

OCTOBER-NOVEMBER 2023 EDITION

FREE TO TAKE HOME!



Memory Loss



Urinary Incontinence



How to manage stress



Drug-induced liver injury

● 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

● 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**

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

● BILLING

- Private Practice
- Standard Appointments \$85 with a rebate of \$41.20
- Long Consultations \$145 with a rebate of \$79.70
- Weekend Consultations \$90 with a rebate of \$41.20
(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**
SJOJ 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

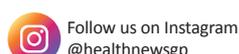
Email Communication. Email is not a secure form of communication and we do not use this to communicate personal information to patients without their consent. Whilst we make every effort to keep your information secure it is important for patients to be aware of the risks associated with electronic communication,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

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



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Memory Loss

What worries most people about getting older is the prospect of memory loss. The good news is that while the total number of people with dementia is increasing, the percentage of the population is declining. Work over the last three decades shows that as each cohort gets older, fewer people are being diagnosed with dementia.

There are a number of causes. Alzheimer's Disease is the most common. Risk factors include family history, past trauma to the head (especially repeated concussions), smoking and alcohol consumption to excess. The condition generally comes on slowly. It is worth noting that, occasionally, forgetting where you put your keys is not the first sign. Diagnosis is largely on assessing mental state through a questionnaire. A CT or MRI scan may be done to assess the brain. Certain changes are typically seen in Alzheimer's.

Blood tests are done to rule out treatable conditions that can impact memory (e.g., underactive thyroid, certain infections, kidney or liver diseases). Any underlying secondary cause can be treated accordingly. There is no treatment as such for Alzheimer's. Medications available only slow progression and not always even that. The key is practical support for the individual and carers. Talk to your GP about available services and getting adequate support.

According to the WHO, certain lifestyle factors can reduce the chances of memory loss. Physical exercise, adequate sleep, a sensible diet keeping the brain active, avoiding smoking and consuming only moderate alcohol, and controlling blood pressure and blood sugar all help.



More info »

Urinary Incontinence: Tips to manage the problem

The inability to control one's bladder is a silent problem; people do not talk about it. Yet it affects an estimated 13% of Australians, including 37% of women.

Stress incontinence is when urine leaks in relation to movement or any pressure in the pelvis. Urge incontinence is when you need to go quickly to the toilet on feeling the need. Few raise the issue with their GP due to either embarrassment, a belief that it is "a normal part of life", or that nothing can be done.

It is not a normal part of aging; you do not need to be embarrassed, and there are ways to prevent and manage it.

Risk factors include pregnancy, obesity, recurrent urinary infections, certain types of surgery (e.g. prostate), constipation and some medications. Step one is to raise it with your GP. Some tests may need to be done to rule out secondary (e.g. diabetes) medical causes. You may require referral to a urologist and/or be sent for urodynamic testing (testing the bladder function).

General preventative tips include spreading fluid intake (minimizing alcohol and caffeine) throughout the day, exercising regularly, and maintaining a healthy weight.

For women after childbirth, pelvic floor exercises are critical. Talk to your GP or physio about this. Bladder training is very effective once any secondary causes are excluded or treated. Programs are run through Continence Australia and some physiotherapists. In the short term, planning your day is helpful. There is also a range of products to get around the problem.

The first step is the most important- raise it with your GP.



More info »



How to manage stress in a busy life

The last few years have been highly stressful for many people. Stress is regarded as the scourge of the 21st century. Everyone feels stressed at some stage. Relationships, money and work, are consistently shown in polling to be the big three.

Our body reacts to stress today like it did in caveman days. It goes into fight or flight mode by releasing hormones like adrenalin and cortisol, which were very helpful when the threat had a physical solution and would be over soon (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress. Regular exercise is a great stress beater. It can be as simple as going for a walk. Listening to calming music and doing slow, deep breathing or guided meditations can be helpful. There are many apps that are designed to help people deal with stress, and many are free. Drinking herbal tea helps some people, as does keeping a journal or writing things down. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short break, if possible, may help.

