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The Montserrat Newsletter

Welcome to our May 2012 Newsletter

We can finally announce that our North Lakes Day Hospital is up and running. A big thanks must go out to all of our wonderful staff who made this happen.

In this edition we introduce 3 new doctors to our open access service, discuss eradication of Helicobacter Pylori after first line failure, provide updated specialist contact details and continue on our quest for e-referrals.



Dr Rebecca Ryan Gastroenterologist & Hepatologist

We are pleased to announce that Dr Ryan has joined our practice. Dr Ryan will provide consulting services every Monday in the City and Friday at Gaythorne, as well as provide procedural services at Gaythorne on a Tuesday and a Friday. Bookings can be made by calling (07) 3833 6701.

Warm regards, *Dr Peter Stephenson*



Hydrogen/Methane Breath Tests Now Available

- Diagnostic testing for food intolerances
- Operating at Montserrat Day Hospitals

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Introducing Our New Open Access Specialist & General Surgeons



Dr Rebecca Ryan – Gastroenterologist and Hepatologist
 BMBS (Hons) FRACP

Dr Ryan is a General Gastroenterologist with a strong interest in liver disease and women's digestive health.

She graduated from Flinders University of South Australia in 1998, and completed her advanced training in Gastroenterology in Adelaide and Brisbane. Her final years of training

(including a clinical fellowship year) were at the Princess Alexandra Hospital and Greenslopes Private Hospital.

Dr Ryan has been working as a staff specialist at the Princess Alexandra Hospital, as well as in private practice since 2007. She has procedure lists as well as consults from our Gaythorne and Albert St facilities.



Dr Hugh McGregor – General Surgeon and Gastrointestinal Endoscopist
 BSc (Hon) MBBS (Hon) PhD FRACS

Dr McGregor completed his Medical Degree with first class honours from the University of Queensland. Following this he completed and was awarded a PhD from Monash University.

He completed his advanced surgical training at the Royal Brisbane & Women's Hospital and at various hospitals around the state. He has completed subspecialty training terms in paediatric, vascular, hepatobiliary, pancreatic, bariatric,

breast, endocrine and colorectal surgery. He also trained in colonoscopy and upper endoscopy and is certified in both by the Gastrointestinal Society of Australia.

Dr McGregor is a Fellow of the Royal Australasian College of Surgeons (FRACS). He is a member of the Breast Section of the RACS, General Surgeons Australia and sits on the Qld Regional Board of General Surgery.



Dr Daniel Mehanna – General Surgeon & Gastrointestinal Endoscopist
 MBBS, BSc(med), FRACS

Dr Daniel Mehanna is a General Surgeon and Gastrointestinal Endoscopist with a special interest in laparoscopic, colorectal and hernia surgery. Dr Mehanna obtained his medical degree from the University of New South Wales and trained in various hospitals including Royal Prince Alfred Hospital in Sydney.

After completion of his General Surgical Training in Australia he worked in Scotland for his fellowship year before settling in Queensland. Dr Mehanna has a keen interest in teaching and education and is the Director of Clinical Training at Caboolture Hospital, a Senior Lecturer (University of Queensland) and is member of the Academy of Surgical Educators.

Bookings can be made by calling (07) 3833 6701 or referrals may be faxed to (07) 3833 6740.

E-Referrals are **catching on!**

Since our last newsletter we have seen a 270% increase in the number of referrals received electronically. There is some work involved in setting up templates but the improved information flow is worth the effort. Referrals received electronically have more accurate patient information as they are doctor generated, increase the speed of bookings, eliminate lost referrals and help in completing the GP => specialist loop. Templates can work or be modified to work with most practice software (ie. Medical Director, PractiX, Best Practice & more). **For further information, please see our website at www.montserrat.com.au**

INDUSTRY SPECIAL REPORT

Eradication Of Helicobacter Pylori After Failure Of First Line Therapy

DR MARK W A NORRIE

BHB, MBChB, PhD, FRACP, Grad Dip Drug Dev

Following the Maastricht III consensus, the first line therapy advocated for *Helicobacter pylori* has been seven days of a proton pump inhibitor with clarithromycin and either amoxicillin or metronidazole. However, with bacterial resistance rates of up to 20% for clarithromycin and 40% for metronidazole, the eradication rate has dropped to 70-85%.

In addition, failure to eradicate *H. pylori* has also been ascribed to cytochrome 2C19 polymorphism for the metabolism of proton pump inhibitors in a small percentage of patients. In this circumstance, Rabeprazole metabolism appears to be least affected by this enzyme polymorphism.

Therefore what other treatment options are available for eradication?

