

OCTOBER-NOVEMBER 2024 EDITION

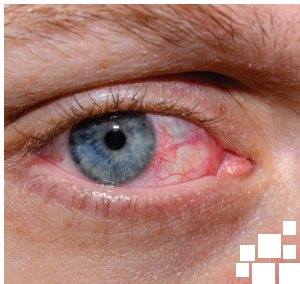
FREE TO TAKE HOME!



Connecting with teens



Colds & flu



Dry Eye



How to manage stress

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 Rob Seeley

MBBS
Family Medicine & General Medicine

Dr Ronald Flapper

MBBS, AMC, HUET, AdvDipEM & BOSIET

Dr Michael Grzelak (GP Registrar)

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

SURGERY HOURS

Monday to Friday **7am – 7pm**
Saturday **8am – 1pm**

BILLING

- Private Practice
- Standard Appointments \$90 with a rebate of \$42.85
- Long Consultations \$150 with a rebate of \$82.90
- Weekend Consultations \$90 with a rebate of \$42.85
(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.

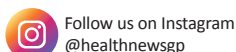


YOUR NEXT APPOINTMENT:

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.

www.healthnews.net.au



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



Connecting with your teenager

Social distancing has meant parents and teens are being forced to spend more time together. The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-shut bedroom door.

Whilst there is some validity to this, it is far from the whole story. The transition from being a child to 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) are still wanting 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 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. Talking 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 their 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, and remember, adolescence is a time of physical, mental, emotional, and social change.

How to prevent the spread of colds & flu

Despite passing the worst of the season, winter cold and flu viruses have not disappeared. In fact, the 2024 season peaked later than that of 2023 according to new data from the National Notifiable Disease Surveillance System (NNDSS), which noted a peak in June & July as opposed to May in 2023.

There is much we can do to reduce the spread of this disease, and whilst we should not let this rule our lives, we should always remain mindful. Viruses are spread by airborne droplets. 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 fine.

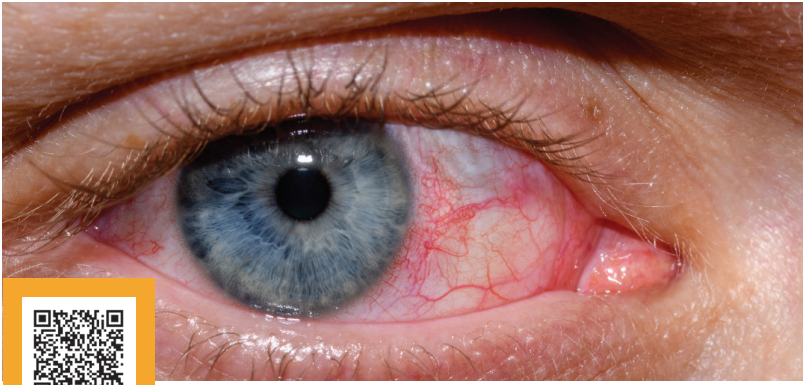
Typically, people try to soldier on with a virus on board, but times have changed. Those not working at home need to stay home when unwell. This helps you get better quicker and, more importantly, makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when you are sick!

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.

Going forward, the importance of preventing the spread, including staying away from others when not well, will hopefully stay with us. And, of course, speak with your GP about your recommended vaccination plan.



More info »



More info »

Dry Eye

The eyes need constant lubrication, which is provided by the tear glands.

Eyes become dry for two main reasons. Firstly, tears can evaporate too quickly. This can be on planes, in air conditioning, in dry air, or in smoky conditions. It is temporary and improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses, and having low vitamin A levels. Symptoms are a burning, itching, stinging, or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is based mainly on symptoms and a thorough eye examination. Blood tests would be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air, and wear sunglasses when outside. Take breaks when using screens for long periods of time, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info »

Oral Thrush

Thrush, caused by the fungus *Candida albicans*, can affect different parts of the body, most commonly the genitals and the mouth and throat. Oral thrush typically causes white plaques in the mouth and throat, which may be surrounded by redness. It is not painful.

Risk factors include having diabetes, being on steroids (including asthma sprays containing steroids) and having dentures. It is also more common after chemotherapy or radiotherapy and sometimes after courses of antibiotics. Interestingly, it is estimated that the fungus may sit dormant (not causing any symptoms) in 75% of the world's population.

Treatment is with antifungal drops or lozenges. Rinsing the mouth with salty water can be helpful in some cases. For those with asthma, gargling with salty water after inhalers can help prevent oral thrush.

Many mouthwashes kill off the good bacteria in the mouth, enabling thrush to grow. Beware of excessive use of these.

How to manage stress

Stress is claimed to be the scourge of the 21st century. Economic pressure has added to this for a lot of society, as does the days of social media.

Even in normal circumstances, 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 with the release of 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 the source of the stress is paramount. 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.



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.



STIR FRY PORK AND SNAKE BEANS

Ingredients

- 2 tbsp canola oil
- 1 garlic clove, crushed
- 500 gm snake beans, cut into 5-6cm pieces
- Thai Basil (to taste)
- 2 tbsp soy sauce (or to taste)
- Sesame oil to taste
- 500 gm coarsely minced pork (marinated with the below)
 - 1¼ tsp caster sugar
 - 1 tsp Shaoxing wine
 - 1 tsp coarsely ground white pepper
 - 1¼ tsp oyster sauce
 - 1¼ tsp soy sauce

Method

1. For marinated pork, combine ingredients in a glass or ceramic bowl and marinate in refrigerator (half a day or up to 1 day).
2. Heat a wok over high heat and add oil, then add garlic and stir-fry until light golden (2-3 seconds), then add marinated pork, stirring to break up pork and prevent it from catching on the wok
3. Once pork is cooked and juices have evaporated (4-5 minutes) add snake beans and stir-fry until tender, reducing the heat to medium if they start to burn.
4. Add the Thai Basil and season with soy sauce, one or two drops of sesame oil, and salt to taste and continue to stir-fry until beans are soft but still hold their shape

Note – for some extra authentic flavour, try adding a few drops of liquid smoke.

WORD SEARCH

E	R	B	A	S	I	L	N	S	H	A	S	S	E
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P	A	C	E	E	X	C	E	R	S	I	S	E	E
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- TEARS
- TEENAGER
- NEWS
- SEASON
- HERBAL
- EYES
- ITCHING
- COLD
- PARENTS
- STRESS
- HEALTH
- FUNGUS
- PRESSURE
- BASIL
- EXERCISE
- TALKING
- THRUSH