

Reduce the risk of injury

New findings from The Royal Children's Hospital National Child Health Poll show that many Australian children are not travelling in the safest restraint or position of the car.

Two thirds of children (63%) aged seven to 10 years travel in an adult seatbelt without a booster seat, even though the majority of these children are below the recommended height to safely use an adult seatbelt.

Extending booster seat use by older children until they reach a height of at least 145 cm may be a way of reducing child death and disability from road traffic crashes. Adult seatbelts are designed to safely restrain a person of at least 145 cm in height. Booster seats protect those children who are less than 145 cm tall, by lifting them up so that the seatbelt fits better across their shoulder, chest and hips.

Almost half of children (47%) aged between seven and 12 years have travelled in the front seat of the car. This doubles their risk of being injured in a crash. Children between six months and two years of age are being put at risk too, with more than half (53%) of polled parents turning their children to travel forward-facing earlier than recommended.



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Find out more ▶

<http://www.rchpoll.org.au/polls/car-seat-safety-are-australian-children-safe/>



Home Medication Reviews

A Home Medicines Review is a free health service funded by the Commonwealth Government.

A Home Medicines Review involves a pharmacist visiting you at home and reviewing all your medicines. The pharmacist then works together with your doctor to develop a plan to manage and record the medicines you take.

By working together with you, your doctor and pharmacist can identify any medication problems and make sure your medicines are:



- * The best treatment option for you;
- * Suitable and safe to take together and
- * are taken correctly.

Would you or someone you care for benefit from a Home Medicines Review?

- ▶ Recent discharge from hospital?
- ▶ Administering several medicines? (Including supermarket or herbal medicines)
- ▶ Recent changes to your medicines?
- ▶ Medicines need monitoring? (E.g. Blood thinning medicines)
- ▶ Your medicines make you feel unwell?
- ▶ Use of devices to assist with medication management such as monitoring blood glucose or using an inhaler ?
- ▶ Attend more than one doctor including general practitioners and specialists?
- ▶ Sometimes unsure about which medicines you should be taking?
- ▶ Like to be more confident about understanding your medicines?

Diabetes

Diabetes is the epidemic of the 21st century and the biggest challenge confronting Australia's health system. Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).

Diabetes is a serious complex condition which can affect the entire body. When someone has diabetes, their body can't maintain healthy levels of glucose in the blood. Understanding diabetes and its seriousness is important.

- If you are living with diabetes, you need to learn how to manage your diabetes
- If you have a family member or friend with diabetes, you can learn how to support them
- If you are a teacher or employer, you have a duty of care to provide a safe environment
- Importantly, if you are at risk of developing type 2 diabetes, you can take steps to prevent or slow down diabetes
- 280 Australians develop diabetes every day. That's one person every five minutes
- It is the fastest growing chronic condition in Australia
- More than 100,000 Australians have developed diabetes in the past year
- For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day

While there is no single cause of type 2 diabetes, there are well-established risk factors. Some risk factors can be controlled and others you are born with. An estimated 2 million Australians are at high risk of developing type 2 diabetes and there are also large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies. Diabetes Australia has developed a Risk Calculator based on the Australian type 2 diabetes risk test (AUSDRISK). It is a simple and easy way to assess your risk of developing type 2 diabetes. Ask your doctor or our practice nurse today.

Please Keep Your Details Up To Date

You would be amazed at the number of times we have to contact a patient's emergency contact and/or their next of kin, only to find out that this very important person, who may be needed in an emergency, no longer has that phone number. It is vitally important that we have accurate and current contact details for all our patients, so that we can find you to tell you about an unusual test result or other important communication. Please let the reception staff know if you change ANY of your details – your mobile number, email, address or work telephone. Our Medicare Australia Online Service regularly asks us to confirm your address and Medicare Card details, and we appreciate your assistance there, but we really rely on you to advise us of any changes in your contact details.

