**saundersstreetclinic**

**37 Jackson Street, Wynyard, TASMANIA. Phone 6442 1700**

**Newsletter Sep 2018**

**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, Chris Hughes, Yas Sanli, Ali Johnson, Sarvin Randhawa, Lou Sykes.

Nurses: Fi Munday, Belinda Townsend, Stacey Shanahan.

**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 call-outs 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.

**Disease and ulcerative colitis**

Crohn's disease and colitis (also known as 'ulcerative colitis') are both types of inflammatory bowel disease. They are long-term conditions that cause patches of inflammation (painful swelling and redness) and ulceration to develop in the digestive tract.

They can develop at any age, but often develop in young people aged 15 to 30 years.

Common symptoms include [diarrhoea](https://www.healthdirect.gov.au/diarrhoea), [abdominal pain](https://www.healthdirect.gov.au/abdominal-pain) and cramping, tiredness, reduced appetite and weight loss. Symptoms tend to come and go over time.

Other symptoms may include:

* blood in your poo
* arthritis
* skin and eye problems
* liver disease
* mouth ulcers

Inflammation is a normal defense mechanism used by the immune system to fight off invaders, such as bacteria or viruses. Usually, inflammation is switched off once the invaders are destroyed. In Crohn's disease and colitis a problem with the immune system causes inflammation to continue, damaging the walls of the digestive tract.

There is no single test that can be used to diagnose Crohn's disease or colitis, so a combination of tests is usually required. This often includes a colonoscopy, where a thin flexible tube that contains a tiny camera is used to look inside the bowel. Small samples of the bowel lining may also be taken for testing.

The main difference between the two diseases is the extent of inflammation they cause:

**Colitis** only affects the large bowel (colon and/or rectum), and inflammation is only in the surface layers of the bowel lining. Colitis is also sometimes called 'ulcerative colitis' because it causes ulcers (tiny sores) to form in the lining of the bowel.

**Crohn's disease** can affect any part of the digestive tract from mouth to anus (back passage) but usually affects the last section of the small bowel (the ileum) and/or the colon. Inflammation can extend into the entire thickness of the bowel wall.

While Crohn's disease and colitis cannot be cured, their symptoms can usually be managed using medications that control inflammation. Sometimes surgery can also help.

Sources:

[Gut Foundation](http://www.gutfoundation.com.au/) *(Inflammatory Bowel Disease)*, [Crohn's and Colitis Australia](https://www.crohnsandcolitis.com.au/) *(About Crohn's and colitis)*, [Gastroenterological Society of Australia](http://cart.gesa.org.au/membes/files/Clinical%20Guidelines%20and%20Updates/2017_IBD_guidelines_DRAFT_for_consultation_20102017.pdf) *(Inflammatory Bowel Disease)*, [Mayo Clinic](https://www.mayoclinic.org/)*(Inflammatory bowel disease)*

**Health direct-government after hours health advice website**

https://www.healthdirect.gov.au/

