



Child obesity



Hearing loss in adults



Deep Vein Thrombosis

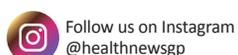


**Health News
wishes you a
very Merry Xmas
and Happy New
Year!**

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



● **PRACTICE DOCTORS**

Dr Peter Louie
MBBS(WA), BSc, FRACGP
Family Medicine, Acupuncture, Diving
Medicals & Skin Checks

Dr Wang-Jet Yee
MBBS(WA), FRACGP
Family Medicine, Minor Surgery &
Skin Checks

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, FRACGP, Bachsc
Family Medicine, Preventive Medicine, Spots
Medicine & Chronic Health Disease

Dr Rhys Daniel
MBBS
Family Medicine, General Medicine

Dr Rob Seeley
MBBS
Family Medicine & General Medicine

Dr Larisa Merlas (Registrar)
Starts in 2024

● **PRACTICE STAFF**

Practice Manager:
Rachael Bradley

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

Reception Staff:
Joanne, Ioli, Ada, Rosa, Cristina,
Karen, Kay, Louisa, Teyah, Kyah &
Kate

● **SURGERY HOURS**
Monday to Friday **7am – 7pm**
Saturday **8am – 1pm**

● **BILLING**

- Private Practice
- Standard Appointments \$85 with a rebate of \$41.40
- Long Consultations \$145 with a rebate of \$81.10
- Weekend Consultations \$90 with a rebate of \$41.10
(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
- 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.

▶ **Please see the Rear Cover for more practice information.**



Child and adolescent obesity

We tend to think that only America has issues with weight. The reality is that one in four Australian children are overweight or obese. This is a significant increase in one generation. Why? Firstly, children tend to snack on high-calorie foods and drinks, and second, is replacing physical activity with time on screens. We can't turn back time, but it is not all bad news. There is much you can do as a parent or guardian to help a child get and maintain a healthy weight.

Substitute water for sweet drinks. Eliminating liquid calories reduces calorie intake without leaving a child hungry. Allow soft drinks only on special occasions or no more than once a week. Replace fruit juice with a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

Research shows that we eat more when distracted, so ban the screen while eating. It has also been shown that children who eat at the table with others are 40% less likely to be overweight. This is partly the "screen effect"

mentioned before, but it also means the child is likelier to eat a proper meal instead of snack foods.

Teach your children about cooking. Children who get active in the kitchen will eat less junk food and learn about healthy eating.

Limit screen time and get your child active. This can be in an organised sport or a play in the park or back yard. Get a ball or Frisbee and join in, as exercise is good for parents too.

Good habits from childhood will serve your child well in adult life.



