

FEBRUARY-MARCH 2023 EDITION

FREE TO TAKE HOME!



Glaucoma



The importance of Exercise



Healthy food choices



Impetigo (School sores)

● **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 Jonathan Lim

MBBS, DCH, FRACGP, MSPMED
Family Medicine & Sports Medicine

Dr Eashani Valemurugan

MBBS(Sri Lanka), MD(Sri Lanka), FRACGP

Dr Yure Pavic

BMedSci, MBBS, Grad Dip OHS, FRACGP, CIME,
FAFOEM
General & Occupational Medicine

Dr Dilshad Dhaliwal

MBBS, DCH, FRACGP
Other languages spoken for Dr Dhaliwal:
Bahasa Malaysia, Hindi, Punjabi

Dr Annette Camer-Pesci

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

Dr Rhys Daniel

MBBS
Family Medicine, General Medicine

Dr Tooba Toor

MBBS
Women's Health & General Medicine

Dr Kate Wilson

MBBS
Women's Health & General Medicine

● **PRACTICE STAFF**

Practice Manager:

Rachael Bradley

Nurses:

Julie, Pat, Natasha, Tessa, Kerry,
Nava & Victoria

Reception Staff:

Joanne, Ioli, Ada, Rosa, Cristina,
Karen, Kay, Louisa, Dianne, Teyah &
Jesse

● **SURGERY HOURS**

Monday to Friday **7am – 7pm**

Saturday **8am – 1pm**

● **BILLING**

• Private Practice

• Standard Appointments \$80 with a
rebate of \$39.75

• Long Consultations \$130 with a
rebate of \$76.95

• Weekend Consultations \$85 with a rebate of \$39.75

(there is no bulk billing on this day including children 12 and under)

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

• There is no Bulk Billing before 8am or after 5pm weekdays.

● **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**.

● **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**

- Physiotherapy
- Chiropractor
- Vision Care
- Pathology
- Active Podiatry

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and we do not use this to communicate personal information to
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If you do choose to contact the surgery via email this will be considered
as patient consent to reply via email.

We endeavour to reply to all emails within 2 working business days.

