



Breast Cancer



Vitamin B6



School Holidays



New Year's Resolutions

● **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, Sports
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, 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 \$95 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.



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

Understanding Breast Cancer

Breast cancer is one of the most common cancers among women worldwide, with millions diagnosed each year.

It occurs when cells in the breast grow uncontrollably, forming a malignant tumour that can spread to other parts of the body. Although the exact cause of breast cancer is unknown, certain risk factors increase its likelihood. These include age, family history, genetic mutations (such as BRCA1 and BRCA2), lifestyle factors like obesity, and hormonal influences.

Early detection is crucial in the fight against breast cancer, as it significantly improves treatment outcomes. Regular breast self-exams and awareness of any changes, such as lumps, pain, nipple discharge, or changes in breast shape, are essential first steps. Mammograms, an X-ray of the breast, is recommended annually for women over 40 or earlier for those at high risk, as they can detect cancer at an early stage when it is most treatable.

Treatment for breast cancer varies depending on its stage and type and may include surgery, radiation, chemotherapy, hormone therapy, or targeted therapy. Advances in medical research have led to more personalised treatments, increasing survival rates and improving patients' quality of life.

Beyond treatment, support for breast cancer patients and their families is vital. Support groups, counselling, and community resources provide emotional and mental assistance during recovery. With continued research and awareness efforts, breast cancer outcomes are improving, giving hope to millions. Early detection, a healthy lifestyle, and regular screenings are key steps in reducing the impact of this disease and improving survival rates.



Vitamin B6

As the wellness trend continues to surge, millions worldwide have incorporated over-the-counter vitamins into their daily routines. While vitamin supplements are generally safe when consumed as directed, excessive intake can lead to adverse side effects.

Vitamin B6 is commonly found in many multivitamins and mineral supplements available without a prescription in supermarkets, health food shops, and pharmacies. Excessive vitamin B6 intake is associated with peripheral neuropathy, which can result in symptoms such as tingling, burning, or numbness, typically in the hands and feet.

In March 2023, the Therapeutic Goods Administration (TGA) mandated that products containing vitamin B6 in daily doses above 10 mg require a label warning. This previously applied to products containing over 50 mg per daily dose.

Dr David Kanowski, a chemical pathologist at Sullivan Nicolaides Pathology in Brisbane, says "Many people may unknowingly consume high doses of vitamin B6 by taking multiple supplements. For example, vitamin B6 (as pyridoxine hydrochloride) is often included in magnesium supplements, with each tablet containing up to 60 mg. A patient taking two magnesium tablets per day could be unintentionally consuming 120 mg of vitamin B6, far exceeding the recommended dietary intake for adults in Australia and New Zealand, which is 1.3–2.0 mg/day with a maximum of 50 mg/day. As pyridoxine hydrochloride has a half-life of up to 30 days, repetitive small doses taken over months can accumulate to high blood concentrations."

It is important to be vigilant about vitamin B6 intake and to consult healthcare professionals if you have any concerns about supplement use.





Keeping Children Engaged During School Holidays

School holidays offer a great opportunity for children to relax and enjoy a break from structured learning, but keeping them engaged and productive can be a challenge for parents. Balancing free time with structured activities can help ensure they stay busy, learn new things, and enjoy themselves.

A great way to start is by planning a range of activities that mix fun with learning. Creative projects, like arts and crafts, help children express themselves and develop fine motor skills. Reading is another excellent activity; a holiday reading list can keep their minds sharp while exploring new topics and stories.

Outdoor activities are vital, too. Parks, nature trails, or even backyard playtime allow children to get exercise, enjoy fresh air, and burn off energy. For rainy days, indoor games, puzzles, or even educational apps can provide entertainment and stimulate problem-solving skills.

Enrolling kids in holiday programs or day camps is another way to keep them engaged. These programs often offer a variety of sports, arts, and social activities, letting children make new friends and learn new skills.

Involving children in household activities, like cooking or gardening, can also be enjoyable and teach valuable life skills. By balancing free play, structured learning, and family time, parents can create a holiday routine that keeps children happy, active, and engaged throughout the break.



New Year's Resolutions: A Fresh Start

New Year's resolutions offer a chance to set fresh goals and make positive changes. Each January, millions of people commit to resolutions, whether it's to eat healthier, exercise more, quit smoking, or focus on personal growth. These resolutions reflect our desire to start the year on a positive note, motivated by a sense of renewal and self-improvement.

However, despite good intentions, many people struggle to keep their resolutions. Studies show that by February, a large percentage have already given up. One reason is that people often set unrealistic goals or try to make drastic changes overnight. Without a clear, manageable plan, it's easy to feel overwhelmed and lose motivation.

The key to a successful New Year's resolution is setting realistic, specific goals and breaking them into small, achievable steps. Instead of saying, "I want to lose weight," try a more specific goal like, "I'll exercise for 20 minutes three times a week." Making resolutions measurable and attainable increases the likelihood of success. Additionally, tracking progress and celebrating small victories along the way can keep motivation high.

Support from friends, family, or online communities can also be a powerful motivator. Sharing your goals with others not only provides accountability but can also offer encouragement during challenging times.

Ultimately, New Year's resolutions should be about positive change rather than perfection. Embrace the journey, allow room for mistakes, and celebrate the effort you put in. With patience, persistence, and a clear plan, resolutions can be a wonderful tool for personal growth and improvement.

Overindulging at Christmas Time



Christmas is a time for celebration, good food, and quality time with loved ones. However, the holiday season often brings an abundance of rich foods, sugary treats, and indulgent drinks that can lead to overindulgence. While enjoying festive food is part of the holiday spirit, consuming too much can leave you feeling sluggish, bloated, and unwell.

Overindulging in high-calorie, high-fat foods can strain your digestive system and lead to weight gain. The festive season also often comes with an increase in alcohol consumption, which can impact liver health, sleep quality, and overall mood. For people with health conditions, such as diabetes or heart disease, excessive eating and drinking can be especially harmful.

To avoid these pitfalls, consider pacing yourself throughout the season. Opt for smaller portions, savour each bite, and balance indulgent foods with healthier options. Drinking plenty of water, maintaining some physical activity, and getting enough rest can help counteract the effects of overindulgence. Remember, you can still enjoy the holiday treats without going overboard. Moderation is key to feeling good and making the most of the Christmas season. Enjoy the festivities while staying mindful of your health.



CLASSIC CHRISTMAS GINGERBREAD COOKIES

These delicious gingerbread cookies are perfect for the holiday season. They're easy to make, fun to decorate, and fill your kitchen with warm, festive aromas.

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground ginger
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 3/4 cup unsalted butter, softened
- 3/4 cup brown sugar, packed
- 1 large egg
- 1/2 cup molasses
- 1 teaspoon vanilla extract
- For Decoration: Icing, sprinkles, or any decorative toppings

Method

1. Prepare the Dough: In a medium bowl, whisk together the flour, baking soda, salt, ginger, cinnamon, cloves, and nutmeg.
2. Mix Wet Ingredients: In a large bowl, cream the butter and brown sugar until light and fluffy. Beat in the egg, molasses, and vanilla extract until smooth.
3. Combine Ingredients: Gradually add the dry ingredients to the wet mixture, mixing until combined. Divide the dough in half, wrap each in plastic wrap, and refrigerate for at least 1 hour.
4. Bake: Preheat the oven to 350°F (175°C). Roll out the dough to 1/4-inch thickness and use cookie cutters for your desired shapes. Place on a baking sheet lined with parchment paper and bake for 8-10 minutes.
5. Decorate: Let cookies cool completely before decorating with icing and sprinkles.



**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.