

JUNE - JULY 2024 EDITION

FREE TO TAKE HOME!



Parkinson's disease



Winter viruses



Managing stress



Connecting with teens

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 Ronald Flapper

MBBS, AMC, HUET, AdvDipEM & BOSIET

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, Kate &
Tayla

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

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)
- We Bulk Bill all concessions Card Holders and Under 16 year old's Monday-Friday before 5pm ONLY.
- Please kindly note there is no Bulk Billing after 5pm weekends or weekends for Concession Card Holders and Under 16 year old's.



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.

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.

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A close-up photograph of a person's hands, likely of an older age, holding a clear glass filled with water. The person is wearing a plaid shirt. The background is slightly blurred, focusing attention on the hands and the glass.

Parkinson's disease

A progressive degenerative condition that affects body movements, Parkinson's disease affects over 40,000 Australians. It is more common in men, and the incidence rises with age. It is caused by a loss of dopamine production in the brain, but why this happens is unknown. Genetic factors, some toxins, and head trauma may be involved.

The condition may start six years before symptoms commence, which typically include trembling hands and arms, muscle stiffness, shuffling when walking, and loss of facial expression. Not all symptoms may be present, and they don't start concurrently.

Diagnosis is based on history and examination. There is no specific diagnostic test to diagnose Parkinson's. However, you may be sent for tests to exclude other causes. In most instances, you will be referred to a specialist neurologist for an opinion. It can take some time for the diagnosis to be made as, in mild instances, the diagnosis is not clear. Paradoxically, this does not matter as the use of medication is generally delayed


until symptoms are severe enough to warrant it. This is because effectiveness can wane over time.

Lifestyle measures such as not smoking, maintaining a healthy weight, and exercising can help. Physiotherapy can also play a role. A number of potential medications can be used, and surgery is an option in selected cases. There is no one-size-fits-all treatment regime.



[More info](#) »

Tips to reduce winter viruses

A close-up photograph of a person's face, partially obscured by their hands holding a white tissue to their nose. They appear to be sneezing or blowing their nose. The person is wearing a blue shirt.

Typical winter cold and flu viruses have not disappeared. There are various theories about why they are usually more prevalent in winter, but nobody really knows

There is much we can do to reduce the spread. Covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. Wash your hands. Sanitiser is not essential. Soap and water are delicate.

Historically, people tended to soldier on with a virus on board. COVID changed that, and now people stay home when unwell. This not only helps you get better quicker but also makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when sick!

There are no force fields, but there are many ways to reduce the likelihood of contracting a virus. Talk to your doctor about vaccinations.

Regular exercise has been shown to strengthen the immune system, but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation herbal teas) has been shown to benefit immunity, as does having adequate vitamin D levels.

Whooping cough

Whilst relatively rare these days due to vaccination, there are still over 1000 cases of the infectious condition whooping cough in Australia each year caused by the bacteria *Bordetella Pertussis*. The bacteria are spread from person to person and cause irritation of the lining of the airways and increased mucus.

It can affect any age group but is most serious in the elderly and those under age one, where the risk of secondary pneumonia is also higher. Symptoms start seven to ten days after exposure and may be non-specific, with runny nose, low-grade fever, and cough. The paroxysmal stage starts seven to 14 days later with the hallmark cough on spasms ending with the "whoop." Later, vomiting may also occur.

Diagnosis is not always straightforward. In the early stages, there are no specific features. Swabs from the nose or throat can be diagnostic. Blood tests are not always reliable and can take some weeks to turn positive.

Treatment is directed to easing the cough and other symptoms. Steam inhalation helps. A course of antibiotics may be needed. Young children may need to be hospitalised. Those with infection need to stay away from school or work. Exclusion times vary according to circumstances.

Prevention is key, so ensure you and your family are fully vaccinated. The whooping cough vaccine is part of the childhood schedule and is recommended for pregnant women between weeks 28 and 32. Regular review and blood tests through your doctor are also important.



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Managing stress

Stress is claimed to be the scourge of the 21st century. It doesn't seem to matter who you talk to; everyone feels stressed at some stage.

Relationships, money, and work are usually shown as the big three in polling. 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, doing slow, deep breathing or guided meditations can be helpful too. There are many apps 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 (which can be done online or via phone) 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.

Connecting with your teenager

The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-closed bedroom door. Whilst there is some validity to this, it is far from the whole story. Adolescence is a time of change, physically, mentally, emotionally, and socially.

The transition from being a child to being an adult is not always easy. In this era of social media and smartphones, there are additional pressures.

Parents often lament that their teenagers do not listen, and they may be right. However, communication is a two-way street. This means listening is as important (possibly more so) than talking to your teens. We know that teenagers (despite what they may say) still want guidance and parental support.

Whilst publicly, they may claim to know it all, deep down, there is still insecurity.

Look for common interests. Talk about topics that they raise. Be prepared to talk when

they are ready to open up about a situation (even if you are doing something else). Be opportunistic. When driving to school (starts again) or other places, you have a captive audience. This can be a good time to talk. Aim to sit down for dinner with your teen at least a few times a week. Talk around the dinner table can be revealing. No matter how many times the answer is nothing much, ask each day how was school or what happened in your day?

Communication is the key to connecting. Ask your own parents how they coped with you. Talk to your doctor about any concerns you have about your teenager.



● **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 EGG FRIED RICE

This quick an easy fried rice is a great use for leftover steamed rice or just a hearty meal to fill up children and dinner time. Adding your choice of protein is a great way to make it a one meal dinner. Serves 4 using two 250g microwave rice packs.

Ingredients (serves 6)

- 2 eggs for every 250grams of rice (scrambled)
- 2 x 250 gram ready to heat microwave Jasmine or Long Grain white rice
- 1 cup of Frozen vegetables (peas, corn and carrots work great)
- 1 clove of garlic
- Light Soy Sauce
- Sesame Oil
- 1 tsp Chicken Powder or Salt to taste
- White pepper to taste
- Chives or Spring Onion

Method

1. In a wok or large pan add some rice bran or vegetable oil and then the eggs. Wait for a few seconds and then add the rice will the egg mixture is still runny. It is best to heat the rice before adding to avoid dropping the temperature of the pan.
2. Stir fry the rice and egg mixture for a few minutes focusing on separating all the rice looking for a dryer consistency. Add a teaspoon of Chicken Powder or a pinch of salt to taste along with the frozen vegetables and stir for another 30 seconds.
3. Add a dash of soy sauce around the edges of the pan or wok to help it cook off and add to the Smokey flavour. Careful to not go overboard here as you can always add more to taste.
4. Add a dash of sesame oil and white pepper to taste. Follow up with the Chives or the greens of the Spring Onions and remove from the heat whilst stirring through.

WORDSEARCH

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- SWABS
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- COUGH
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- BLOOD
- ELDERLY
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