

DECEMBER 2022 - JANUARY 2023 EDITION

FREE TO TAKE HOME!



Keep safe while having fun



Exercise reduces Dementia



Tips for travellers



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 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 Bradley

Nurses:

Julie, Pat, Natasha, Tessa, Kerry &
Nava

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**. 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
- Vision Care
- Active Podiatry
- Chiropractor
- Pathology

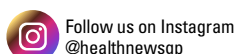
Email Communication. Email is not a secure form of communication and we do not use this to communicate personal information to patients without their consent. Whilst we make every effort to keep your information secure it is important for patients to be aware of the risks associated with electronic communication, 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



Keep your child safe while having fun this summer

Summer holidays are fun for children but can be a bit stressful for parents. It is a bit easier to get them off screens when it is warm outside. Evidence increasingly shows that helicopter parenting can prevent children from gaining independence, yet equally, the days of "be home by dark" are long gone. So, what are the key issues to ensure that your child has fun and remains safe?

Children are at risk of dehydration, so ensure they drink plenty of water, especially outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sunscreen may only last a few hours and needs to be reapplied. Playgrounds today are far safer than in the past, but falls can still occur. Age-appropriate supervision and choice of equipment can minimise this. Psychologists point out that allowing children to take some risks enables them to build resilience and learn their limitations.

Knowing how to swim is essential in Australia, as is knowing basic water safety. Swimming and fun in the water is a great activity for children (and adults). Make sure your child swims between the flags at the beach, and always watch them around water. Fences and gates do not replace vigilance.

Use insect repellent, especially at dusk. Insect bites and stings are usually annoying rather than serious but if you have any concerns- see your GP.



More info >>

Exercise reduces Dementia

Good news from the United States shows the percentage of adults over 65 with dementia is decreasing each decade.



Similar reductions have been recorded in the UK and Europe. The reason for the decline has yet to be discovered and is thought to reflect many things. This includes better education (keeping the brain active from an early age), better nutrition and better living conditions.

Another factor, which helps, is regular exercise. Evidence shows that thinking and memory capability increases with activity at all ages. Trials in older people found that doing 150 minutes of moderate exercise per week led to improved mental functioning, which persisted for over 12 months if the person stopped.

Resistance training improves executive functions (higher thinking and abstraction),

whilst aerobic exercise helps verbal memory. So, it is good to mix resistance and aerobic exercise.

In addition to exercise, mental stimulation (crosswords puzzles reading) and social activities also reduce dementia risk, as does eating a brain health diet, such as the Mediterranean diet.

A Finnish study of 1260 people found a 40% improvement over two years in cognition scores for those who combined regular exercise, a good diet, mental stimulation and social engagement.

This is impressive. All these measures are simple and inexpensive. You can do much to reduce your chances of dementia – start today!

Consuming alcohol safely in the festive season

During the festive season, many of us can overdo it with regard to food and alcohol. There are simple things you can do to avoid this.

There is no need to accept every invitation to drinks events. Everyone knows it is a busy time, so you can politely decline. Alternate your alcoholic drink with water. This means you can always have a drink in your hand but will have half the number of alcoholic beverages. Taking this one step further, there is no problem with drinking water or mineral water all night. An increasing number of people choose not to drink alcohol at all. If you feel the need for an excuse, you can claim medical reasons but do not feel any need to justify not wanting to drink.

Have a big glass of water before leaving for

the event so you won't arrive thirsty and eager for the first offering.

If you are consuming alcohol, it is important to eat. This slows the absorption of the alcohol and helps fill you up. It is okay to appear, have a drink or two over a couple of hours and leave. There is no need to be the first to arrive or be the last to leave functions.

Christmas day meals should be enjoyable, but too many drinks can fuel family tension. If you are hosting, be aware of the responsible serving of liquor and if you are a guest, remember to enjoy festive cheer in moderation. It is not that hard to do.



Tips for travellers

Overseas travel is back on the agenda this Christmas season, and many will seek to take to the skies to visit loved ones or simply for a holiday.

Travel vaccinations are an important consideration before travelling, but most health issues people confront when travelling cannot be vaccinated against. Insurance claim statistics suggest we get the same health issues when travelling at home. This means minor problems like chest or sinus infections, viruses, gastro, cuts and bruises and more serious ones like heart attack and broken bones from trauma.

