

FREE TO TAKE HOME!

FEBRUARY - MARCH 2020 EDITION



Domestic Abuse



Childhood infections



Healthy food choices



Preventing Falls

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

##### Dr Mari Bardell

MB, CHB, FRACGP, PallMedDip

#### ● REGISTRAR DOCTORS

##### Dr Pippa Byrd

#### ● 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, 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**  
Jooandalup Hospital Emergency  
**9400 9400**

#### ● OTHER SERVICES

▶ Please see the Rear Cover for more practice information.

Appointments can be made online, visit our website: [www.whitfordsmedical.com.au](http://www.whitfordsmedical.com.au)



- 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.



# Domestic Abuse

Domestic assaults can take many forms including physical violence, sexual abuse, emotional abuse, intimidation, economic deprivation or threats of violence. Abusing men tend to hold rigid views of male-female roles. They believe that men have the right to dominate and control relationships. Whilst slowly changing, society has tended to reinforce the view that “real men” show strength and aggression.

A high percentage of abusers come from homes where they saw or were victims of physical, sexual or other abuse themselves. Hence breaking the cycle of domestic violence between generations is very important. Attitudes can get passed down with men from such backgrounds being six times more likely to offend.

Sadly, many women still feel trapped in violent relationships. They stay there, silent, for different reasons— financial insecurity, to keep a roof over their children’s head, a hope they can change their man for the better and fear of reprisal and lack of support.

Community awareness programs

have helped bring the topic into the open whereas previously it was hidden. It is important for anyone in violent relationships to seek help. Once domestic violence is in the open, effective policing with priority response is available. Anger management programs can be offered to offenders (even by courts, as an alternative to jail).

For these programs to work there must be desire to change. This starts with the perpetrator accepting responsibility for their actions.

The domestic violence helpline number is 1800RESPECT (1800 737 732).

 <https://www.1800respect.org.au/>



## Childhood infections – minimising the spread

Viruses are spread by airborne droplets and are around us 365 days of the year, although more people get unwell with them in winter. There are various theories around this including less sunshine and spending more time indoors. Air conditioning whilst making our lives more pleasant is also good for spreading viruses.

Teach your child to cover their mouth when coughing as this makes a big difference as does sneezing into a hanky or tissue. Get them to wash their hands. If your child is unwell then keep them home. This not only helps them get better quicker it makes it less likely they pass it on to others. Ensure that your child is fully vaccinated.

There are no force fields but many ways you can make it less likely your child will catch a virus. Regular physical activity 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.



## Melanomas

Australia continues to have the highest rates of melanoma in the world. That does not mean that every spot on the skin is cancerous or potentially cancerous though. Melanomas are in fact the least common form of skin cancer but the most life threatening. The Melanoma institute estimates 15,229 cases in 2019 and some 1726 deaths.

There are certain characteristics, which point to a spot on the skin being a melanoma but none are absolute. An asymmetrical lesion, with an uneven border and multiple colours would be a textbook melanoma. Another pointer is changes over a short period of time like a few weeks.

On the flip side a spot of any colour, which has been present for five years without changing at all, is normally going to be quite harmless.

With digital technology it is possible for moles to be photographed and comparisons made after a few months to see if there is change. When there is

enough suspicion then the mole may be biopsied and analysed in the lab to get an exact diagnosis. Once again not every spot will need this.

An annual skin check with your doctor is a good idea and check any new or changing spots which are of concern with your doctor. New does not always equal cancer though-which is a good thing. The best way to avoid getting skin cancer is to take care in the sun. The message of slip, slop slap is not new but remains valid. Over summer there is no reason not to enjoy an outdoor lifestyle but remember to look after your skin.

# Healthy food choices for school-aged children

Some one in four Australian children are overweight or obese. There are two main drivers of this. Firstly, is the tendency for children to snack on high calorie foods and drinks. Second is the replacement of physical activity with time on computer or other electronic devices. 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 who is battling with weight.

Back to school means thinking about lunch boxes. It is fine to have a sweet treat in the lunch box occasionally but there are many healthy options for snacks too. Sticks of carrot or celery can be a great snack to eat on the run and fruit in season is a great option too. Be careful with snack bars and by reading the labels you can select those with natural ingredients, whole grains and less sugar. Read the labels on cracker biscuits too. Some are high in fats and sugar, whilst others (like rice

crackers) are not. A mix of seeds nuts (watch for allergies) and dried fruit is another simple snack as are cheese sticks or popcorn.

Substitute water for sweet drinks. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This gives them more fibre and fewer calories.



## Urinary incontinence

Bladder incontinence is the uncontrolled, unexpected or unwanted passage of urine. There are two forms. Stress incontinence is when the bladder is 'squeezed' by outside pressure (e.g. Coughing). Urge incontinence is when the bladder has a sudden urge of its own to empty itself. Many women suffer a combination of the two.

