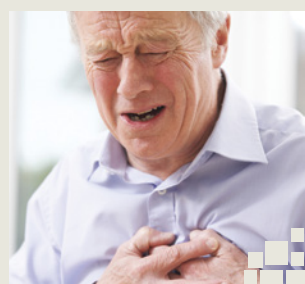


FREE TO TAKE HOME!

DECEMBER 2018 - JANUARY 2019 EDITION



Hearing Loss in Adults



Heart Attack Alert!



Beating Christmas Stress



Plantar Fasciitis – Heel Pain

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](http://www.healthnews.net.au)

## PRACTICE DOCTORS

### Dr Steve Jarvis

MBBS, FRACGP, DipObs, BSc

### Dr Shahrooz Roohi

MBBS (Hons) FRACGP

### Dr Russell Bock

MBBS, FRACGP, DipObs

### Dr Galal Tadros

MBBS, AMC

### Dr James Setiawan

MBBS, FRACGP

### Dr Christina Bien

MBBS (Hons), DCH, SH&FPA, FRACGP  
Currently on Maternity leave

### Dr Mari Bardell

MB, CHB, FRACGP, PallMedDip

## REGISTRAR DOCTORS

### Dr Valerie Heard

### Dr Jessica Khouri

## PRACTICE MANAGER

### Jacqui Markou

## PRACTICE NURSES

Sarah, Jenny,  
Sonia, Joanne,  
Anna, Cheryl &  
Rebekah

## CARE PLAN/HEALTH ASSESSMENT NURSES

### Jaci & Nicole

## RECEPTION STAFF

Joyce, Denise,  
Rosemary, Tracey,  
Pauline, Suzanne,  
Angie & Maddy

## SURGERY HOURS

Monday ..... 7am – 6pm  
Tuesday ..... 7am – 8pm  
Wednesday..... 7am – 7pm  
Thursday..... 7am – 6pm  
Friday..... 7am – 5pm  
Saturday ..... 8am – 3pm  
Public Holidays ..... 8am – 1pm

## AFTER HOURS & EMERGENCY

After hours Locum Service - Home Visit  
**9321 9133**  
Health Direct  
**1800 022 222**  
Joondalup Hospital Emergency  
**9400 9400**

Appointments can be made online, visit our website:

[www.whitfordsmedical.com.au](http://www.whitfordsmedical.com.au)

## OTHER SERVICES

- 24 Hr blood pressure monitoring
- Travel vaccines & advice
- Chronic disease management
- Health Assessments for over 75s
- Anti-wrinkle injections/treatment
- Skin Cancer Check/Mole Scan
- ECG
- Audiometry
- Medicals
- Diving medicals
- Family Planning
- Myofascial therapy
- Minor surgery

Our aim is to give our patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that the patients receive the high quality of service they have come to expect.

## ALLIED HEALTH PROFESSIONALS

Allied Health appointments available at reception:

- Podiatrist
- Diabetes Educator
- Consultant Dietitian

## BILLING ARRANGEMENTS

We are a bulk billing practice Monday to Friday. Medicare Card required.

Saturday is Private Billing. Payment is required on the day of consultation.

## APPOINTMENTS

**Consultation is by appointment.** Urgent cases are seen on the day.

**Home Visits.** If unable to attend our surgery, one of receptionist can arrange for a locum Doctor to visit you at home. (See after hours for phone number.)

**Long Appointments.** If booking for a medical or for a more complex problem or Pap smear, please inform reception.

**Non-Cancellation Fee.** If you fail to attend appointments a fee of **\$38.50** will apply. To avoid receiving a fee, adequate notice is required.

## SPECIAL PRACTICE NOTES

**Molescan/Skin checks.** Full skin cancer mole checks are available by appointment to ensure a qualified Molescan doctor is available. An appointment specifically is necessary for this service.

**Contacting Doctors.** Should you wish to speak to a Doctor, please be aware the he/she is likely to be consulting. A message can be left and your Doctor or staff member will return your call with a reply.

**Reminder system.** Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.


▷ Please see the Rear Cover for more practice information.

# Hearing Loss in Adults

Our senses become less acute as we get older. An estimated half of Australians aged 60-70 years have some hearing loss, and this increases to 80% for those over age 80. Severity, of course varies. Hearing loss can be 'sensorineural' (affecting the cochlea and or nerve), 'conductive' (blockage in the middle ear) or a mixture of the two. Generally, age-related loss is sensorineural and other risks include past noise exposure, a family tendency (genetics), ear trauma and chemical exposure.