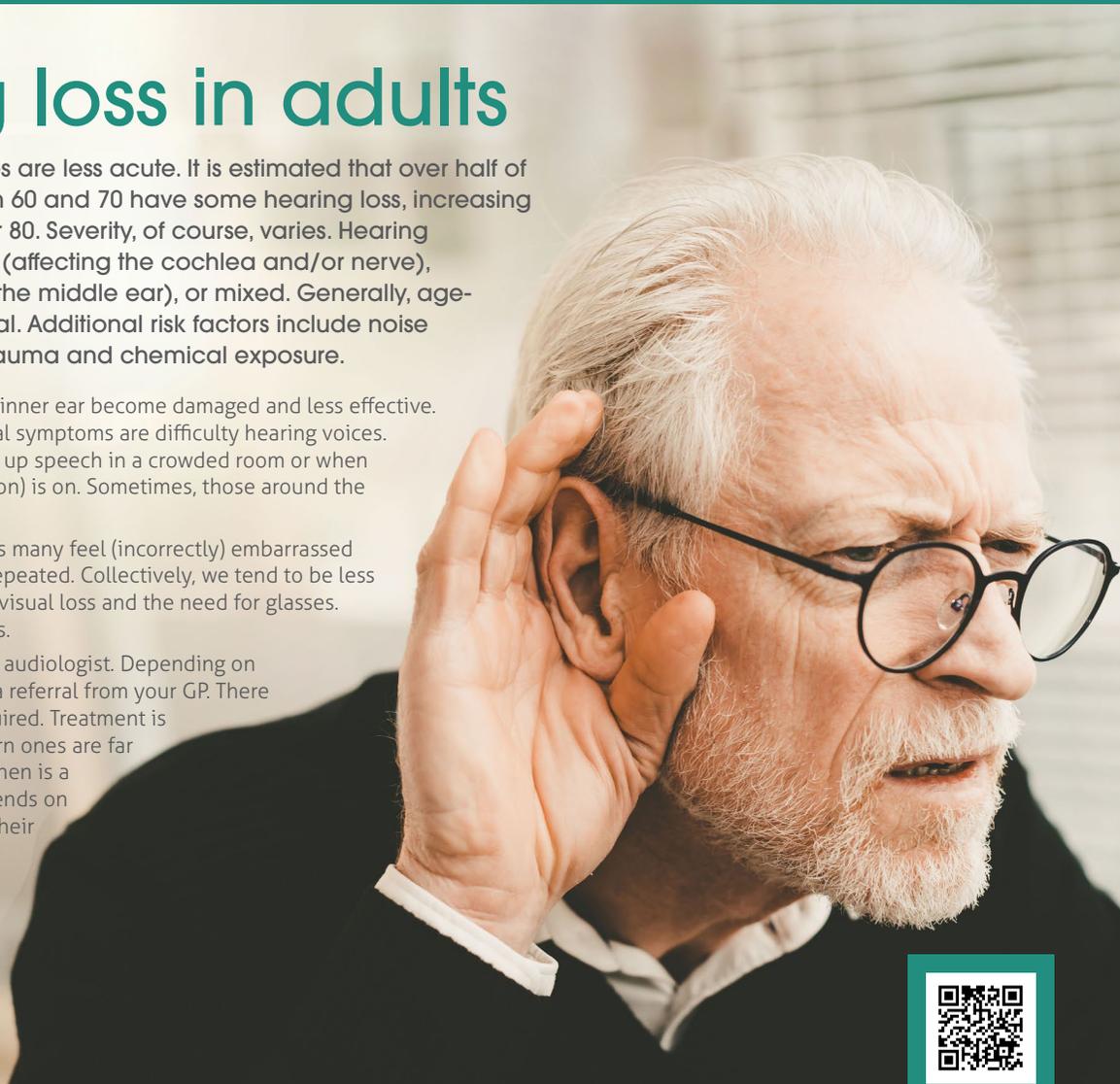
Hearing loss in adults

As we get older, our senses are less acute. It is estimated that over half of Australians aged between 60 and 70 have some hearing loss, increasing to 80% in those aged over 80. Severity, of course, varies. Hearing loss can be sensorineural (affecting the cochlea and/or nerve), conductive (blockage in the middle ear), or mixed. Generally, age-related loss is sensorineural. Additional risk factors include noise exposure, genetics, ear trauma and chemical exposure.

As we age, the hair cells in the inner ear become damaged and less effective. This cannot be reversed. Typical symptoms are difficulty hearing voices. This usually starts with picking up speech in a crowded room or when background noise (e.g. television) is on. Sometimes, those around the individual notice it first.

Hearing loss can be isolating as many feel (incorrectly) embarrassed about asking for words to be repeated. Collectively, we tend to be less accepting of hearing loss than visual loss and the need for glasses. There is no valid reason for this.

Hearing can be assessed by an audiologist. Depending on circumstances, you may need a referral from your GP. There are no other specific tests required. Treatment is the use of a hearing aid. Modern ones are far smaller and less noticeable. When is a hearing aid needed? That depends on the individual and how much their hearing loss affects them and those around them. Chat with your GP about any concerns you have with your hearing.



More info »



Deep Vein Thrombosis

A thrombus is a blood clot. The ability of the body to form clots is critical as this stops bleeding when we cut ourselves. However, a blood clot forming in a blood vessel can cause serious problems.

A deep vein thrombosis (DVT) occurs when a blood clot forms in the deep veins in the calf. Risk factors include smoking, family history, being overweight, prolonged sitting (e.g. plane travel), and surgical procedures. Some people may have a genetic predisposition, and there may be no predisposing or risk factors.

