

JUNE - JULY 2023 EDITION

FREE TO TAKE HOME!



Gallstones



Osteoarthritis



Fainting



Headaches

● 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

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.

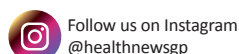


YOUR NEXT APPOINTMENT:

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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





Gallstones

Gallstones are hard stones made of cholesterol, calcium and bile, which form in the gallbladder. This is the pouch under the liver, which stores bile. In turn, bile is released into the intestine after meals to help absorb fats.

Gallstones are found in up to 30% of people, most of who don't know they have them. It is only when they cause symptoms that treatment may be required. Risk factors include being female, being overweight, increasing age and family history. The stones can be as small as grains of sand or as big as golf balls.

Symptoms commonly occur if a stone blocks the bile duct (biliary colic) or the gallbladder gets infected (cholecystitis). Pain in the abdomen (or back), nausea and or vomiting and fever are typical symptoms. Pain is generally worse after a fatty meal. Some may develop yellow jaundice. If you have abdominal pain, see your doctor, as there are many potential causes.

Diagnosis may be obvious on history and examination. The standard test is an ultrasound, which will show if stones are present.

Sometimes stones pass through the duct, and the symptoms resolve. If there is an infection, antibiotics will be needed. In severe cases, urgent hospitalization is required. The simplest treatment is analgesics and reducing fat intake in the diet.

Surgery to remove the gallbladder (and stones) is standard treatment. This is now generally done via the keyhole (laparoscope), and you are home in a few days. Medication to dissolve stones is not very effective. Sound wave treatment to "shatter" stones is useful in only 20% of cases.



More info »



Osteoarthritis

As we age, our joints show wear and tear. The cartilage (lining) of the joints is affected most, but bones, ligaments and muscles can also be involved. This is known as degenerative or osteoarthritis. It affects almost everyone over 40. The severity varies. Knees, hips, hands and the spine are the most commonly affected joints. Risk factors include being overweight, positive family history and joint injuries.

Symptoms include pain and stiffness, and swelling in the joint. It develops gradually over many years. Pain may be worse with activity, although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on clinical findings. X-rays can help assess severity and see the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces the load on the joint. Heat packs can help, as does strapping the joint. Regular exercise helps preserve function. This needs to be tailored to the individual, and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis, but analgesics (e.g. Paracetamol) can ease symptoms. Anti-inflammatory medications can be used but may have side effects and are not suitable for all. Talk to your GP about this. Braces, walking aids and shoe insoles can have a role too. In more severe cases, injections into the joint can ease symptoms and surgery, including joint replacement, can be beneficial when non-surgical treatments have failed.



More info »



[More info](#) »

Acne

Acne is a skin infection. Under hormonal (mainly testosterone) influence, sebaceous glands in the skin produce excess oil, which can block the pores allowing bacteria to multiply. It is most common in the teenage years but can also affect adults. Males are more prone, and there are genetic tendencies too.

The face, chest, back and neck are the most affected areas. Acne can be made worse by stress, oily cosmetics and some medications. For women, it may be worse with periods. Although an infection, it is not contagious. There are many myths about food causing acne – but no specific foods have been shown to make a difference. Eating sensibly and drinking plenty of water will help but not cure acne.

Basic treatments include keeping the skin clean and using good quality skin cleansers. The next step is more specific anti-acne creams or gels on the affected areas. Most are available without a prescription. If this

is not helping, your doctor can prescribe antibiotics. The length of the course depends on how long it takes to improve. For some females, a hormonal treatment doubles as a contraceptive.

In the most severe cases, you may be referred to a dermatologist. Severe cystic acne can be treated with more potent medications, which must be carefully monitored, as side effects can be problematic.

Fortunately, most acne resolves by the late teens or early twenties. Scarring can occur, although not frequently. This can be treated increasingly successfully.

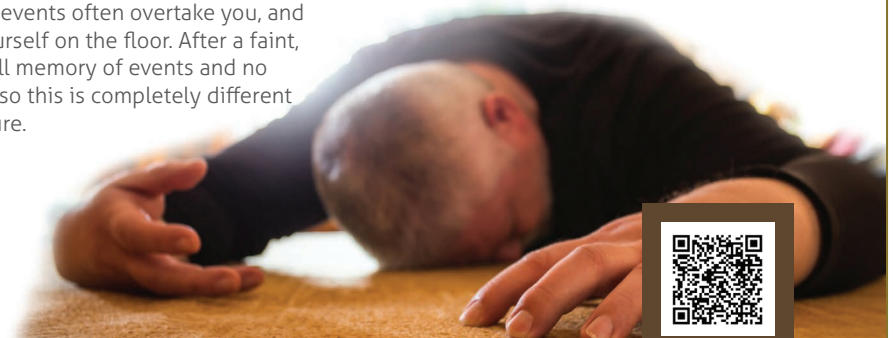
Fainting

There are numerous reasons why people may feel dizzy or pass out. A true faint (vaso-vagal episode) is a brief episode of unconsciousness caused by a drop in blood pressure. In turn, this can be due to a change in the blood vessels or the heart rate. When we faint, the blood vessels typically widen, causing the pressure inside them to drop.

When blood pressure to the brain is not maintained, we lose consciousness and fall to the ground. Usually, the episode is rapid and may last a few seconds. You may feel unwell for a time afterwards. Some people will go through life never fainting, whereas others are a bit prone.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea, and a lightheaded feeling. At this point, it is best to sit or lie down, but realistically events often overtake you, and you find yourself on the floor. After a faint, you have full memory of events and no convulsing, so this is completely different from a seizure.

It is important to consult your GP if you have suffered a faint. Whilst the condition is harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests.



[More info](#) »

Headaches

Headaches are one of the commonest symptoms experienced. Virtually everyone will get a headache at some stage. Some get them often, and others rarely. Whilst there are serious causes, the vast majority are not. The most typical form of headache is the “tension-type headache” felt as a band around the head. It can last from half an hour to an entire day. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Treatment depends on the cause. Eye strain can lead to headaches coming on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain and neck arthritis can cause headaches. Heat treatments on the neck and physiotherapy may help. Sinuses infection or congestion can cause headaches which can be seasonal.

Migraines are a particular type of headache, more common in females and usually one-sided, which can be associated with nausea

or vomiting and sometimes an aura.

Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history examination and, in some instances investigations. Treatment is directed towards the underlying cause.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.



● **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.



QUICK AND EASY FRENCH ONION CHICKEN POTATO BAKE

Ingredients (serves 6)

- 30g Butter
- 1 cup thinly sliced button mushrooms
- 3 spring onions finely chopped
- 120grams baby spinach
- 2 x 200 gram tubs of French Onion Dip
- ½ Cup pouring cream
- 500 grams cooked chicken – shredded
- Potatoes – enough to cover the base of your cooking dish
- 2 cups of your favourite grated cheese blend

Method

1. Melt butter in frying pan and add mushrooms and ¾ of the spring onions. Cook until softened stirring occasionally.
2. Add spinach and stir until wilted
3. Add French Onion dip and Cream and stir in well, then add the chicken.
4. Bring to the boil and season to taste.
5. Add the sliced, par boiled potatoes to the bottom of a baking dish and top with the chicken mixture. Sprinkle with the cheese blend.
6. Grill in a preheated oven for 2-3 minutes until the cheese is melted and garnish with the remaining spring onion.

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SUDUKO