A quadruple therapy regimen of Bismuth, a proton pump inhibitor, tetracycline and metronidazole has an eradication rate of up to 80% after first line treatment failure on an intention to treat analysis. However, tetracycline and bismuth are not now registered drugs in Australia and need to be formulated at a compounding pharmacy.

Another quadruple therapy regimen including a proton pump inhibitor, amoxicillin, clarithromycin and metronidazole may achieve an eradication rate of up to 80%.

A study from Italy has suggested that a first line sequential regimen of five days of a proton pump inhibitor with amoxicillin followed by five days of a proton pump inhibitor with clarithromycin and tinidazole may achieve

an eradication rate of 90% on an intention to treat analysis.

Alternatively a first line regimen with high dose rabeprazole and amoxicillin achieved an eradication rate of 88% on an intention to treat analysis.

Some authors have suggested that prolonging the course of therapy may increase eradication rates, although this is currently unclear.

Third line regimens including a fluoroquinolone, rifabutin or furazolidone may achieve an eradication rate of up to 70%.

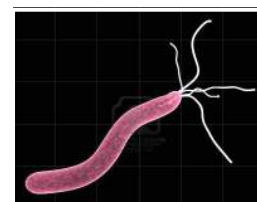
Finally compliance should always be considered with treatment failure as the gastrointestinal side effects of therapy may compel the patient to discontinue therapy and thus it is worth warning the patient of this.

Gisbert JV, Calvet X, O'Connor A, Megraud F and O'Morain CA. Sequential therapy for Helicobacter pylori eradication. A critical review. Journal of Clinical Gastroenterology 2010. 44(5): 313-325

Malfertheiner P and Selgrad M. Helicobacter pylori infection and current clinical areas of contention. Current Opinion in Gastroenterology 2010. 26: 618-623

Selgrad M, Kandulski A and Malfertheiner P. Helicobacter pylori: diagnosis and treatment. Current Opinion in Gastroenterology 2009. 25: 549-556

Dr Norrie Practices at Montserrat Indooroopilly Clinic and can be contacted on 3833 6788.



Helicobacter Pylori

Ms Sandra Moore - North Lakes Manager



We are pleased to announce the appointment of Sandra Moore (RN) to the position of North Lakes Manager. With 2 decades of experience, most recently as Clinical Services Manager at Holy Spirit Northside, we believe Sandra is the perfect fit for North Lakes.

With a background in Cardiac Surgery, Liver Transplants and Hospital Accreditation we are certainly lucky to have a nurse of Sandra's calibre working with us. Sandra can be contacted on (07) 3833 6755.

Updated Specialists Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat
Dr Macguire	GAY	GAY	GAY	GAY		Service Rotates between Doctors at Indooroopilly
Dr Williams		IND	IND / IPS	IND	IND / IPS	
Dr Norrie		IND / CITY		IND / CITY	IND«	
Dr Bhat	IND #				IND««	
Dr Islam	IND		IND	NLDH	IND / GAY	
Dr Ryan	CITY	GAY			GAY	
Dr McGregor		NLDH				
Dr Mehanna			NLDH			

« Unless in Emerald or Longreach «« Rotates each week # Full day list usually available

* Please note that whilst we offer an Open Access Service all our Gastroenterologists are available for consultations.

Northlakes Specialist Contacts

Dr Agus Brodihardjo 0754989077 Gastroenterologist	Dr Ben Martin 0738346283 Urology	Dr Kate Slaughter 0733850900 Ophthalmology
Dr Bruce Dunphy 1300853546 I.V.F/ Gynaecology	Dr Daniel Mehanna 0738336755 General Surgery	Dr Andrew Smith 0733850900 Ophthalmology
Dr James Earnshaw 0738394179 ENT	Dr Hugh McGregor 0738336701 Gastroenterology	Dr Ryan Somerville 0738311448 ENT
Dr Gaugin Gamboa 0738321652 Orthopaedics	Dr Stuart Reader 0732834200 General Surgery	
Dr Sam Islam 0738336701 Gastroenterologist	Dr Stuart Reader 0738336701 Gastroenterology	
	Dr Stuart Reader 0733850900 Ophthalmology	



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Indooroopilly

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Fax: (07) 3833 6740

Gaythorne

383-391 Samford Rd
Gaythorne Qld 4051

Phone: (07) 3550 3550

Fax: (07) 3833 6740

North Lakes

7 Endeavour Boulevard,
North Lakes Qld 4509

Phone: (07) 3833 6755

Fax: (07) 3491 3614

*Also serving Ipswich, Longreach & Emerald since 1997



10 Day Patient Promise for Endoscopy Patients!

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