

FREE TO TAKE HOME!

OCTOBER - NOVEMBER 2019 EDITION



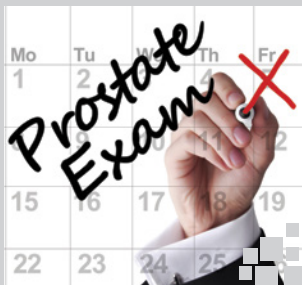
Memory loss



Vaccination in children



Fibroids



Prostate enlargement

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

● 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

Dr Mari Bardell

MB, CHB, FRACGP, PallMedDip

Dr Jessica Khouri

● REGISTRAR DOCTORS

Dr Thanh Mun

Dr Jessica Khouri

● PRACTICE MANAGER

Jacqui Markou

● PRACTICE NURSES

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

● CARE PLAN/HEALTH ASSESSMENT NURSES

Jaci & Nicole

● RECEPTION STAFF

**Joyce, Denise,
Rosemary, Fay,
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



● OTHER SERVICES

- 24 Hr blood pressure monitoring
- Travel vaccines & advice
- Chronic disease management
- Health Assessments for over 75s
- Health Assessments for 45- 49 y/o
- Anti-wrinkle injections/treatment
- Skin Cancer Check/Mole Scan
- Travel vaccines including Yellow fever
- Medicals
- Audiometry
- Diving medicals
- Family Planning
- ECG
- Minor surgery
- Wedge resections
- Implanon insertion & removal

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
- Consultant Dietitian
- Diabetes Educator
- Psychologist

● 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.

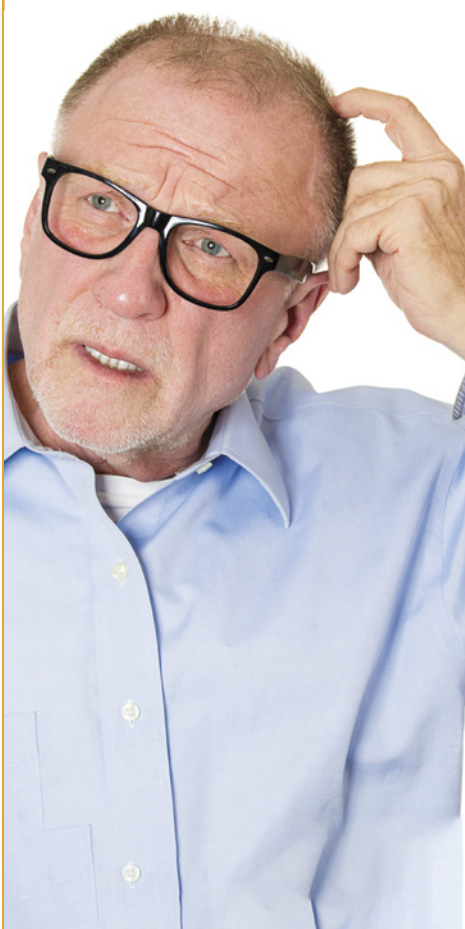
● SPECIAL PRACTICE NOTES

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.**



Memory loss

The prospect of memory loss is one of the major concerns of people who are getting older. The 'good news' is that while the total number of people with dementia is increasing, the percentage of the population with dementia is declining.

Work over the past three decades shows that as each cohort gets older, a smaller number of people are being diagnosed with dementia.

There are a number of causes. Alzheimer's disease is the most common. Risk factors include a family history, past trauma to the head (especially repeated concussions), smoking and alcohol consumption.

The condition generally comes on slowly. It is worth noting that occasionally forgetting where you put your keys is not the first sign. Diagnosis

is largely on assessing mental state through a questionnaire.

A CT or MRI scan may be done to assess the brain. Certain changes are typically seen in people with Alzheimer's.

Blood tests are done to rule out treatable conditions that can impact memory (e.g. underactive thyroid, certain infections, kidney or liver diseases). Any underlying secondary cause can be treated accordingly.

There is no treatment, as such, for Alzheimer's. Available medications only slow progression and not always even that. The key is practical support for the individual and carers.

Talk to your GP about available support services.

The World Health Organisation recommends physical exercise, adequate sleep and sensible diet to keep the brain active. Avoiding smoking and consuming only moderate alcohol, controlling blood pressure and blood sugar all help.

