

Our Country Practice



SWIFT STREET MEDICAL CENTRE



## SWIFT STREET MEDICAL CENTRE

53 Swift Street  
WELLINGTON NSW 2820

Tel: (02) 6845 2084 (02) 6845 3201

Fax: (02) 6845 1977

(9am to 5pm - Monday to Friday)



Be Wary of  
**Aromatherapy**  
if you have Sensitive Skin!

The increasing popularity of aromatherapy is putting some people at risk of the allergic skin problem *contact dermatitis*, according to a report in the Australian Journal of Dermatology. Aroma therapy uses oils, usually extracted from plants. The oils are either rubbed into the skin, or their fumes inhaled. Believers in this treatment claim it improves physical and psychological health. Unfortunately people with sensitive skin may develop rashes, particularly on their hands, through contact with the oils.

Aromatherapy oils contain many (sometimes 100 or more) different ingredients so it is very difficult to decide which particular oil may be a problem for a particular person. Skin testing showed that those prone to the problem were likely to be allergic to many different ingredients, often found in several oils.



BOOM!  
BOOM!



Nurse comes in and says "Doc .. There's a man in the waiting room who thinks he's invisible, what should I tell him?" The doctor says "Tell him I can't see him today!"

# Asperger

## Syndrome



Asperger syndrome is one of the autism spectrum disorders (ASD). This means that people with Asperger syndrome can display a wide range of behaviours and social skills, and no two individuals will have the same set of characteristics.

Some people will demonstrate skills that are mostly in line with their peers, while others may present with 'odd' behaviours. Other people will appear to be significantly different from their peers.

Asperger syndrome became a recognised developmental disorder in 1994. Prior to that, a person with Asperger syndrome was considered to be socially awkward or unsociable. Some people were misdiagnosed as having a psychiatric disorder, labelled obsessive compulsive or simply thought of as 'odd'.

People with Asperger syndrome may experience: Difficulty in forming friendships  
A preference for playing alone or with older children and adults; Apparently good language skills, but difficulty with communication; Language may be considered to be very advanced or 'precocious' when compared to their peers; The person may be able to talk extensively on a topic of interest, but have difficulty with more practical tasks such as recounting the day's events, telling a story, or understanding jokes and sarcasm; A lack of appreciation that communication involves listening as well as talking. For instance, they may not allow their communication partner an opportunity to engage in the conversation;

A very literal understanding of what has been said. For example, when asked to 'get lost' (go away) a person with Asperger syndrome will likely become confused and may literally try to 'get lost'; Inability to understand the rules of social behaviour, the feelings of others and difficulty 'reading' body language. For example, a person with Asperger syndrome may not understand that someone is showing that they are unhappy by frowning; Behaviour varies from mildly unusual, eccentric or 'odd', to quite aggressive and difficult; Having rules and rituals that they insist all family members follow; Anger and aggression when things do not happen as they want; Sensitivity to criticism;

A narrow field of interests. For example a person with Asperger syndrome may focus on learning all there is to know about cars, trains or computers.

The World Health Organization's ICD-10 classification gives the male-to-female ratio as eight to one. This means that approximately eight times more males than females are diagnosed with Asperger syndrome. However, this apparent 'gender bias' may be due to the fact that girls with Asperger syndrome are better at learning and copying social skills, and are therefore more able to disguise their condition.



Some people with Asperger syndrome are very talented in their chosen field of interest and may enjoy quite significant academic and vocational success. While strengths and abilities differ from one to the next, a person with Asperger syndrome may have: Average or above-average intelligence; Extensive vocabulary – but many people have difficulty with the practical use of language; Expertise in their chosen topic of interest – although this can become difficult in social situations as they may only talk about one topic; Excellent factual memory for their chosen topic of interest; Dedication and commitment to their job if they work in a supportive environment and their job is suited to their interests; The drive to perform well at school or work, if given a supportive and inclusive environment.

### **Diagnosis of Asperger syndrome**

Parents may be aware for some time that their child's behaviour is different, but it may be years before the pattern of behaviour is linked to Asperger syndrome.

A diagnosis of Asperger syndrome is usually made by a paediatrician who works with a team of specialists, such as a psychologist and speech pathologist, to conduct an in-depth assessment of the child's skills and abilities.

There are several types of assessments, sets of criteria or rating scales that can be used to diagnose Asperger syndrome. The assessment will usually include questions about social and emotional abilities, communication skills, learning abilities, movement skills and special interests.

This assessment may be conducted over several days, in the home, at a clinic, or at kindergarten or school. While the diagnostic process is often a lengthy one, it is crucial to providing the person with the best possible care.

### **Treatment for Asperger syndrome**

There is no cure or specific treatment for Asperger syndrome. However, social skills training can be helpful. Obtaining a diagnosis of the condition may mean that people with ASD and their families can access disability services, funding or support – such as the Department of Education and Early Childhood Development's program for students with disabilities.

Diagnosis can also allow the family and others to understand the behaviours and feelings of a person with Asperger syndrome. This can help develop more realistic expectations, plan for changes to routines and manage stress.





# Middle Eastern Orange and Almond Cake

(Gluten-Free)



## For the Cake:

- 2 Oranges
- 6 Eggs
- 1 1/3 cups (250g) Caster Sugar
- 2 1/2 cups (250g) Almond Meal
- 1 tsp Gluten-Free Baking Powder

Oil, vegetable or olive oil for greasing the tin  
Extra Caster Sugar for dusting the tin before baking  
Icing Sugar for dusting after baking.

## To Prepare the Oranges:

WASH oranges and place, unpeeled, in a saucepan of cold water. Bring to the boil over medium heat and cook for 30 minutes. Drain. Return to the saucepan, cover with cold water and bring to the boil. Cook for a further hour to reduce the bitterness of the peel. Drain and allow to cool. This can be done ahead of time.

## To Make the Cake:

Preheat the oven to 170d C, non fan-forced. Grease a 20cm spring-form cake tin with oil and dust with sugar. Coarsely chop oranges, removing any pips. Pulverise using a stick mixer, blender or food processor.

Break eggs into a bowl, add caster sugar and beat until mixture is light and fluffy. Beat the pulverised oranges into the mixture. Add almond meal and baking powder, fold to combine. Pour batter into the prepared cake tin, and sprinkle caster sugar on top.

Bake for 1 hour, or until a skewer inserted into the centre comes out clean, and the top is golden brown.

Dust with icing sugar when cool.