Ultimately, dealing with what stresses you is the key. Remember, you don't always have to do this alone. For many, chatting with your GP or a counsellor can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



Drug-induced liver injury

The liver can be injured by many prescriptions, over-the-counter and herbal medications, as well as some dietary supplements. Usually, the damage is mild and reversible.

However, drug-induced liver damage accounts for 20% of liver transplants for liver failure in Australia.

There may be no symptoms. You may experience nausea, abdominal pain, itching or jaundice (yellowing of the skin). Blood tests will show the extent to which the liver has been affected.

It is vital to disclose to your doctor what medications you have been taking, including any non-prescription medications, supplements and herbal formulations. Sometimes, the combination is the problem. People with pre-existing liver disease are at greater risk, as are those with fatty liver, cirrhosis or alcohol-related liver damage.

Any new symptoms commencing after you start a new medication should be reported to your doctor. Though most side effects of medications are mild and self-limiting, not all are.

You may require testing, need to cease the medication and be advised to avoid that medication in the future. Some may require treatment with steroids.



Gestational Diabetes

Gestational Diabetes is a condition where women without previously diagnosed diabetes have raised blood glucose (sugar) during pregnancy. Some are thought to represent previously undetected cases of type 2 diabetes. It is most common in the third trimester and affects an estimated eight to ten per cent of pregnancies.

There are generally no symptoms. It is diagnosed via a blood glucose tolerance test (GTT) between weeks 24 and 28.

Risk factors include being over 40, being overweight or obese, a family history of diabetes, gestational diabetes in a prior pregnancy and a history of polycystic ovarian syndrome.

The health of the mother and baby are improved by good sugar control. The key is lifestyle measures. This means controlled weight gain during pregnancy and eating a diet rich in vegetables and low in processed high-sugar foods. Regular exercise, such as walking, also helps control blood sugar. Some women may need oral medications or insulin to help control sugars.

After giving birth, breastfeeding seems to help reduce weight and blood sugar. All women with GDM are advised a follow-up GTT between six and 12 weeks after delivery. There is a 50% risk of developing type 2 diabetes in the pursuant 20 years, so regular testing is recommended.



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.



CHICKEN, BROCCOLI AND CASHEW STIR FRY

Ingredients

- 450g pkthokkien noodles
- 1 tbsp peanut oil
- 500g Chicken breast, thinly sliced
- 1 large red onion, cut into wedges
- ½ red capsicum cut into 1 inch pieces
- 2 tsp minced garlic
- 2 tsp crushed ginger
- 1 head broccoli, cut into florets, stem halved lengthways and thinly sliced
- 1/3 cup (80ml) your favourite brand of oyster sauce
- 1/2 cup (75g) unsalted cashews, toasted

Method

1. In a bowl marinate chicken pieces with 1 tablespoon oil, 1 tablespoon of cornstarch, 1 teaspoon of soy sauce and ½ teaspoon of sugar. Mix well and set aside for 30 minutes refrigerated.
2. Cook the rice following the directions on the packet and set aside.
3. Heat oil in a wok or large frying pan over high heat and stir fry the chicken. Do this in batches if necessary and transfer to a plate.
4. In the pan add oil, onion, capsicum, garlic, ginger and the broccoli and stir fry until broccoli is tender. Return chicken to the pan.
5. Add Oyster Sauce with ¼ cup water and cashews. Stir fry until heated through and the sauce starts to thicken. Serve with rice.

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- URINARY
- STRESS
- SUGAR
- TREATMENT
- LIFESTYLE
- DAMAGE
- BLADDER
- LIVER
- HEALTH
- BLOOD
- TEST
- HISTORY
- FAMILY
- OBESITY
- DRINK
- WATER
- MANAGE
- CAUSE
- DRUG
- DOCTOR

WORD SEARCH