

OCTOBER - NOVEMBER 2022 EDITION

FREE TO TAKE HOME!



Vaccination in children



Baby teeth



Fibroids



Parkinson's disease

● 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 Anusha Philips

MBBS, FRACGP
Women's Health, Acupuncture

Dr Annette Camer-Pesci

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

Dr Rhys Daniel

MBBS
Family Medicine, General Medicine

● PRACTICE STAFF

Practice Manager:

Rachael Carrall

Nurses:

Julie, Pat, Natasha, Tessa, Kerry &
Elise

Reception Staff:

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

● 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
- Bulk Billing Available on request please talk to one of our friendly receptionists.



● 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

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

Email Communication. Email is not a secure form of communication and we do not use this to communicate personal information to patients without their consent. Whilst we make every effort to keep your information secure it is important for patients to be aware of the risks associated with electronic communication, in that the information could potentially be comprised and accessed by someone other than the intended recipient. Patients must be aware that any communication they direct to the surgery via email is also NOT secure and confidentially cannot be guaranteed. Patients communicating through email do so at their own risk.

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, we request that you contact the practice via telephone on 9337 7888.

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

Vaccination in children

With the focus on covid vaccination, data suggest that regular childhood vaccinations may be being forgotten or delayed. The WHO has expressed concerns about this. The situation is fortunately not as bad in Australia as some other countries.

Conditions like measles and polio are extremely rare in Australia today because of childhood vaccinations. However, success can breed complacency, and we have seen cases of disease-preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations that applies nationally. This covers a number of diseases, including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in the hospital before discharge, with the next one at six to eight weeks. Your GP will advise when the next set is due at each visit.

Some children may get a fever after vaccination; talk to your doctor about using paracetamol or ibuprofen. Also, raise any questions - sadly, there is misinformation out there, but your doctor has the facts.

Most states have no-jab-no-play policies (daycare and school), so ensure your child is up to date. This is also important for certain family benefits payments.

If your child has missed some vaccinations through covid time, this can be caught up. Talk to your doctor about what is required.



More info >>



Baby teeth – what you need to know

When considering that the average life expectancy is over 80 years, it seems odd that we get two sets of teeth, but the first set lasts only until we are ten or so. Baby teeth develop whilst still in the womb, and we are born with 20 hidden in the gums. Our 32 adult teeth will replace the baby set between the ages of six and 20.

The first teeth can appear as early as three months and as late as 12 months. They can appear in any order, although the central ones are usually first. Teething gets a bad rap, and to be fair, it can be distressing. Equally, much gets blamed on teeth which might have nothing to do with them. Typical symptoms are crying, dribbling, and pulling on ears. Some may put their hands in their mouths.

If your child is unwell or has a fever, go to your GP rather than assume it is due to teething.

For symptom relief, teething rings can be beneficial when your child is teething. You can also use paracetamol, ibuprofen, and teething gels. Be prepared to do trial and error to find what works for your child.

You can start cleaning teeth once they appear using a soft baby toothbrush with water only and start baby toothpaste at 18 months.

Sugar is bad for teeth, so minimise this, and you can start regular dental checks from 12 months.



More info >>





Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas.

Benign muscle growths forming in the uterus wall are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them, but most will have no symptoms and not need treatment. They rarely grow before puberty or after menopause. Their cause is not known. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger ones can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed, especially in the case of heavy bleeding.

Treatment depends on symptoms. If they are mild and not troublesome, it may simply be analgesia for period cramps. If iron levels are low due to menstrual loss, an iron supplement infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolization can "choke" the blood supply to the fibroid, causing it to shrink.

The definitive treatment for fibroids is surgery. Most commonly, these days, it will be done via the laparoscope. The fibroids may be removed, or a complete removal of the uterus (hysterectomy).



Heat rash or prickly heat

Heat rash or prickly heat is caused by sweat being trapped under the skin.

It is more common in children than adults, with the neck, shoulder and chest the most affected areas. It can come on in hot weather or after sport. There is an itch "lumpy" rash. Whilst uncomfortable, it is not serious.

The first line of treatment is to remove yourself from what is causing it. Change out of sweaty clothes after exercise. If possible, aim to find a cooler place when the weather is hot. Wear loose-fitting clothing. Anti-itch creams can be applied, as can topical steroid cream (talk to your doctor before using these). It will generally settle by itself.

Urticaria is a generalised reaction causing a blotchy, itchy red rash (sometimes raised) anywhere on the body (palms soles and scalp generally excluded). It can be due to a specific allergen (food or plant) or be triggered for no apparent reason. The rash can come on within minutes of exposure. It can last for minutes to days. In rare instances, it can be associated with auto immune or other underlying conditions.

Diagnosis is usually apparent on history and examination. Investigations are not usually needed. If the problem is recurrent, you may be referred to an allergist for allergy testing.