Our emails are checked on a regular basis, however they are not
constantly monitored. If you have an issue that requires urgent attention,
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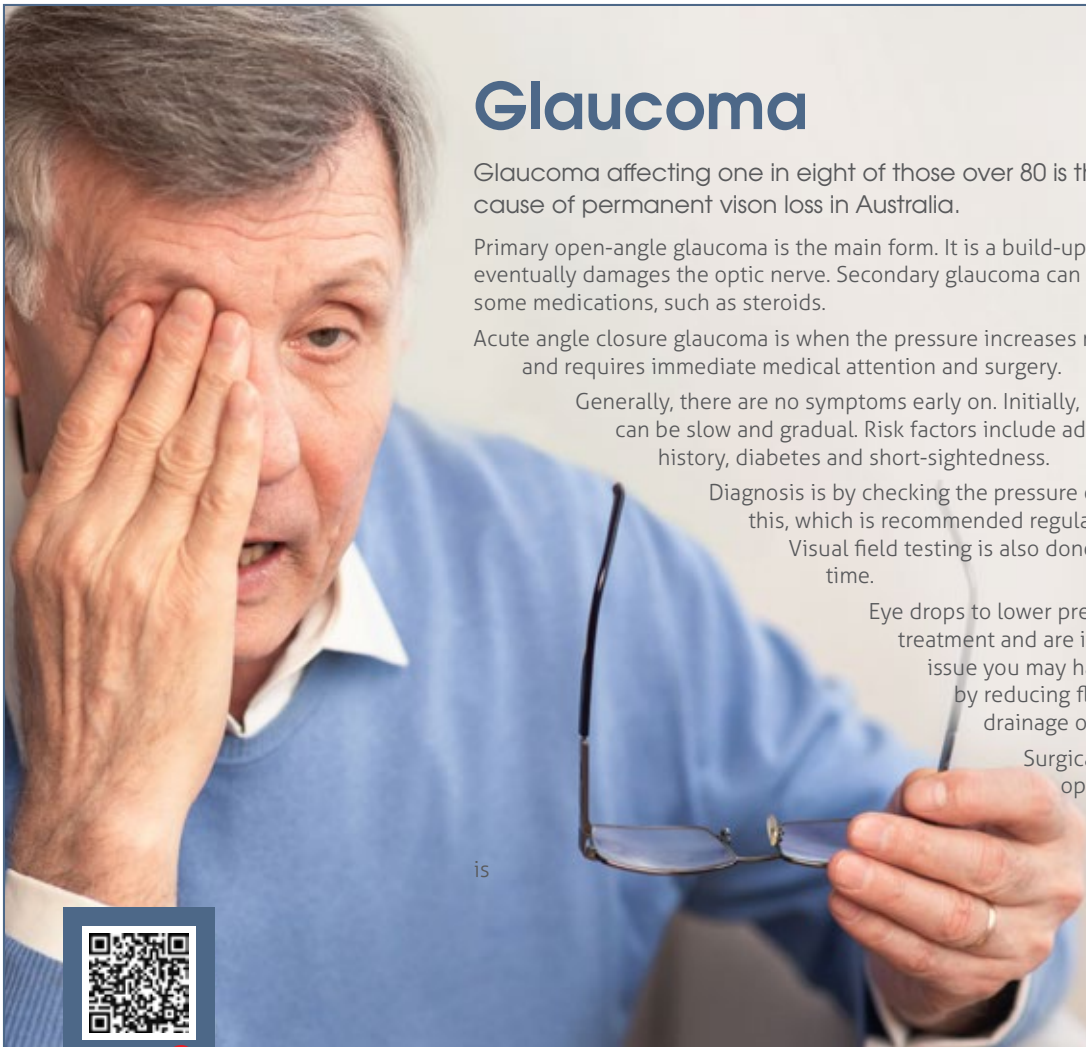
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Glaucoma

Glaucoma affecting one in eight of those over 80 is the second commonest cause of permanent vision loss in Australia.

Primary open-angle glaucoma is the main form. It is a build-up of pressure in the eye, which eventually damages the optic nerve. Secondary glaucoma can follow eye trauma or the use of some medications, such as steroids.

Acute angle closure glaucoma is when the pressure increases rapidly. This is a painful condition and requires immediate medical attention and surgery.

Generally, there are no symptoms early on. Initially, side vision is affected. Vision loss can be slow and gradual. Risk factors include advancing age, a positive family history, diabetes and short-sightedness.

Diagnosis is by checking the pressure of the eyes. An optometrist can do this, which is recommended regularly for those aged 40 and above.

Visual field testing is also done, and this can be monitored over time.

Eye drops to lower pressure are the first line of treatment and are influenced by what other medical issue you may have. They reduce pressure either by reducing fluid production or improving drainage of fluid.

Surgical options include laser surgery or open surgery. A newer treatment is a minimally invasive surgery and involves using a stent. This is used where drops have failed or where the use of drops may be difficult for the person.



More info »

Medicinal cannabis

It is now six years since Medicinal Cannabis was legalised in Australia and in that time well over 300,000 approvals have been issued for its use.

Therapeutic Goods Administration (TGA) data shows that chronic pain remains the most common indication, with mental health conditions (anxiety, insomnia and PTSD) next. Over the last two years, there has been an increased use of the dried herb, which now accounts for over a third of approvals, with oral liquid still being the most common form.

It remains that medicinal cannabis products (with two specific exceptions) are unregistered products and not subsidised. They can be prescribed in situations where the TGA recognises evidence for medicinal cannabis and that other treatments have either not helped or caused unacceptable side effects. There is no set level of side effects nor a set number of prior treatments to be trialled.

