



## What teens should know about alcohol

It is hard for teenagers to get accurate information on alcohol issues. Here are some key things they should know.

### What is an alcohol overdose?

Binge drinking can make you drunk. If you keep drinking you can poison the brain (alcohol overdose). This can cause your breathing or heart to stop. If you become unconscious you can choke on your own vomit.

The worst response to an alcohol overdose is to put your friend to bed to 'sleep it off'. Your friend may be dead in the morning.

### How do you look after a drunk friend?

- Stick with them and never leave them.
- Monitor their condition for deterioration.
- Reassure them & keep them comfortable.
- Keep them hydrated with small amounts of water frequently.
- If in doubt, call for help. Ring 000 and ask for the ambulance.

### Will I get into trouble if I call for help?

You won't get into trouble for calling an ambulance, even if things get better. Police do not attend ambulance callouts for alcohol unless a crime has taken place. In any case, your friend's life may be at stake.

### How can you help someone sober up?

Remedies such as strong coffee, bread, large amounts of water or a cold shower do **not** work and may cause more harm than good. The only thing which helps is time.

### What can you do for a hangover?

There are many remedies for a hangover, but none work! These strategies can help:

- Drink less. Prevention is the best cure!
- Eat a good meal before you go out.
- Have non-alcoholic drinks as well.
- Drink 2 glasses of water before bed.

Source: Teenagers, Alcohol and Drugs by Paul Dillon. [www.allenandunwin.com](http://www.allenandunwin.com).

More info: [www.drinkwise.com.au](http://www.drinkwise.com.au)



## Yuk! Does my child have WORMS?

Most young children will catch 'worms' (threadworms or pinworms) at some time. Although it makes parents cringe, the infection is not serious and is easily cured.

The infection begins when the child swallows the eggs, which hatch into worms and live in the bowel. Females come out of the bottom at night and lay tiny eggs around the opening (anus), causing an itch.

When children scratch their bottom, the eggs stick to the fingers and can be transferred to the mouth and swallowed again, leading to more worms being hatched.

Eggs can be passed to other children by holding hands and sharing toys or spread from contaminated food, clothing and bedding. They are not caught from pets.

An itchy bottom at night is the main sign of

threadworms. If severe, it can cause loss of sleep, irritability and poor appetite. Threadworms don't cause abdominal pain.

Sometimes the worms can be seen on the bottom at night, or in the poo. They look like pieces of white cotton thread, 1 cm long.

### Treatment of threadworms

Medication is safe and effective. Treatments such as albendazole, mebendazole or pyrantel are available over-the-counter. Two doses are usually recommended, 2 weeks apart.

All members of the family should be treated at the same time whether they have symptoms or not. Everyone should wash their hands carefully, especially after the toilet and before eating, and try to avoid scratching.

See your doctor if symptoms do not settle.

### HOUSE CALLS

We are happy to visit you at home if you are too sick to come to the surgery. Please ring 9123 4567 before 10 am if possible so house calls can be made at lunchtime.

### AFTER-HOURS

When the surgery is closed, please ring the Westside Medical Service on 9999 1234 and a doctor will visit you at home.

### OUR PRACTICE

Our friendly reception staff, Melissa (Practice Manager), Jane and Margaret, are available to make bookings or help in any way.

All patient information and medical records are kept strictly confidential.

### TELEPHONE CALLS

You can contact your doctor by ringing during surgery hours. Emergency calls will always be put straight through.

### SERVICES

As well as routine consultations, the following services are available:

- Home visits
- Family planning
- Pap smears
- Pregnancy tests
- Ante-natal care
- ECG: heart check
- Spirometry: lung test
- Counselling
- Vaccination: children and travel
- Blood tests
- Minor surgery: stitching cuts, removing moles, skin cancers
- Liquid nitrogen 'freezing' therapy for sunspots and warts
- Sports medicine
- Spinal manipulation

### FEES

All eligible patients are bulk-billed for surgery consultations. Please bring your Medicare card with you to the surgery.