*With a nifty hearing aid the grandchildren's demands are heard!*

 Weblink: [www.healthdirect.gov.au/hearing-loss](http://www.healthdirect.gov.au/hearing-loss)

As we age the hair cells in the inner ear become less effective. This change cannot be reversed. Typical symptoms are difficulty hearing voices, usually picking up speech in a crowded room or when there is background noise (e.g. television). Sometimes those with the affected person notice it first because they have to keep repeating themselves.

Hearing loss can be isolating as many feel (incorrectly) embarrassed about asking for speech to be repeated. Collectively, we tend to be less accepting of hearing loss than visual loss and the need for glasses. There is no valid reason for this.

Hearing can be assessed by an audiologist. Depending on circumstances you may need a referral from your GP. Apart from a proper hearing test in a sound proof booth, there are no other specific tests usually.

Treatment is use of a hearing aid. Waterproofing, size, directional microphones, etc vary with the price. When is a hearing aid needed? That depends on the person and how they and those around them are affected. Chat with your GP about any concerns you have with your hearing.

## Quiz

- 1) How long did the Hundred Years War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

**ANSWERS:**  
1) 116 years  
2) Ecuador  
3) Sheep and  
Horses  
4) November  
5) Squirrel fur  
6) Orange  
7) Albert  
8) Crimmon  
9) New Zealand  
10) Of course

# Heart Attack Alert!

Heart disease kills Australians - 8011 deaths in 2016 but fatal heart attacks have decreased 30% in a decade. The Australian Institute of Health and Welfare (AIHW) estimates that 430,000 Australians have had a heart attack at some stage in their lives. If it happens to you, it is an emergency requiring an ambulance to hospital.

Typical symptoms are pain in the chest, left arm, neck, jaw or back, together with nausea, sweating, shortness of breath and feeling unwell. Not everyone gets typical symptoms. Risk factors include a family history, smoking, raised cholesterol, high blood pressure and having diabetes (but all may be absent).

Warning signs can include tiredness, chest discomfort on exertion and shortness of breath. Of course, not everyone with these symptoms is on the verge of a heart attack! However, it is far better to 'be safe than sorry' and even if there is a slight chance of heart attack you need an ambulance and hospital.

Diagnosis is based on history, electrocardiogram (ECG) and blood tests. You will likely have a coronary angiogram where dye is inserted into the arteries to examine blood flow to the heart. Deaths from heart attack have decreased due to better and earlier treatment. This can include medications, stenting (opening the artery) or surgery. Length of hospital stay is much less than in the past.

Prevention, where possible is the key. Don't smoke. Eat a healthy diet and maintain a healthy weight. Get some regular exercise. Have a regular check up with your GP.



*Awareness of heart attack symptoms can come in handy*

 Weblink: [www.heartfoundation.org.au](http://www.heartfoundation.org.au) and [www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-attack](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-attack)





Planning ahead can stop a lot of the Christmas stress.

## Beating Christmas Stress

Christmas is a time of joy for most. But not all of us. Rates of depression and anxiety can be increased at Christmas but it need not be the case. Much of the stress we feel is self-imposed. The good news is that it can be reduced.

The best way to avoid a Christmas credit card hangover is to buy presents with cash. That way you can only spend what you have. The old adage about the gift counting still applies so don't feel the need to buy expensive presents for all. Small children can still get as much fun from the wrapping paper as the present.

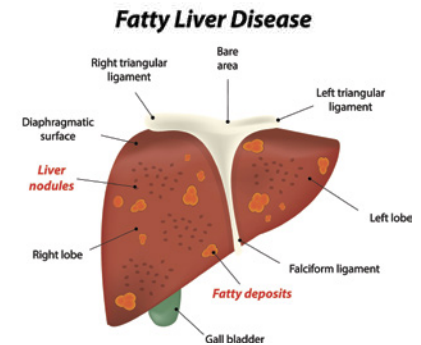
Many worry about weight gain over Christmas. This too is avoidable. Even if invited to multiple events, you do not have to attend all of them. You

can keep your weight in check by eating something before you go and by drinking plenty of water. You don't have to be the first to arrive or the last to leave. Keep up a regular exercise regime over the holiday period.

Christmas day lunch should be enjoyable. If you are stressed out about relatives coming over, delegate tasks so you don't have to do all the preparation. Whilst it is a bigger lunch than usual, don't cater for 30 people if only ten are coming. Be honest with yourself and your family about what is realistic. Don't try to do it all yourself.

If you are the sort who likes solitude it is OK to slip away and re-emerge on December 27. Don't feel pressured to socialise if you really do not want to. Christmas should be relaxing and enjoyable. This means different things to different people – do it your way.

Best wishes for a wonderful holiday season and a new year filled with peace and happiness.



## Fatty Liver

Often symptomless, fatty liver disease is a build-up of fat in the liver cells. The commonest causes for this are too much alcohol, being overweight and diabetes. About 10% of Australians are affected. Because there is always some fat in the liver if more than 10% of the liver weight is made up of fat, then this is significant and called 'fatty liver'.

