**saundersstreetclinic**

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

**Newsletter Oct-Nov 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. Drs Jess Andrewarthur and Tim Andrewarthur return in 2019.

Nurses: Fiona Munday, Belinda Townsend.

**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.

**Tension headache**

What is a tension headache?

A tension headache is a headache that feels like pressure or tension in and around the head. It is the most common type of headache. Two out of three people will have at least one tension headache in their lifetime. Some people have tension headaches only once or twice a year, while others may have frequent or even daily headaches. Despite the discomfort, most people can continue with their usual activities.

What causes a tension headache?

There are many reasons why people get tension headaches. They can be triggered by one or more of the following:

• tension and stress

• tiredness

• long periods of reading, typing or concentration (eye strain)

• poor posture

• spine and neck injuries

• physical or emotional stress.

What are the symptoms?

A tension headache may feel like a tight band around the head, a dull ache on both sides of the head or a heavy weight on top of the head. There may also be aching and tightness in the neck and shoulders. Tension headaches may become worse as the day goes on.

Treatment

You will be assessed by a doctor or nurse and advised of the best treatment. Tests are not normally needed. You may find that pain relief can reduce the severity of a tension headache, but the headache may not go away completely. Pain relief is safe when used as directed – ask your doctor or health care professional what is best for you. Analgesics such as paracetamol, paracetamol and codeine (Panadeine) and ibuprofen may help. In some people, physiotherapy, acupuncture or massage may help. If you suffer from frequent or continued headaches, see your local doctor. They can refer you to other health care professionals, or you may need further tests. A headache may be a warning sign of a more serious problem, but this is rare. Writing your symptoms in a diary can help in working out a treatment plan. Home care When you have the headache, take pain relief and rest. Sometimes having a warm bath or shower, or applying a warm or cold cloth or heat bag over the aching area, can help. You should not solely rely on pain relief medication.

The most effective long-term treatment is to make simple lifestyle changes that reduce the frequency of your headaches. Be guided by your doctor or health care professional, but some helpful tips include:

• learn ways to manage your stress

• find ways to relax, such as yoga, massage or meditation

• have a healthy diet • drink plenty of water

• exercise regularly – you release ‘feel good’ chemicals (endorphins) from your brain when you exercise

• maintain a good posture when you are upright, try not to slouch when sitting as this puts strain on neck and back muscles.

<http://www.health.vic.gov.au/edfactsheets/downloads/tension-headache.pdf>

**Angina and heart attack**

Angina is not a heart attack, but it is an indicator that you are at high risk of having a heart attack.

If you have angina your risk of having a heart attack increases.

Find out more about [heart attacks](https://www.heartfoundation.org.au/your-heart/heart-conditions/heart-attack)and [heart attack warning signs](https://www.heartfoundation.org.au/your-heart/heart-attack-symptoms). from the Heart Foundation of Australia.

## Symptoms

Angina causes pain or discomfort that usually feels tight, gripping or squeezing. It can vary from mild to severe.

People feel angina in many different ways:

* You may feel angina in the centre of your chest.
* It may spread to your back, neck or jaw. It may also spread to one or both shoulders, arms or hands.
* You might feel it in other parts of your body but not in your chest.
* You may not even have pain, but get an unpleasant feeling in your chest, or feel short of breath.

People can have symptoms at different times. Some get them early in the morning, or when resting or even sleeping. Some get angina in cold weather, after a heavy meal or after physical activity.

If you think you may have angina, see your doctor.

<https://www.heartfoundation.org.au/your-heart/heart-conditions/angina>