

AUGUST- SEPTEMBER 2024 EDITION

FREE TO TAKE HOME!



Cardiovascular Risk



Spring Time



Sweaty Breakthrough



Exercise in Childhood

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.

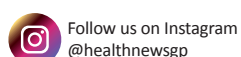
Our emails are checked on a regular basis, however they are not constantly monitored. If you have an issue that requires urgent attention, we request that you contact the practice via telephone on 9337 7888.

YOUR NEXT APPOINTMENT:

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.

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Cardiovascular Risk Assessment & Management

Heart disease remains a major concern in Australia and the world. The Australian Bureau of Statistics suggests that approximately 1 in 20 Australians had heart, stroke and vascular disease in 2022.

This has increased from approximately 1 in 25 in 2001 and is more common in males.

Typical symptoms are pain in the chest, left arm, neck, jaw, or back, nausea, sweating, and shortness of breath. Not everyone gets typical symptoms. Warning signs can include tiredness, chest discomfort on exertion, and shortness of breath.

The diagnosis is based on history, electrocardiogram (ECG), and blood tests. You will likely undergo an angiogram, where dye is inserted into the arteries to examine blood flow to the heart. Survival rates have increased due to better and earlier treatment. This can include medications, stenting (opening the artery), or surgery. The length of

hospital stay is much less than in the past.

Risk factors include family history, smoking, raised cholesterol, high blood pressure and diabetes. There may be no risk factors.

Prevention, where possible is key. There are online tools where you can work out your overall risk. These tools consider a number of factors. There is much you can do to reduce your risk. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check-up with your GP. Managing risk factors such as high blood pressure, raised cholesterol, and diabetes can include both lifestyle measures and medication. Regular monitoring is important. Limit salt intake, reduce weight (if overweight), and reduce sugars in the diet. Managing stress also can help.



More info »

Spring Time

Spring is when allergy symptoms are most prevalent. The classic "hay fever" is a runny nose, sneezing, and watery eyes.

The technical term allergic rhinitis means inflammation of the nose caused by an exaggerated response to a substance. Allergic conjunctivitis is when the same underlying response affects the eyes, causing watery, red and itchy eyes.

The symptoms result from the body trying to get rid of an irritation.

Sneezing and runny noses are caused by mucous production under the influence of histamine (produced by the body's reaction to an irritant). Other symptoms can include (paradoxically) a blocked nose, sinus congestion, and an itchy throat. The release of histamines also causes eye watering, redness, and itching.

The most common treatment is an antihistamine, available without a prescription. Some can make you drowsy as a side effect; others do not, so check the label. Other treatments are nasal sprays. Some are on prescription and contain a mild hydrocortisone, which reduces nasal inflammation. There are eye drops for eye symptoms. Some need a prescription.

Avoidance of known allergens is helpful but not always possible. There are ways to be tested for allergies and, in some instances, to be desensitized to what you are allergic to. If symptoms are mild, there is nothing wrong with using a tissue and riding it out as the season passes.

Talk to your doctor about what is best for you.



New breakthrough for Sweaty Armpits

ASX Listed Clinical Dermatology company Botanix Pharmaceuticals announced on the 20th of June 2024 that it had received US Food and Drug Administration (FDA) approval for a new drug called Sofdra™ (sofipironium) gel.

Sofdra is a prescription medicine used to treat primary axillary hyperhidrosis (excessive underarm sweating) in adults and children nine years and older.

Whilst not a life-threatening condition, excessive underarm sweating can affect work productivity, daily routine activities, emotional well-being, and personal relationships. It is said to be the third largest dermatology condition in the US, affecting almost 10 million people annually.

Sofdra is the first and only new chemical entity approved by the FDA to treat primary axillary

hyperhidrosis. It presents a novel, safe, and effective solution for patients who have lacked treatment options for this socially challenging medical condition.

Botanix Executive Chairman commented, "As the first and only new chemical entity, Sofdra represents a new therapeutic approach for dermatologists to treat patients with this debilitating medical condition" in his recent press release.

The product is not available in Australia, but regulatory approvals are expected to follow in due course.



More info »



Myasthenia Gravis

This condition causes muscle weakness and fatigue. It is thought to be due to antibodies "attacking" the nerve receptors in the muscles. The Thymus gland, which sits in the chest, produces the antibodies, but what triggers this is unknown. There is also a form of Myasthenia without antibodies involved.

It can occur at any age but is more common in women under 40 and men over 60. Symptoms are typically weakness and tiredness, and severity ranges from mild to near-full paralysis. It can affect any muscle but the upper body more than the lower part. Facial muscles are often first affected. People may notice droopy eyelids or problems with swallowing or chewing. In the most severe cases, the breathing muscles can be affected.

Diagnosis is based largely on the symptoms and a neurological examination, which shows muscle weakness but no effect on sensation. Blood tests may show the presence of antibodies. You would be referred to a neurologist, and some

specialised tests can be performed.

Treatments include cholinesterase inhibitor medications (to improve muscle function), immunosuppressants (e.g., steroids), and plasmapheresis (filtering the plasma from the blood). Some have a growth in the Thymus gland, which can be surgically removed.

Around 20% will go into spontaneous remission. Living with myasthenia gravis can mean making adjustments to your routine. You may need to do things more slowly and plan your day. Simple measures like an eye patch, eating smaller, more frequent meals, and installing handrails or other aids can help.

Relevance of Exercise in Childhood

Once upon a time, children didn't need to "exercise" because they were active. They walked to and from school and played outdoors rather than on screens.

The growing trend of children spending more time with technology and devices and less time outdoors is something that most parents face.

Over 20% of children aged 12 through 16 are overweight or obese. This reflects both the consumption of more processed foods higher in fats and sugars and a reduction in physical activity.

We cannot turn back the clock, but we can help our children be healthier. The Australian government recommends one hour of physical activity each day for children over the age of five. This should be a mix of moderate and vigorous exercise. It can include walking, running, bike riding, any form of suitable sport, and outdoor play. It does not have to be in one continuous block of time.

Being active has many benefits for your child. It reduces childhood obesity, improves motor function, improves circulation, strengthens bones and muscles, and improves balance and coordination skills. Active children tend to sleep better and often have enhanced self-esteem. Mental health problems are less common in active children.

It also establishes good habits for later in life, as regular exercise reduces the chances of many diseases, including heart disease, stroke, and some forms of cancer.

A bonus is that when you encourage your children to exercise, they may encourage you to do the same. Most importantly, remember that any form of exercise is better than none.



More info »



BANANA, BLUEBERRY & LEMON MUG CAKE

Ingredients (serves 2)

- 1 tsp vanilla extract
- 1 banana, mashed
- 1 cup frozen blueberries
- 1 tbs maple syrup
- 2 tbs light Greek yoghurt
- 1/3 cup wholemeal flour
- 1/2 tsp baking powder
- 1 lemon, zest only
- 1 free range egg

Directions

Combine all ingredients together and separate into two microwave proof mugs and microwave for 2 minutes, checking halfway through.
Serve Warm with some sliced banana to garnish.



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.

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