Treatment depends on severity. Avoid known aggravating factors. Antihistamine medication can help the rash and itch. Anti-itch creams and topical steroids can be used. Short courses (three to five days) of oral steroids may be prescribed in more severe cases.

Parkinson's disease

An estimated 40,000 Australians have Parkinson's disease - a progressive degenerative neurological condition affecting body movement control. It comes on gradually, and early signs may be very subtle.

Typical symptoms are trembling hands, arms, legs and face together with slowing of movement, instability, tiredness, and difficulty walking.

The condition comes about from nerve cells ceasing to produce enough dopamine, a chemical that sends messages between nerve cells. Low levels of dopamine impede the control of muscles by the nerves. The cause of the reduced dopamine is not clear. Family history is one risk factor, as is head trauma and exposure to pesticides.

Diagnosis is based on history and examination. There is no specific blood or imaging test for diagnosis. Brain scans are generally normal. Given the slow onset of symptoms, it can take some time till an exact diagnosis can be made. Your GP will likely refer you to a neurologist.

Treatment is focused on maintaining function. A healthy diet and keeping active are important. Physiotherapy may help with guiding an exercise program that should include daily stretching. Medications can control the condition but not cure it. As time goes by, the effectiveness can lessen and does need to be increased.

Side effects can also be a problem for some. For this reason, medication is not started until the symptoms are bad enough to warrant it. Medicinal cannabis may have a role in some people where treatments have failed.

No two people will have the same experience, so treatment is always individualised. There are state and national support groups to assist.



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.

DIABETIC-FRIENDLY PLANT LOADED TUNA BAKE

by Evelyn (Pheh Ping) Chang, PhD, Accredited Practising Dietitian



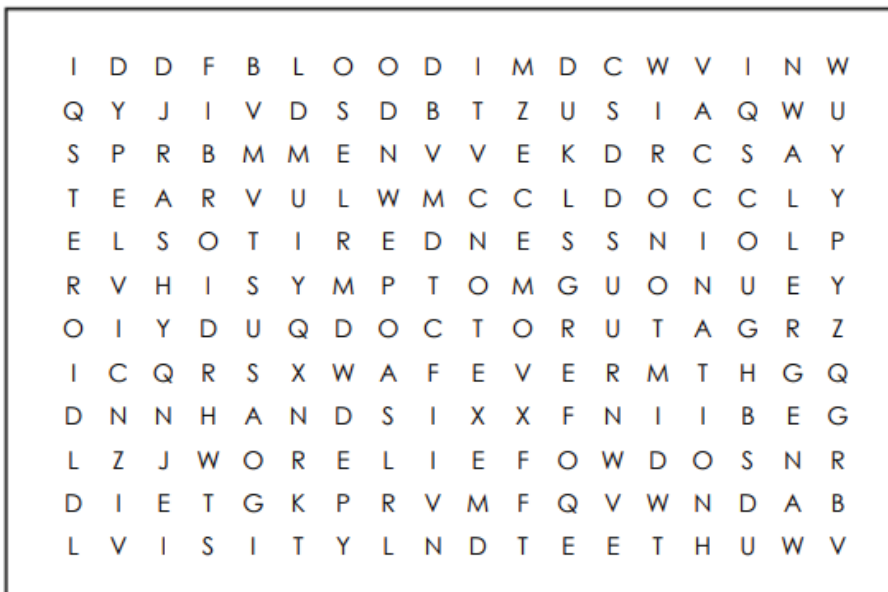
• Low GI • high fibre • plant-based • anti-inflammatory and most importantly.... kids love it!

With the cold weather and sometimes can be freezing cold, baked dish is the perfect dinner. Even better, save some for the next day lunch and your lunch is sorted! This is a modified version of tuna bake loaded with lots of vegetables and plant protein that tick the boxes below:

- You can use any vegetables for this dish: zucchini, carrot, broccoli, cauliflower, green bean, capsicum, brussels sprout, kale, asparagus; either fresh or frozen. Choose at least 3 types of vegetables to use.
- For the protein, I use a mix of plant protein and tuna (185g tuna in spring water). The plant protein I choose for this dish are red kidney beans and edamame which is a complete protein with fibre and plant sterol.
- Complex carbohydrate: I use wholemeal pasta (1/2 cup- 3/4 cup per person) and breadcrumb made by processing 1 slice of low GI high fibre bread as the topping of the whole dish.
- Add on lemon juice.
- Flavour: sauté with onion and garlic, add in basil and parsley, ½ teaspoon Dijon mustard or to taste. NO cream or milk is used in this dish.
- Shredded cheese to sprinkle on top of the dish: choose Jarlsberg lite cheese for a lower sodium variety of cheese.

WORD SEARCH

Health News October 2022



ALLERGEN
BLOOD
COUGH
DIET
DOCTOR
FEVER
FIBROID

GUM
HANDS
IRON
PELVIC
RASH
RELIEF
STEROID

SYMPTOM
TEETH
TIREDNESS
VACCINATION
VISIT