



YDHS GP Times



Dr Jimmy Wang



Dr Charles Luiz

March clinical issues with Dr Jimmy and Dr Charles

Tremors

Do you or someone you know have shaky limbs? Do you sometimes seemingly lose control of certain muscles?

This month we bring you an insight into what is a relatively common disorder within the community.

Often referred to as 'tremors', this condition is clinically defined as a rhythmic oscillatory movement of a part of the body. This movement may happen at rest, during action or both. It may also be triggered by certain positions and tasks.

Some of the most common causes of tremors are chronic alcohol use, thyroid disease, anxiety, panic attacks, drug use, medication overuse or withdrawal.

Essential tremors, that is those where the nervous system causes voluntary and rhythmic shaking that gradually gets worse over time and with advancing age, are the most common tremors in adults. This is followed by Dystonic (where the muscles contract involuntarily), Orthostatic (a rapid tremor that occurs in the legs when standing), Parkinson's Disease, Cerebellar (caused by damage to the brain) and other, much rarer types of tremors.

If you're experiencing any sort of tremor, you should first consult your local GP.

Before seeing a doctor, take note of which body part or parts are experiencing the tremor and any particular action(s) that may relieve or worsen it. You should also consider the following and discuss these with your GP:

- Any family history of tremors;
- Any recent medication changes;
- Whether your speech and/or balance has been affected by the tremor; and
- Any recent medical events such as a stroke.

Your primary care physician will consider your history, examine you and may direct you to have blood and other tests including thyroid, kidney and liver function tests and/or a CT scan.

Your new newsletter from the YDHS GPs

This is the first edition of a new newsletter that our GPs Dr Jimmy Wang and Dr Charles Luiz will be putting together on a monthly basis.

Each month, Dr Charles and Dr Jimmy will focus on a particular clinical issue or condition and provide some easy to understand information about this.

They'll also be providing some more general news.

The newsletter will be available on our website and social media channels and available in hard copy at the Yarram Medical Centre.

We hope this becomes a valuable and informative resource for the local community.

thank you

Thank you to the medical centre and hospital staff

The Acting CEO Mr Paul Head, the doctors and the entire nursing and medical team at YDHS would like to thank all staff at the Yarram Medical Centre and the hospital for their ongoing care of patients and support. This has been particularly impressive given the challenges presented by the pandemic and the changing geopolitical situation.

Continuing to manage COVID infections

We'd like to extend a special thanks to the Infection Control Team headed by Nurse Andrea Mattern for the terrific work done to keep our community safe from COVID-19.

The team has provided an extraordinarily high level of care to our YDHS staff, acute patients and residents at Crossley House and St Elmo's.

We would also like to thank and acknowledge the hard work of everyone that did COVID swabbing for our community. These individuals often worked in challenging conditions including hot weather and long hours but they always did so with a smile and with positivity.

We also mustn't forget the relentless work done by the COVID-19 immunisation team, who have provided great support and information to the community during the vaccination cycle.

Since the vaccination rollout started, approximately 6,000 COVID vaccines have been administered at YDHS and we'd like to thank each of our vaccinators.

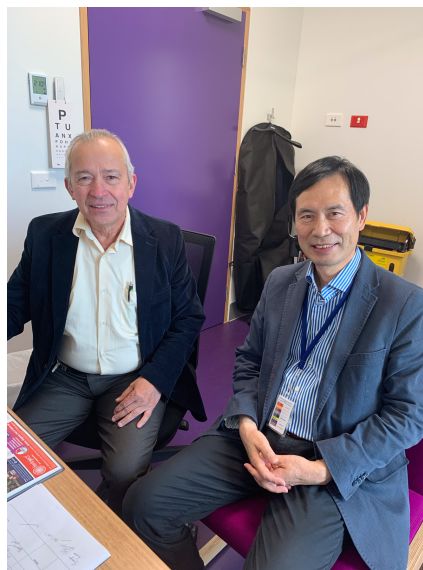
It is because of our swabbing and immunisation teams' efforts that we have not had any deaths from COVID-19 at YDHS or at Crossley House or St Elmo's.

Finally, we'd like to thank the community for coming out in great numbers for immunisations and in doing so, helping to protect each other from COVID-19.

Don't forget about flu season

Flu season is fast approaching. As the weather cools and the colder months loom, so too does the prospect of catching the flu.

Don't forget to book in for you fluvax. In the last two years, we've had much fewer cases of the flu due to social distancing and mask-wearing associated with COVID-19. Give some thought to continuing these behaviours to reduce your likelihood of catching the the flu this winter.



Dr Charles and Dr Jimmy - your local doctors

Dr Charles Luiz and Dr Jimmy Wang have been working at YDHS for a year now with support of Dr Khan and the Royal Flying Doctor Service (RFDS) once a month.

We are continuing our search to bring more doctors in to the clinic to provide high quality healthcare to the Yarram community.