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

1. **Your age group**

| | | |
|------------------|--------------------------|----------|
| Under 35 years | <input type="checkbox"/> | 0 points |
| 35 – 44 years | <input type="checkbox"/> | 2 points |
| 45 – 54 years | <input type="checkbox"/> | 4 points |
| 55 – 64 years | <input type="checkbox"/> | 6 points |
| 65 years or over | <input type="checkbox"/> | 8 points |
2. **Your gender**

| | | |
|--------|--------------------------|----------|
| Female | <input type="checkbox"/> | 0 points |
| Male | <input type="checkbox"/> | 3 points |
3. **Your ethnicity/country of birth:**
 - 3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

| | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |
 - 3b. Where were you born?

| | | |
|---|--------------------------|----------|
| Australia | <input type="checkbox"/> | 0 points |
| Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe | <input type="checkbox"/> | 2 points |
| Other | <input type="checkbox"/> | 0 points |
4. **Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?**

| | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 3 points |
5. **Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?**

| | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 6 points |
6. **Are you currently taking medication for high blood pressure?**

| | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |
7. **Do you currently smoke cigarettes or any other tobacco products on a daily basis?**

| | | |
|-----|--------------------------|----------|
| No | <input type="checkbox"/> | 0 points |
| Yes | <input type="checkbox"/> | 2 points |
8. **How often do you eat vegetables or fruit?**

| | | |
|---------------|--------------------------|----------|
| Every day | <input type="checkbox"/> | 0 points |
| Not every day | <input type="checkbox"/> | 1 point |
9. **On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?**

| | | |
|-----|--------------------------|----------|
| Yes | <input type="checkbox"/> | 0 points |
| No | <input type="checkbox"/> | 2 points |
10. **Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)**
 Waist measurement (cm)
For those of Asian or Aboriginal or Torres Strait Islander descent:

| Men | Women | |
|------------------|-----------------|-----------------------------------|
| Less than 90 cm | Less than 80 cm | <input type="checkbox"/> 0 points |
| 90 – 100 cm | 80 – 90 cm | <input type="checkbox"/> 4 points |
| More than 100 cm | More than 90 cm | <input type="checkbox"/> 7 points |

For all others:

| Men | Women | |
|------------------|------------------|-----------------------------------|
| Less than 102 cm | Less than 88 cm | <input type="checkbox"/> 0 points |
| 102 – 110 cm | 88 – 100 cm | <input type="checkbox"/> 4 points |
| More than 110 cm | More than 100 cm | <input type="checkbox"/> 7 points |

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- 5 or less: Low risk**
Approximately one person in every 100 will develop diabetes.
- 6-11: Intermediate risk**
For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk**
For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

PLEASE
tell us!!!!

Diabetes

If you are living with diabetes, good management has been shown slow the impacts and consequences of this serious chronic health condition. Diabetes Australia and the RACGP have developed a set of guidelines for the management of Diabetes. The annual cycle of care aims to improve detection and prevent disease progression, complications and co-morbidities in patients with Diabetes within a framework of best practice guidelines. The risks associated with diabetes are reduced when blood glucose levels, blood pressure and blood fats are kept as close to normal as possible. Good management also includes feet, urine and eye checks.

This review is conducted by your doctor and the practice nurse and ensures that your;

- **Blood Pressure has been checked at least every 6 months** (high blood pressure can increase the risk of heart disease, stroke and kidney disease).
- **Height/weight/waist measurements have been checked at least every six months**
- **Feet have been examined at least every six months** (people with diabetes can develop a number of problems such as changes to the skin, calluses, foot ulcers and nerve damage)
- **Glycaemic control (HbA1c) testing is done every six months** (this blood test shows an average of your blood glucose level. High blood glucose levels can contribute to the development of long term complications of diabetes)
- **Blood lipids are done annually** (this blood test looks at fats in the blood like cholesterol and triglycerides)
- **Microalbuminuria is checked annually** (over time, people with diabetes face increased risk of damage to their kidneys which can be detected through this simple urine test)
- **Eyes have been examined at least every two years** (diabetes can cause eye problems and may lead to blindness. Complications include cataracts, glaucoma and retinopathy)
- **Smoking status is reviewed annually**
- **Healthy eating plans reviewed annually**

Please let us know if you if you can't keep your appointment

This time of year when there is lots of cold and flu, waiting rooms across the Gold Coast are full.

