

saundersstreetclinic

37 Jackson Street, Wynyard, TASMANIA.

Phone 6442 1700

Newsletter October 2023

Opening hours

| | |
|-----------------------------------|--------------------------|
| Monday - Thursday | 9am-1230 pm, 2pm-5 pm |
| Friday | 9am-1230 pm, 2.30pm-5 pm |
| Saturday, Sunday, Public Holidays | closed |

Doctors:

| | | | |
|------------------|-----------------------------|------------------|-------------------------------|
| Jim Berryman | MBChB, FRACGP, FARGP | Bradley Williams | MBBS, FRACGP |
| Allison Johnson | MBBS, FRACGP | Michaele Rawson | MBBS, |
| Sarvin Randhawa | BPharm, MBBS, FRACGP | Stephanie Hey | MBBS, FRACGP, CertAviationMed |
| Jess Andrewartha | MBBS, FRACGP, DCH | Heung Soo Kim | MBBS, FRACGP |
| Tim Andrewartha | MBBS, FRACGP-RG, Dip Palmed | Noora Albakkaa | MBChB |

Nurses:

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|-----------------|-----------------------------|
| Fiona Munday RN | Belinda Townsend BNurs, RN. |
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After hours arrangements

Please phone the surgery number, you will be given the number for Health Direct which is a phone triage service providing advice by the Federal Government. This service will contact the doctor on call at Saunders Street if necessary, following assessment by a registered nurse and in some cases by a doctor. If your concern is about **a medical emergency** call the ambulance service on **000**-there is no charge for ambulance callouts in Tasmania.

If the matter is urgent but not an emergency call **Health Direct 1800 022 222**. A registered nurse using triage protocols will take your call. If necessary, the call will be transferred to a GP at GP Assist in Hobart and if that GP thinks a call out or house call is warranted a GP from this clinic will be contacted.

Every day two women under 40 are diagnosed with breast cancer

Of the 15,600 women expected to be diagnosed with breast cancer in 2015, an estimated 795 women will be diagnosed between the ages of 20 and 39. This accounts for 5% of all breast cancers diagnosed.

Although the number of young women diagnosed with breast cancer has increased over time, the incidence rate has remained fairly stable over the past three decades.

Breast cancer is the most commonly diagnosed cancer for women aged 20-39 years. Breast cancers in young women tend to have different characteristics and poorer survival outcomes compared with older women.

Young women face unique medical and psychosocial challenges, including premature menopause, fertility and sexuality issues and role functions that may be threatened, including partnering, caring for young children, education and career issues. Concern about these issues may contribute to younger women experiencing higher levels of psychosocial distress following diagnosis, compared with older women.

<http://canceraustralia.gov.au/affected-cancer/cancer-types/breast-cancer/awareness/breast-changes>

Screening

Mammographic screening every two years is recommended for women aged 50-74 years, though it is available to women from 40 years of age. Younger women in high risk groups may be screened by Magnetic Resonance Imaging (MRI).

Symptoms and diagnosis

Symptoms include:

- new lumps or thickening in the breast or under the arm
- nipple sores
- nipple discharge or turning in
- skin of the breast dimpling
- rash or red swollen breasts.

Pain is rare.

Diagnosis is usually by imaging eg. mammogram, then biopsy by needling or removing the lump.

What's so wrong with processed meats?

Kathy Chapman, chair of nutrition and physical activity committee for Cancer Council Australia, said the WHO analysis is consistent with recent Cancer Council Australia research that found each year [thousands of bowel cancer cases in Australia are related to excess red and processed meat consumption](#).

However, she said we need to keep the risk posed by meat consumption in context.

"While Cancer Council's recent research found that red and processed meat accounted for around 2,600 cancer cases each year, 11,500 cancer cases each year are caused by tobacco, 3,900 cancer cases are attributable to obesity and overweight and 3,200 are attributable to alcohol," she said.

"An overall healthy lifestyle, including diet, is important to reduce your cancer risk."

SCABIES

Scabies is a very itchy rash caused by a parasitic mite that burrows in the skin surface. The human scabies mite's scientific name is *Sarcoptes scabiei var. hominis*. Scabies is not due to poor hygiene. Nor is it due to animal mites, which do not infest humans. This can be treated by a cream applied from head to toe and available from pharmacies on prescription which contains permethrin.