Vaccination in children

Over the course of the 20th century there was a steep decline in deaths from infectious disease. One of the main reasons for this has been the advent of vaccinations. In simplest terms, this involves exposing an individual to a protein (or other recognizable part) of a bacteria or virus and "tricking" the body into mounting an immune response. We know that once antibodies are produced on one exposure that we become immune to the particular bug. Thus, a vaccine allows us to develop immunity without actually contracting the illness.



Conditions like tetanus and polio are extremely rare in Australia today as a result. However, success can breed complacency and we have seen cases of disease preventable infections in unvaccinated people.

So, what is the best way to protect your child? There is a schedule of vaccinations which applies nationally. This covers a number of diseases including hepatitis B, measles, whooping cough, and certain forms of meningitis. The initial vaccination is done in hospital before discharge with the next one at six to eight weeks. At each visit your GP will advise when the next set is due.

Some children may get a fever after vaccination- talk to your doctor about this and use paracetamol or ibuprofen. Also raise any questions- sadly there is mis-information out there but your doctor has the facts.

Most states have no jab- no play policies (day care and school) so make sure your child is up to date. This is also important for certain family benefit payments.

<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>



Fibroids

Benign muscle growths which form in the wall of the uterus are called fibroids or myomas. It is estimated that up to 80% of women over the age of 50 will have them but most will not have any symptoms or need treatment.

They rarely grow before puberty or after menopause. Their cause is unknown. They are classified according to what layer of the uterus wall they arise in.

Symptoms, if present, include heavy and painful periods, spotting between periods, a heaviness in the pelvis, and pain during intercourse. Larger fibroids can produce swelling in the lower abdomen.

Diagnosis is based on the history and pelvic examination and confirmed by ultrasound. Blood tests may also be performed especially in the case of heavy bleeding.

Treatment depends on

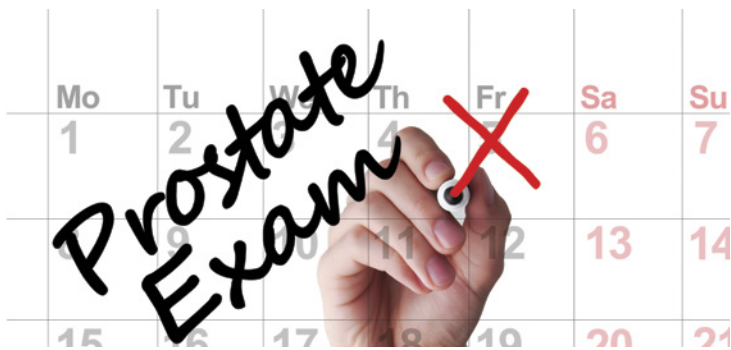
symptoms. If they are mild and not troublesome, then it may be as simple as analgesia for period cramps. If iron levels are low, due to menstrual loss, then an iron supplement or infusion may be recommended. Hormones such as the contraceptive pill may be used for cycle control.

Procedures such as arterial embolisation can restrict blood supply to the fibroid, causing it to shrink.

Definitive treatment is surgery, most commonly, laparoscopic. The fibroids may be removed or in severe cases a hysterectomy may be necessary.



<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/fibroids>



Prostate enlargement

The prostate gland sits beneath a man's bladder and produces semen fluid. It gets larger as men get older and some can experience side effects. Benign, (non-cancerous) enlargement or hypertrophy of the prostate (BPH) is far more common than prostate cancer and, to some degree, affects all men as they age.

It is thought testosterone (the male sex hormone) causes the enlargement over time and family history is also a risk factor.

As the prostate enlarges, it can squeeze the urethra, which can lead to difficulties urinating. Men can suffer from a poorer stream, difficulty getting flow starting and stopping, passing urine at night (or more frequently at night), and feeling a regular need to pass urine.

Diagnosis starts with history. A digital examination of the prostate through the rectum may be done. Other investigations include blood and urine test and an ultrasound. The prostate specific antigen (PSA) test gives an indication as to whether enlargement is more likely benign or cancerous. Depending on results, you may be referred to a specialist for biopsy.

Treatment depends on diagnosis. Lifestyle measures such as weight loss and managing fluid intake later in the day helps. Medications can improve flow. Some men may require surgery.

