

FREE TO TAKE HOME!

FEBRUARY - MARCH 2022 EDITION



School refusal in children



Mobile phone use in kids



Ross River Virus



Plantar Fasciitis – heel pain

● PRACTICE DOCTORS

Dr Peter Louie

MBBS(WA), BSc, FRACGP
Family Medicine, Acupuncture & Diving
Medicals

Dr Wang-Jet Yee

MBBS(WA), FRACGP
Family Medicine, Minor Surgery &
Cosmetic Medicine

Dr Marcela Pantoja de Galvez

MBBS, AMC, FRACGP
Family Medicine, Women's Health &
Acupuncture. Speaks Spanish.

Dr Sean Thomas

MBBCh, BAO, LRCPI, LRCSI, NUI
Family Medicine, Interest in Cardiology
& Rheumatology

Dr Eric Tan

MBBS, FRACS
Surgery. Speaks Mandarin.

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MBBS, DCH, FRACGP, MSPMD
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BMedSci, MBBS, Grad Dip OHS, FRACGP, CIME,
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MBBS, DCH, FRACGP
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MBBS, FRACGP
Women's Health, Acupuncture

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MBBS
Women's Health, Childrens Health, Family
Medicine & Preventive Medicine.

Dr Bernice Lim

BBiomed, MD, DCH/IPPC
Women's Health, Childrens Health, Family
Medicine & Preventive Medicine.

● PRACTICE STAFF

Practice Manager:

Rachael Carrall

Nurses:

Julie, Pat, Natasha & Tessa

Reception Staff:

Joanne, Ioli, Ada, Rosa, Cristina,
Karen, Kay, Louisa, Dianne & Kyra

● SURGERY HOURS

Monday to Friday 7am – 7pm

Saturday 8am – 1pm

● BILLING

• Private Practice

• Standard Appointments \$75 with a rebate of \$39.10

• Long Consultations \$130 with a rebate of \$75.05

• Weekend Consultations \$80 with a rebate of \$39.10

• Bulk-Bill all Concession Card Holders and Under 16 year old's

• Bulk Billing Available on request please talk to one of our friendly recep-
tionists.

● AFTER HOURS & EMERGENCY

The Practice provides 24 hour care for patients together with an
Accredited Locum Service, who will provide you with home visits.

Emergency.....000

Locum Service 1300 644 483

SJOG Murdoch.....9366 1111

Fiona Stanley Hospital 6152 2222

● ONLINE APPOINTMENT BOOKINGS

Please add or Download the App today

South Street Medical Centre offers online appointment bookings from our
website, via the HotDoc application.

Visit www.southstreetmedicalcentre.com.au and click on the "book online"
button.

● PROACTIVE SKIN CHECKS

AVAILABLE AT SSMC

Performed by **Dr Peter Louie**

Now fully bulk billing

● OCCMEDIC CORPORATE &
INDUSTRIAL HEALTH AT SSMC

Performing Workers Compensations,
Motor Vehicle Claims and Pre Employment
Medicals.

Same day appointments available – Performed by **Dr Yure Pavic** –
Occupational Physician

● OTHER SERVICES AVAILABLE AT SSMC INCLUDE

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- Vision Care
- Active Podiatry
- Chiropractor
- Pathology



YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.

www.healthnews.net.au

▷ Please see the Rear Cover for more practice information.

School refusal in children and adolescents

This is where children experience severe emotional distress at having to go to school, which can lead to considerable absence from school, impacting education and job prospects.

It is completely different to truancy, where the child pretends to go to school but does not and is not associated with anti-social behaviour. School refusal is also entirely different from normal anxiety that may precede exams or school camps.

There is no specific known cause. The child may have various underlying worries about schoolwork, friendships, bullying, social isolation, conflicts with teachers, parental separation, or family grief or trauma. There may be no apparent underlying issue.