There are many times where we have been unable to accommodate unwell patients in a timely manner because our appointments were all taken.... Only to find that some booked patients didn't keep their appointments.

So if you are unable to keep your appointment for what ever reason, we would be very grateful if you could please let us know so we can advise any waitlisted patients



National Diabetes Week

National Diabetes Week 14 July - 20 July 2019



Jeans for Genes®

Jeans for Genes Day 2019-Friday 2 August



www.donatelife.gov.au



Give thanks. Give life.



Friday 23rd August 2019



Adult immunisation

Vaccination for adults is just as important as it is for children. The information provided on this page is a general guide to immunisations for adults aged 20 to 64 years old and there are more immunisations to discuss with your doctor once you're over 65. The kind of vaccines you need will depend on several factors, including:

- whether you missed out on childhood vaccines
- if you are Aboriginal and/or Torres Strait Islander
- your job
- how old you are
- whether you plan on travelling.
- Speak to your doctor or vaccination provider about your or your family's specific needs.

Some recommended vaccines are funded through the Qld Government while other vaccines can be purchased privately with a prescription.

Catch-up vaccines

The vaccines listed below are part of the routine childhood schedule and generally adults won't need boosters. However, you should speak to your doctor or vaccination provider if the following vaccines were unavailable during your childhood, or you're not sure whether or not you received them.

Polio Measles, Mumps, Rubella Chickenpox (varicella) Hepatitis B

Additional vaccines

The Australian Government recommends the following vaccines for adults over a certain age.

Shingles (herpes zoster)

The Australian Technical Advisory Group on Immunisation recommends the shingles vaccine for all adults aged 60 years or more, if you have not been vaccinated against varicella or shingles before. The vaccine is free for people aged over 70

Vaccination for adults is just as important as it is for children.



Tetanus

Tetanus is a serious disease that causes severe muscle spasms, especially in the neck and jaw (called lockjaw). It can sometimes cause death. Immunisation is recommended every 5-10 years.

A dose of a tetanus-containing vaccine is recommended for adults who are:

- aged 50 years old or more who have not received a vaccine that has tetanus in the past 10 years (but have previously completed a primary course of three tetanus doses)
- with tetanus-prone wounds (any wound that is not a clean, minor cut) if your previous dose was more than five years ago.

Whooping Cough

Whooping cough (pertussis) is serious disease that can lead to pneumonia, brain injury and sometimes death. It can affect people at any age, but is especially serious for babies.

- A single dose of whooping cough (pertussis) vaccine is recommended for adults who are in close contact with infants if it has been more than 10 years since the previous dose.



Flu (influenza)

The flu (also called influenza) is a very contagious infection of the airways.

The Australian Technical Advisory Group on Immunisation recommends the flu vaccination for **everyone aged six months or more**.

Medically at-risk

The flu vaccination is recommended for people with certain underlying medical conditions that increase their risk of serious influenza disease and complications. People with these risks receive funded vaccine

Annual flu immunisation is free through the NIP for people aged six months old or over with medical conditions that makes them more likely to get severe influenza. These conditions include:

- heart disease
- chronic lung disease (including people with severe asthma who require frequent hospital visits)
- chronic neurological conditions
- impaired immunity
- blood disorders caused by genetic changes (haemoglobinopathies)
- diabetes
- kidney disease.

Speak to your doctor if you are unsure if you have a medical condition that might increase your risk of serious influenza disease and complications.

People with specific medical conditions may require additional vaccines. Your doctor will advise if you need any additional vaccines.