

FREE TO TAKE HOME!

DECEMBER - JANUARY 2020 EDITION



Safe this summer



Child Obesity



Bowel Cancer Screening



Eczema treatment

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

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Dr James Setiawan

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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.**



 <http://www.kidsafewa.com.au>

Keep your child safe while having fun this summer

Summer holidays are a fun time for children but can be a bit stressful for parents. It is a bit easier to get them off screens when it is warm outside. Evidence increasingly shows that helicopter parenting can prevent children from gaining independence yet equally the days of “be home by dark” are long gone. So, what are the key issues to ensure that your child has fun and remains safe.

Children are at risk of dehydration so make sure they are drinking plenty of water, especially when outdoors. Whilst slip, slop, slap should go without saying, it is important to remember sun screen may only last a few hours and needs to be reapplied. Playgrounds today are far safer than in the past but falls can still occur. Age appropriate

supervision and choice of equipment can minimise this. Psychologists point out that allowing some risk taking enables the child to build resilience and also learn their limitations.

Knowing how to swim is important in Australia as is knowing basic water safety swimming is a great activity for children.

Make sure your child swims between the flags at the beach and watch them at all times around water. Fences and gates do not replace vigilance.

Use insect repellent especially at dusk. Insect bites and stings are usually annoying rather than serious but if you have any concerns – see your GP.

Child & Adolescent Obesity

One in four Australian children are overweight or obese. Why? Firstly, children tend to snack on high calorie foods and drinks and second is the replacement of physical activity with time on screens. We can't turn back time but it is not all bad news. There is much you can do as a parent or guardian to help a child get and maintain a healthy weight.

Substitute water for sweet drinks. Eliminating liquid calories reduces calorie intake without leaving a child hungry. Allow soft drinks only on special occasions or no more than once a week. Replace fruit juice with a piece of fruit and a glass of water. This gives them more fibre and fewer calories.

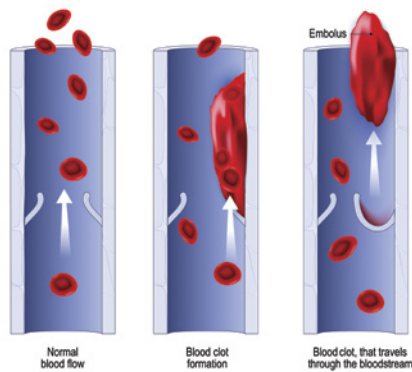
Research shows that we eat more when distracted so ban the screen while eating. And it has also been shown that children who eat at the table with others are 40% less likely to be overweight. This is partly the “screen effect” mentioned before but also it means the child is more likely to be eating a proper meal instead of snack foods.



Teach your children about cooking. Children who get active in the kitchen will eat less junk food and learn about healthy eating.

Limit screen time and get your child active. This can be in an organized sport or a play in the park or back yard. Get a ball or Frisbee and join in as exercise is good for parents too.

Good habits from childhood will serve your child well in adult life.



Deep Vein Thrombosis

A thrombus is a blood clot. The ability of the body to form clots is critical as this stops bleeding when we cut ourselves. However, a blood clot forming in a blood vessel can cause serious problems. A deep vein thrombosis (DVT) occurs when a blood clot forms in the deep veins in the calf. Risk factors include smoking, family history, being overweight, prolonged sitting (e.g. plane travel), and surgical procedures.

Typical symptoms are pain and swelling in the calf. It may be hot or red. There may be pain on flexing the ankles. Diagnosis may be apparent by history and examination. However, usually a doppler study will be ordered to confirm diagnosis and reveal the extent of the thrombus.

Treatment is with anticoagulant medication. This does not remove the existing clot but reduces the risk of it extending or spreading. The length of time of treatment depends on individual circumstances.

The main complication of a DVT is spread to the lungs - pulmonary embolism (PE). This is a serious condition generally needing hospitalisation.