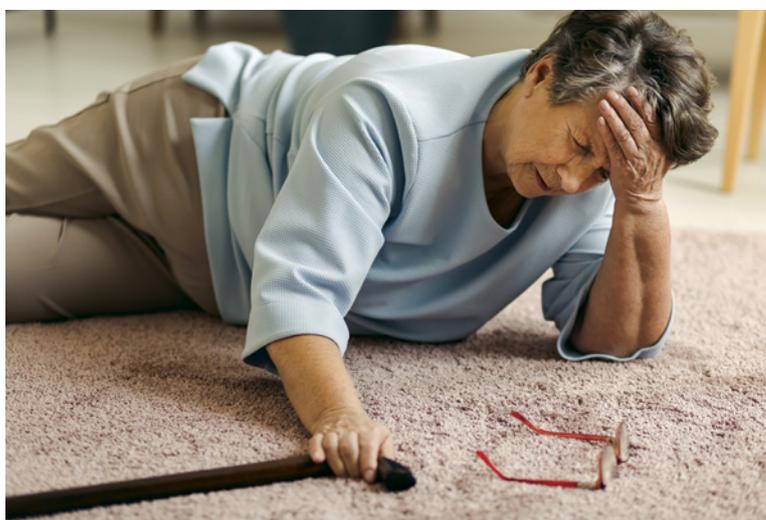
Medical problems, which predispose to incontinence include diabetes, prolapse, some neurological disorders, bladder infections or side effects from some medications. Most often the problem is weakness of the pelvic floor muscles or the sphincter that closes off the opening of the bladder (urethra). This can be made worse by childbirth trauma, ageing and menopause. Emotional stress, constipation or weight gain can also worsen things.

Many women put up with this needlessly. The good news is that majority of women can achieve a cure or at least significant improvement with fairly simple measures. The first step is talking to your GP. There is no need to be embarrassed.

Symptoms, which should lead you to your GP, include passing urine more than six to eight times a day, getting up most nights to pass urine, pain or burning when urinating, needing to dash urgently when feeling the need to pass urine or having wet pants.

A physical exam and various tests may be needed including 'urodynamic studies' to measure pressure and function in and around the bladder.

The cornerstone of treatment is pelvic or bladder exercises aimed at strengthening muscles or retraining the bladder. A specialist physio can be helpful. Some women may need surgery.



## Preventing Falls in the Elderly

Falls can be serious health issue in older people. It is estimated that one third of those over 65 fall each year. Fortunately, most are not injured. However, there is the risk of fracturing (breaking) the hip which is greater in those with thin bones (osteoporosis). A fractured hip is a medical emergency that requires major surgery and can impact life expectancy.

Much can be done to reduce the risk of falls. Family and friends can help to lessen dangers for an elderly friend or relative.

When people are on multiple medications the risk of side effects or mistakes with doses increases. Check with your GP if treatment is still needed and doses are correct. Get eyesight checked and corrected, where possible. Problems such as cataracts, glaucoma or degeneration of the retina can slowly worsen vision in a way that is easily missed, making falling more likely. Unsteadiness on the feet can be due to medical problems of balance or low blood pressure – ask the doctor to check.

Lack of exercise may lead to weakness of leg muscles and poor coordination – a light exercise program can make a huge difference. Equally fixing simple problems like bunions or flat feet can prevent tripping.

Around the home, check and remedy any hazards likely to lead to a fall. This includes slippery floors, uneven walking surfaces, poor lighting, or cluttered living areas. It may be useful to have handrails installed into the bathroom or toilet. Talk to your doctor about having a home risk assessment done (usually under the ACAT scheme).

## 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](mailto:jmarkouloop@iinet.net.au). Unresolved issues can be addressed to Health & Disability Services Complaints Office: [www.hadsco.wa.gov.au](http://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.



### BROCCOLI PESTO PASTA

#### Ingredients

- 1 head of broccoli (about 8 oz.)
- Kosher salt
- 6 ounces orecchiette or other short pasta
- ½ cup grated Parmesan
- ½ cup (packed) fresh basil leaves
- 3 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- Freshly ground black pepper

#### Recipe Preparation

Separate broccoli stalk from florets and finely chop florets. Trim woody end of stalk, then peel and finely chop. Cook stalk in a large pot of boiling salted water until bright green, about 3 minutes. Add florets and cook until crisp-tender, about 3 minutes more. Using a slotted spoon or mesh spider,

transfer broccoli to a large bowl of ice water, then drain on paper towels.

Add pasta to same pot of boiling water and cook until al dente. Drain pasta, reserving 1 cup pasta cooking liquid, and return to pot.

While pasta cooks, transfer broccoli (reserve a handful of florets) to a food processor and add Parmesan, basil, oil, and lemon juice. Season with salt and pepper, then process until smooth.

Toss pasta with broccoli pesto, adding more pasta cooking liquid as needed to coat evenly. Toss in reserved broccoli florets and season with salt and pepper.

*Do Ahead:* Broccoli pesto can be made up to 1 day ahead. Let cool, then press plastic wrap directly on surface before covering to avoid discoloration and chill.

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# SUDOKU