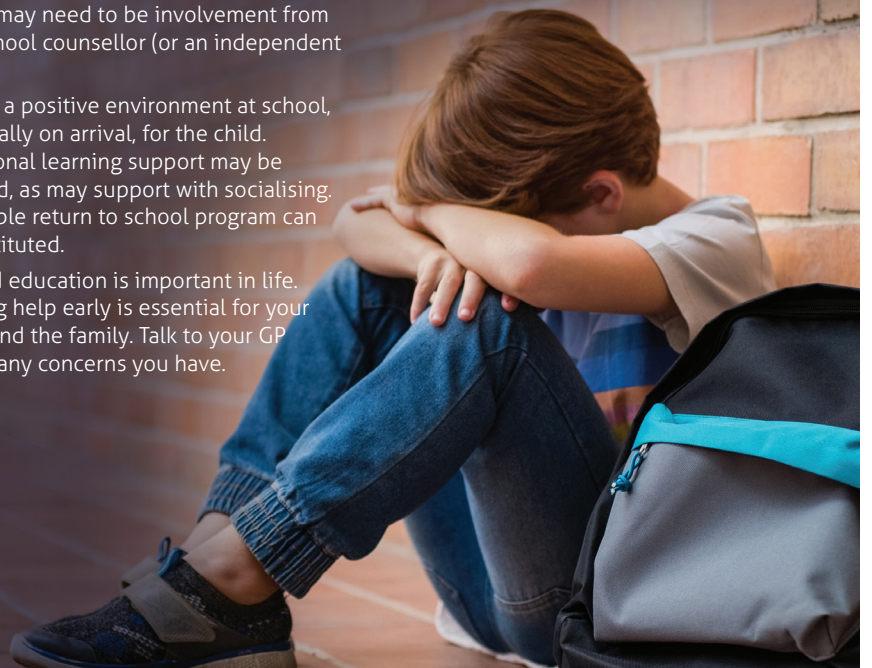
Symptoms include tearfulness before school, frequent complaints of somatic symptoms like headaches, tummy pains or dizziness before school but not on weekends through to tantrums before school.

A general medical check by your GP is important to ensure there are no other underlying medical issues. It is vital to manage the problem early. Parents,

teachers, the school and sometimes education bodies have a role. The family, as well as the child, will need support. There may need to be involvement from the school counsellor (or an independent one).

Create a positive environment at school, especially on arrival, for the child. Additional learning support may be needed, as may support with socialising. A flexible return to school program can be instituted.

A good education is important in life. Getting help early is essential for your child and the family. Talk to your GP about any concerns you have.



 <https://headspace.org.au/friends-and-family/understanding-school-refusal/>

Mobile phone use in kids

It is hard to believe that the ubiquitous mobile phone only became widely used in the 1990s and smart phones just this century.

Managing their use in children is something previous generations of parents did not have to contend with. There is a view that children should not use mobile phones, but you cannot rewind the clock. Certainly, there is research showing that too much total screen time is an issue in children, as they tend to exercise less, impacting sleep. Plus, the issue of social media access via mobile phone anywhere anytime.

Like all parenting, setting simple rules and sticking to them is key. This is also age-related. The notion of the "electronic babysitter" used to apply to TV but now can apply to phones. But handing a small child the phone as a way to keep them quiet is not a great idea on a regular basis. For primary school children, it can be useful to have a phone to ring parents. This can be an old-fashioned type that only makes phone calls and does not access the internet. Much like TV time can be restricted by parents, total screen time, including phones, can also be. Ensure phones are not kept in children's



bedrooms and are recharged in the kitchen or living room. In older children, ensure a net filter is installed. Lead by example, and don't be permanently attached to your own phone.

Most importantly, don't be afraid to set boundaries and be "the worst parent ever". The objections will settle, and your children will be better for it.



Changes in prescribing of medicinal cannabis

In November, the Therapeutic Goods Administration (TGA) introduced changes to how applications for medicinal cannabis are made and dispensed.


Medicinal Cannabis was legalised for use in Australia in 2016. It can be prescribed in conditions where the TGA accepts there is evidence for its use and where other treatments have failed to help or caused unacceptable side effects. The medications are unregistered, and thus far, applications have needed to specify the exact product by name and manufacturer. Approvals for use have grown from 3000 for the calendar year 2018 to over 100,000 in 2021 as of November.

The changes mean that doctors can apply for a type of medicinal cannabis based on amounts of cannabidiol (CBD) and tetrahydrocannabinol (THC). There are five categories. To switch between brands will not require new approval. This can be helpful

for all involved; however, pharmacists may dispense a medication other than what your doctor has prescribed. Generic prescribing works well where bio-equivalence studies have been done and medications have the exact same strength. These studies are not done with medicinal cannabis, and there can be significant differences between different formulations even when strengths are similar. In turn, this could lead to side effects or poorer control of symptoms if products that are similar but not the same are substituted.