Typical symptoms are pain and swelling in the calf. It may be hot or red. There may be pain in flexing the ankles. Diagnosis may be apparent by history and examination. However, a Doppler study will usually be ordered to confirm a diagnosis and reveal the extent of the thrombus.

Treatment is with anticoagulant medication. This does not remove the existing clot but reduces the risk of it extending or spreading. The length of time of treatment depends on individual circumstances.

The main complication of a DVT is spread to the lungs- pulmonary embolism (PE). This is a serious condition generally needing hospitalisation.

Reduce your risk by maintaining a healthy weight and not smoking. Other preventative measures depend on the circumstances. For example, you may be advised to take anticoagulant medication before an operation, together with compression stockings. When flying, stretch your legs frequently and try to avoid crossing them. Taking aspirin has not been shown to reduce the risk of DVT.



More info >>



Eczema - Prevention and treatment

Eczema is a red, itchy rash often starting in infancy or early childhood. The most typical places are the face, neck and "flexures", which are the skin creases at the knees and elbows. It can be a few scattered areas or may be widespread. It ranges from the mild to the severe and may weep or be crusty.

The mainstays of treatment are moisturisers and steroid-based creams. Avoiding known triggers can reduce the frequency and severity of episodes. Unfortunately, it is not always possible. Dust mite allergy can worsen existing eczema. Contact occurs via bedding, carpet or soft furnishings. Shake sheets daily to remove skin scales (the food of dust mites!). Change sheets twice a week after a hot water wash. Put a special dust mite cover on the mattress.

Soaps and detergents remove natural skin oils and worsen dryness and itch. Wash with aqueous cream. Showers are better than baths. Reverse dry skin by frequent application of a simple moisturiser. Avoid wool and synthetic fabrics and wear cotton. Both cold and heat can worsen itch.

Both natural foods and food additives can worsen eczema in some children. Unfortunately, skin or blood testing for food allergies is inaccurate in uncovering which foods. Instead, strict avoidance of food (two to three weeks) followed by a deliberate challenge with the food (three servings a day for four days) will usually highlight any food allergies. Common ones are dairy, soy, fish, eggs, wheat, citrus, yeast extract or nuts.



More info >>

Stingers in the water

While shark attacks make headlines, other creatures in the water can cause problems when swimming. These are many and varied and influenced by season and where on the coastline you are. Most jellyfish stings are not serious but can be itchy or painful. However, tropical marine stingers found across Northern Australia, down to around Bundaberg in Queensland and Broome in Western Australia, can cause serious reactions and even be fatal.

There are ways to minimise the chances of getting stung. Always swim between the red and yellow flags inside stinger nets (where provided). Don't enter the water when beaches are closed. Look for and obey safety signs. Don't enter the water if the beach is closed. Wear a protective lycra suit, especially in the stinger season (usually November to March).

If a person is stung by a marine stinger, they will need first aid. Apply vinegar to the sting area. Call for the lifeguard and seek urgent medical attention. Stings by less toxic jellyfish can be treated firstly by removing the sting. You can use simple analgesia for pain, antihistamines for itching and soothing creams.



More info >>



HEALTHY SMOOTHIES FOR KIDS

Smoothies are a great way to add fruit and vegetables to your child's diet. This is especially the case for fussy eaters. In addition to this, healthy ingredients like ginger, chia seeds and kale are difficult to incorporate into your child's diet.

Some of the healthiest things to add in a kids smoothie include Protein, such as a commercial protein powder, Greek yogurt (which is higher in protein than regular yogurt) or nut butters. Fruit, including berries, mango, bananas and avocado. Greens, such as spinach or kale. A liquid base such as dairy or plant-based milk, water or fruit juice.

Healthy Berry Smoothie:

The raw cauliflower will blend up into a creamy texture and will be unnoticed by your children.

- Frozen Mixed Berries
- Frozen Banana
- Raw Cauliflower
- Choice of Milk or Non-Dairy Milk
- Chia Seeds

Healthy Green Smoothie:

The avocado provides a nice thick creamy texture to the smoothie eliminating the need for milk or yoghurts.

- Avocado
- Green Spinach or Kale
- Frozen Banana
- Cucumber
- Honey
- Coconut Water

MERRY CHRISTMAS



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.