Australia is part of a global trend toward wider use and acceptance of cannabis. There are an increasing number of formulations on the market, and the ability of prescribers to fine-tune treatment to the needs of the individual is increasing.

As with all medications, effectiveness varies. Some people get significant improvement in symptoms, and some get no response, with everyone else somewhere in between. Continuing treatment is always based on patients experiencing symptom improvements. Further research is also being undertaken in Australia at a number of centres.

There does remain some hype, and it is not a panacea nor suitable for all. However, the progress over six years has started to silence the naysayers.



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The importance of Exercise for young and old

The human body was designed to be active and for most of human history has been. Till modern times most work was physical as was the means of getting from "A" to "B".

The human body was designed to be active and has been for most of history. Till modern times most jobs were physical, as was the means of getting from "A" to "B". Even as recently as the 1970s, we had to get out of our chairs to change TV channels. It is estimated that between the mid-1960s and today, the amount of incidental movement taken over by labour-saving devices is around 2000 calories per week (about one day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance-type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the likelihood of falls and has been shown to be positive for the immune system. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at a lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. However, that does not mean it has to be every day or a set amount of time. The key is being consistent.

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it!

The benefits of exercise are many. As the shoemaker says -just do it!



Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this.



Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on a computer or other electronic devices. We can't turn back time, but it is not all bad news. You can do much as a parent or guardian to help a child battling weight.

Back to school means thinking about lunch boxes. It is fine to have a sweet treat in the lunchbox sometimes, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits

too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies) and dried fruit is another simple snack, as are cheese sticks or popcorn.

Substitute water for sweet drinks. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

Sugar-free sweets and drinks are not necessarily a better alternative, as artificial sweeteners can be just as harmful.

Impetigo (School sores)

Impetigo is a skin infection caused by common bacteria (staphylococcus and streptococcus).

It is far more common in children, and the name school sores reflects this, but it can also affect adults. It is not a reflection of poor hygiene. The bacteria can live quietly on the body, but minor grazes or other disruptions of the skin surface may allow infection to set in.

The condition is not harmful or serious but is unsightly and very contagious. It often starts with redness which quickly develops into blisters that may have crusts or be weepy. They may be itchy or sore. Some children feel unwell, but many do not. It can spread from point to point around the body.

Diagnosis is generally on appearance. Sometimes your doctor may suggest swab tests to confirm the type of bacteria.

Treatment is with antiseptic on the sores and mainly with an antibiotic. It is important to keep your child home from school and away from other children. Wash the child's clothes, bedding and towels in hot water and add something germicidal. Avoid sharing towels. Encourage hand washing and discourage scratching the sores and cover them if advised. The sores will heal within a few days, and there should be no permanent scars.



More info »

● **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.



COCONUT PINEAPPLE CHICKEN

Ingredients

- 1 can whole coconut milk (preferably unsweetened)
- 3/4 cup pineapple juice
- 1/4 cup chilli-garlic sauce
- 2 fresh limes - juiced
- 1/4 cup light brown sugar
- 3 cloves garlic, finely chopped
- 2 tbsp of light soy sauce
- 1 tbsp finely grated peeled ginger
- 1kg boneless, skinless chicken thighs (about 8 small)
- Salt
- 1/2 cup of diced pineapple or pineapple rounds
- Coriander to taste
- Spring onions to garnish

Method

1. In a large bowl mix the coconut milk, soy sauce, pineapple juice, chilli sauce, lime juice, brown sugar, ginger and garlic together. Add chicken to marinate and cover and place in fridge for 1 hour – 3 hours.
2. Transfer the marinade to a saucepan and bring to the boil, stirring occasionally until the marinade has thickened. Remove from the heat.
3. Grill the chicken on a lightly oiled grill or pan, seasoning with salt along the way.
4. Add the pineapple to the pan at the end and grill slightly.
5. Transfer the chicken and pineapple to a serving plate and drizzle with the marinade. Add coriander and spring onions to garnish.

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