Problems can be avoided. Your doctor can tick the "do not substitute" box on prescribing, and you can insist that you are dispensed that which you have been prescribed.



 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/ross-river-virus-disease>

Ross River Virus

This is a viral infection spread by mosquitos. It typically causes joint inflammation, muscle pain and fatigue.

Symptoms generally start between three and 21 days after being bitten. Other symptoms can include rash and enlarged lymph glands. Some people do not even know that they have it, as it can be no more than a flu-like illness.

It is common in most areas of Australia, particularly at inland waterways and coastal regions. Outbreaks can occur if high rainfall or floods lead to increased mosquito breeding.

Like a virus, there is no specific treatment. Symptomatic measures such as rest, maintaining hydration, and simple analgesics are recommended. With no specific features, diagnosis is by blood testing. Whilst everyone makes a recovery, some people are left with intermittent aching symptoms for a year or more. You cannot pass it on to other people.

You can reduce your chances of getting Ross River virus by avoiding mosquito bites; wear long, light-coloured, loose-fitting clothes, especially when in mosquito prone areas. Use effective insect repellents as per the manufacturer's instructions. If possible, avoid being outside in mosquito prone areas at dusk and dawn. If camping, use insect nets or fly wires. Reduce the number of potential mosquito breeding grounds around your home by getting rid of stagnant water. Ensure your pool or spa is well chlorinated, and don't let containers of water remain stagnate.

Plantar Fasciitis – heel pain

A common cause of heel pain, plantar fasciitis, is an inflammation of the tissue (plantar fascia), which runs along the sole of the foot, connecting the heel to the toes creating the foot's arch.

Risk factors include age, being overweight, sports that stress the heel (e.g. running) and spending long periods on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse first up in the morning, after prolonged sitting or after intense activity. Diagnosis is largely based on history and examination. X rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help

in the short term but are not a cure. Avoid activities that aggravate the situation. Wear shoes with good arch support and cushioning. Purpose made insoles may be helpful as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases, cortisone injections may be recommended. Surgical treatment is viewed as a last resort.

Treatment is a medium-term proposition, so do not expect immediate results nor get frustrated. Perseverance with treatment is important, and most cases will improve with time.



● **SPECIAL PRACTICE NOTES**

Results.

These are best discussed in a follow-up consultation to ensure proper medical care, review of condition and re-examination. Results over the phone are not recommended because of lack of confidentiality, inability to reassess condition and the potential for misunderstanding.

Referrals.

Doctors in this practice are competent at handling common health problems. When necessary, they can refer you for further investigation. You can discuss this openly with your doctor.

Phone Calls.

Due to a lack of confidentiality, the inability to assess the physical condition and the potential for misunderstanding, patients are discouraged from phoning the surgery to speak to the Doctor. It is preferable that an appointment be made with your preferred Doctor. However, queries may be dealt with by leaving a message explaining your request with the reception staff, who will pass this onto the Doctor/Nurse for further action.

Reminder System.

Our practice is committed to preventative care. Your doctor will seek your permission to be included in our reminder system. We may issue you with a reminder notice from time to time offering you preventative health services appropriate to your care. If you do not wish to be part of this system please let your doctor or the receptionist know. We encourage self-responsibility in your health.

Complaints/Suggestions.

These may either be placed in the suggestion box in the reception area, or directed to Health & Disability Services Complaints Office (HADSCO). GPO Box B61, Perth 6838, Tel 9323 0600.

Your medical record is a confidential document.

It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff. We abide by the 10 National Privacy Principles available at: www.privacy.gov.au/health/index.html

This practice has a no smoking policy.



RHUBARB & ONION CHUTNEY

Ingredients

- 500 grams rhubarb, roughly chopped
- 1 onion (medium) chopped
- 200 grams caster sugar
- 200ml cider vinegar
- 30 grams of fresh grated ginger
- ½ tablespoon of cloves

Directions

- STEP 1: Put the rhubarb, onion, caster sugar, cider vinegar, ginger, cinnamon stick and cloves in a preserving pan or large heavy-based pan. Bring to the boil, then cook over a medium heat for 1½ hours until the rhubarb has broken down and the mixture is jammy.
- STEP 2: Leave to cool in the pan for 10 minutes
- STEP 3: Divide between two sterilised jars while still hot. Seal and label.

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SUDOKU