oligosaccharides - Medium chain sugars such as fructans (wheat, rye, onion family) or galacto-oligosaccharides (legumes)

Disaccharides - Lactose

Monosaccharides - 'Excess' fructose fruits and products

Polyols - ie sorbitol and mannitol - naturally occurring in some fruit/ veg, may also be artificial sweeteners.

PLEASE NOTE: It is most important to ensure nutritional adequacy when following a low FODMAP diet and thus patients should see a dietician to ensure they are not ruling out any food unnecessarily. Your dietician can help find which of the FODMAPs are likely to be causing the problems and work with you to help manage this dreaded condition.

Medical Students

Euroa Medical is committed to the training of GP medical students. They may be sitting in with the doctors, nurses and occasionally they may consult with you under your doctor's supervision. The GP will also see the patient to complete the consultation. You will always