Reduce your risk by maintaining a healthy weight and not smoking. Other preventative measures depend on circumstances. For example, you may be advised anticoagulant medication before an operation together with compression stockings. When flying, stretch your legs frequently and try to avoid crossing them. Taking aspirin has not been shown to reduce the risk of DVT.

 <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/deep-vein-thrombosis>



Bowel Cancer Screening

With 5375 deaths in 2016, bowel cancer is the second highest cause of cancer death in Australia. Lifelong risk by age 85 is one in 11 for men and one in 16 for women. Risk factors include being over age 50, a positive family history, smoking, excess alcohol consumption, inflammatory bowel disease and obesity.

Early stage bowel cancer has an excellent outlook and as it grows slowly early detection is key. For those with a first degree relative with bowel cancer, colonoscopy is advised starting age 40 and then every five years (or sooner depending on findings). Polyps, if found will be removed. The type of polyp found determines when the next colonoscopy should be done.

The Federal government runs the national bowel cancer screening program. Each citizen is sent a faecal occult blood test (FOBT) kit from age 50. Currently this is four yearly till 58 and then two yearly to age 74. From 2020 this will be every two years till age 74.

The kit is easy to use and a result is sent to your nominated GP. A positive result is not a diagnosis of cancer (blood may be in the stool for various other reasons including benign polyps and haemorrhoids) but is an indication to proceed to colonoscopy.

Diagnosis of bowel cancer is through biopsies taken on colonoscopy. The most important message is that bowel cancer is treatable if detected early and screening can allow early detection. Don't ignore your kit in the mail and talk to your GP.

Eczema – Prevention & Treatment

Eczema is a red itchy rash, which often starts in infancy or early childhood.

The commonest places are the face, neck and "flexures" which are the skin creases at the knees and elbows. It can be a few scattered areas or may be widespread. It ranges from the mild to the severe and may weep or be crusty.

Mainstays of treatment are moisturizers and steroid based creams

Avoiding known triggers can reduce the frequency and severity of episodes. Unfortunately, it is not always possible.

Dust mite allergy can worsen existing eczema. Contact occurs via bedding, carpet or soft furnishings. Shake sheets daily to remove skin scales (the food of dust mites!). Change sheets twice-a-week after a hot water wash. Put a

special dust mite cover on the mattress.


Soaps and detergents remove natural skin oils and worsen dryness and itch. Wash with aqueous cream. Showers are better than baths. Reverse dry skin by frequent application of a simple moisturizer.

Avoid wool and synthetic fabrics and wear cotton.

Both cold and heat can worsen itch.

Both natural foods and food additives can worsen eczema in some children. Unfortunately, skin or blood testing for food allergies is not accurate in uncovering which foods. Instead, strict avoidance of a food (two to three weeks) followed by a deliberate



 <https://www.allergy.org.au/patients/skin-allergy/eczema>

challenge with the food (three serves a day for four days) will usually highlight any food allergies. Common ones are dairy, soy, fish, eggs, wheat, citrus, yeast extract or nuts.

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.hadscow.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.



BARBECUED PRAWN WITH GINGER AND MANGO MAYONNAISE

Ingredients

- 3kg green tiger prawns, tail intact
- 1 stalk lemongrass, white part only
- 3 kaffir lime leaves, shredded
- 2 tblspn peanut oil

Mayonnaise

- 1 mango, peeled and stoned
- 1 tblspn finely grated fresh ginger
- 1 tblspn lime juice
- 2 egg yolks
- 1 tspn mustard powder, or horseradish cream
- 250ml light olive oil

Method

1. Marinate the prawns with the lemongrass, lime leaves and peanut oil in the fridge for at least 1.5 hours
2. For the mayonnaise, place mango flesh, ginger, lime juice and mustard powder in a food processor and process until smooth. With motor running, add oil in a thin, steady stream until mixture is thick and pale. You may not need all the oil. Taste and season with salt and pepper.
3. Preheat barbecue to high. Add prawns and cook until prawns curl and change colour.
4. Transfer prawns to a serving plate with mayonnaise and garnish with baby cos lettuce leaves that can be used as wraps.

HELP SANTA FIND HIS WAY!