Generally, it is often detected on blood testing or imaging. In mild cases there may be no effects on the workings of the liver but there is this risk in the longer-term. In the worst cases there can be cirrhosis (scarring) and serious impact on the functioning of the liver.

Currently there is no specific treatment. Weight loss can lead to some reversal of fatty change and improvement in liver function. Where alcohol is a factor then abstinence is vital. Diabetes and high blood pressure can be associated with fatty liver and it is important that these are treated.

Prevention is the key. Eat a sensible diet and maintain a healthy weight. Do regular exercise and consume alcohol only in the drink safe levels. Talk to your doctor about getting your liver checked if appropriate.

## Plantar Fasciitis – Heel Pain

A common cause of heel pain, 'plantar fasciitis' is inflammation of the tissue (plantar fascia) that runs along the sole of the foot connecting the heel to the toes, creating the arch of the foot. Risk factors include age, being overweight, sports which stress the heel (e.g. running) and spending long periods of time on the feet.

The main symptom is pain under the heel. It can be dull or sharp. It is often worse on rising in the morning, after prolonged sitting or after intense activity. Diagnosis is from the story and examination. X-rays generally do not show anything. Some changes in the fascia may be seen on ultrasound or MRI.

Treatment is a mix of improving symptoms and preventing further aggravation. Analgesics or anti-inflammatory medications may help in the short term but are not a cure. Avoid activities which aggravate the situation. Wear shoes with good arch support and cushioning. Purpose made insoles may be helpful as can be stretching, as advised by a podiatrist or physiotherapist.

In more severe cases cortisone injections may be recommended. Surgical treatment is viewed as a last resort.



Weblink: [www.healthdirect.gov.au/plantar-fasciitis](http://www.healthdirect.gov.au/plantar-fasciitis)

Do not expect immediate results from treatment or get frustrated. Perseverance with treatment is important and most fasciitis improves with time.

Weblink: [www.betterhealth.vic.gov.au/health/conditionsandtreatments/liver-fatty-liver-disease](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/liver-fatty-liver-disease)



## FESTIVE SUMMER VEGETABLE SALAD (SERVES 8-10)

### Ingredients

400gms thin green beans – trimmed  
400gms cherry tomatoes (mixed coloured tomatoes) – halved  
2-3 medium sized Lebanese cucumbers – halved and cut in to moon shapes  
4 spring onions – thinly sliced or 1 red onion – thinly sliced  
½ large yellow capsicum – seeded and diced  
½ large red capsicum – seeded and diced  
2-3 ears fresh corn – kernels removed  
2 avocados – peeled, pitted & diced  
½ cup fresh coriander leaves – coarsely chopped  
1 fresh long red chilli, very thinly sliced into rounds  
Olives – optional  
Bocconcini halved - optional

### Vinaigrette dressing

Prepare dressing day before and refrigerate overnight.

Stand at room temperature before serving (whisk again).

4 limes

1 large shallot finely chopped

¾ cup extra virgin olive oil

Grate 1 tablespoon of lime peel into a medium bowl.

Add ¾ cup lime juice.

Add shallot.

Whisk in oil.

Season with salt & pepper to taste.

### Instructions

Bring a large saucepan of salted water to boil over high heat. Add beans and cook for 1-2 minutes or until bright green and crisp-tender.

Once cooked, drain and refrigerate until cold.

Once cold toss all ingredients together in a large salad bowl (keeping some coriander to sprinkle over top) with vinaigrette dressing.

Season salad.

Serve immediately.



# Christmas Colour In!

## Whitfords Avenue Medical Centre

### ● SPECIAL PRACTICE NOTES

**Test results.** Please ensure you make a follow-up appointment with your doctor, as results are not given over the phone.

**Despite our best intentions,** we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

### Medical record confidentiality.

This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. **A copy of our practice privacy policy can be located at reception.**

### Your comments on our medical services are always welcome.

We strive to improve for your benefit. Please direct any queries or complaints to the practice Manager. Feedback forms are available at reception, or email:

**jmarkouloop@iinet.net.au**

Unresolved issues can be addressed to Health & Disability Services Complaints Office:

**www.hadscow.wa.gov.au**

Ph: **6551 7600**

**Molescan/Skin checks.** Full skin cancer mole checks are available by appointment to ensure a qualified Molescan doctor is available. An appointment specifically is necessary for this service.

**Implanon insertion.** Can be done in our minor theatre room after assessment by a family doctor at this practice.

**Cosmetic treatment.** Cosmetic treatment is available at the Whitfords Avenue Medical Group. For more information about the service available please visit our Whitford's Cosmetic Medicine website.