Talk with your doctor before travelling. Your medical circumstances may make specific itineraries problematic. Ensure you take an adequate supply of any regular medications you have been prescribed. A letter from your doctor listing them can be helpful at airport security. You don't need a suitcase full of first aid supplies, but a kit of basics can be beneficial. What you may need depends on where you are going. A simple pain killer, anti-diarrhoeal and antihistamine in your kit can cover many issues. Band-aids and antiseptics may save a trip to a medical facility.

In many countries, you should only drink bottled water. Beware salads and fruits that might be washed in local water. Eat mainly cooked vegetables and fruits that are peeled (e.g., bananas).

Be aware of local customs and laws. Ask if there are areas to avoid. If you are driving, make sure you have insurance. This may be separate to travel insurance, which is also a must, and less expensive than you might think.

Holidays should be fun, and with some simple precautions, they can remain so.



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 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 based mainly 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 or get frustrated. Perseverance with treatment is important and, in most cases, will improve with time.



More info »



From all the team at Health News we wish you a very Merry Christmas and safe and prosperous New Year!





ALL-NATURAL CHOC PEANUT BANANA ICE CREAM

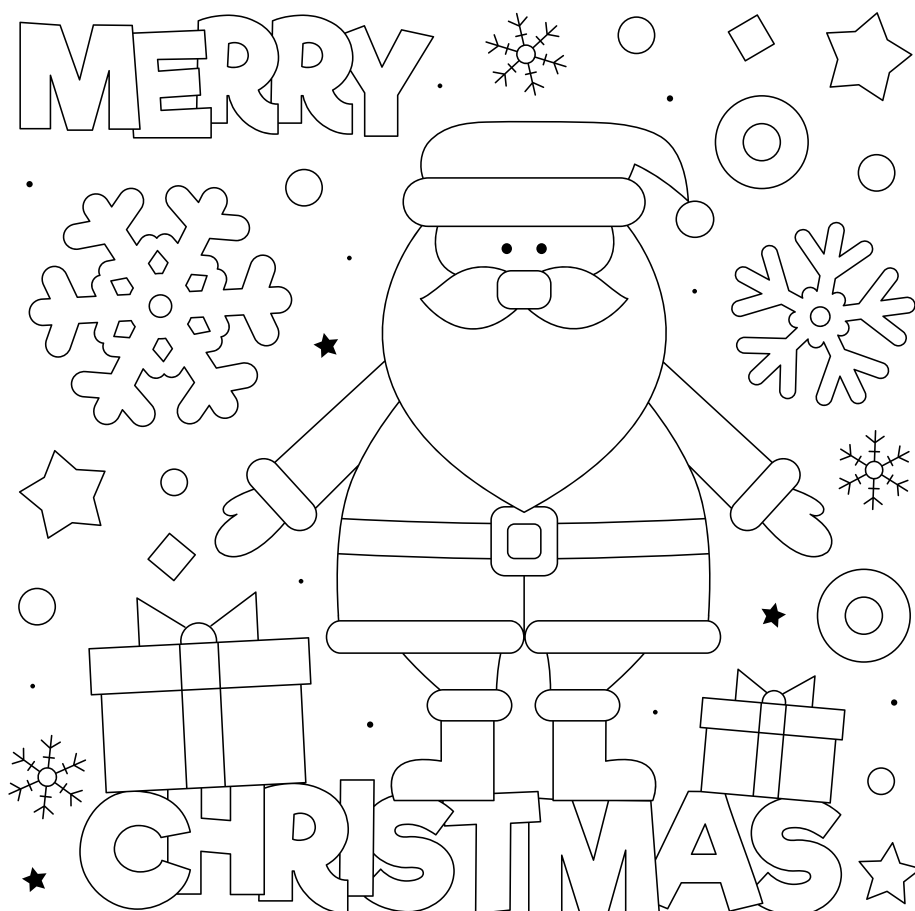
This all-natural ice cream is a great substitute if you want a healthier version of ice cream to feed the children or even dinner guests.

Ingredients

- 6 Bananas – peeled, chopped and Frozen
- ¼ Cup of freshly squeezed lemon juice
- 1/3 Cup of natural smooth (or crunchy) peanut butter
- 2 Tbs of cacao powder

Method

- Process all the ingredients together in a food processor or thermomix, making sure to scrape the sides down regularly.
- Once the mixture is smooth and resembles a soft serve ice cream, transfer to a chilled metal cake tin or loaf pan.
- Leave for approximately 2 hours and serve whilst still relatively soft.



South Street
Medical Centre

● 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.