<https://www.mydr.com.au/cancer-care/prostate-enlargement>

Alcohol & drug abuse

Alcohol is a major factor in many diseases, violence and family disruption. Illicit drugs also cause major problems but, despite headlines, on a smaller scale. Prescription drugs lead to more deaths each year than illicit drugs.

While we may have preconceptions on what an addict looks like, most people manage to camouflage their substance use/misuse and they come from all walks of life. What is usually common is substance misuse can devastate individuals and families.

Warning signs include changes in mood, appearance or behaviour, with some withdrawing from social contact, and a deterioration in work performance.

People may get recurrent nausea or headaches and they may lose weight and appear withdrawn. None is unique to substance misuse.

The most critical thing if you or someone you care for has a substance misuse problem is to seek help.

In each state there are dedicated services and support lines. Many with substance issues may also have mental health problems and this will need treatment too. Seeing your GP is the first step.

Some people may require medications and/or counselling. In some cases, admission to a rehab facility is needed.

Ignoring the problem will not make it go away. Don't be afraid to seek help or advice.



<https://au.reachout.com/tough-times/addiction>

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@inet.net.au. Unresolved issues can be addressed to Health & Disability Services Complaints Office: www.hadsco.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.



SALAD BOWL WITH SALMON – SERVES 2

Ingredients

- 25 g brown rice, or brown and wild rice mix
- 75 g frozen peas
- 2 small salmon fillets,
- 1 tsp sesame seeds
- 2 large handfuls young spinach leaves or mixed baby salad leaves
- ½ medium avocado, chopped
- 1 medium carrot, trimmed and coarsely grated
- 2 spring onions, trimmed and finely sliced
- 4 radishes, trimmed and sliced
- lime wedges, to serve

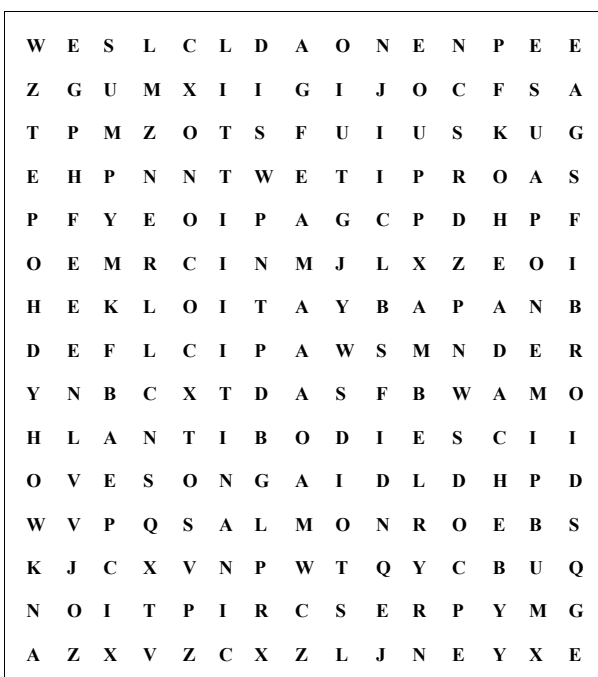
Dressing

Combine the soy sauce, sesame oil, lime juice, and honey in a small bowl and whisk well.

Instructions

1. Preheat the oven to 200°C/fan 180°C and line a small baking tray with foil.
2. Half fill a small saucepan with water and bring to the boil. Add the rice and cook for about 20 minutes, or until tender. Add peas and return to the boil, stirring. Drain immediately.
3. Place the salmon, skin-side down, on the prepared tray and drizzle with 2 teaspoons of the dressing. Sprinkle with the sesame seeds. Bake for 10–12 minutes, or until just cooked. (It is ready when the salmon flakes into large pieces easily when prodded with a fork.)
4. Divide the leaves, rice and beans or peas between two bowls. Add the leaves and arrange the avocado, carrot, spring onions and radishes alongside. Flake the salmon into the bowl (leaving behind the skin), drizzle with the rest of the dressing and serve with lime wedges.

WORD SEARCH



- Analgesic
- Antibodies
- Dementia
- Fibroids
- Headache
- Hope
- Menopause
- Prescription
- Salmon
- Symptoms
- Thyroid
- Vaccination