



GENERAL CONSULTATION POLICIES

URGENT problems are dealt with promptly.

HOME VISITS

Home visits can be arranged with our doctors who are available at the time.

AFTER HOURS

Urgent medical problems – at night, on weekends or public holidays – will be attended by the locum service. Call 13 26 60.

ON ARRIVAL AT THE PRACTICE

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

APPOINTMENTS

Your appointment schedule is designed specifically to obtain the best possible results. Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

WAITING TIMES

Nobody likes waiting. We are well aware of this and try very hard to adhere to our appointment schedules. However due to the unpredictable nature of some emergencies we may run behind time. We sincerely regret any inconvenience caused to our patients when this happens. We make every effort to see patients at their appointed time. You can assist by telling the nurse if you have several problems or a complex issue.

PAYMENT FOR SERVICES RENDERED

Prompt payment of your account will help us keep the fees down. However if you are experiencing difficulties with payment at any time please arrange a confidential meeting with our accounts person.

OUR COMMITMENT

This practice is committed to providing the best possible care to all patients. Our staff regularly attend short continuing professional education courses to update their knowledge and techniques.

CLINIC HOURS AND SERVICES

Make an appointment by phone or online.

Monday to Thursday 8am to 10pm

Friday 8am to 6pm

Saturday 9am to 5pm

Sunday & public holidays 10am to 5pm

CLINIC STAFF

Gary Khoo (Director)

Laura Pullen (Practice Manager)

Belinda Romeo (Receptionist)

Madeleine Willis (Receptionist)

Cassie Cotte (Nurse Manager)

Tazmin Ismail (Registered Nurse)

Romalyn Torres (Registered Nurse)

YOUR DOCTOR

FREE!!
TAKE ME HOME



FEBRUARY 2019

Be wise and immunise

To protect you and your children from serious contagious diseases, immunisation has been proven as an effective and safe choice.

In the era before vaccines, thousands of children died from diseases like diphtheria, tetanus and whooping cough. Today in Australia, it is extremely rare to die from these diseases.

The important concept is that vaccinating people protects not only them, but others in the community. If I'm protected, I can protect others.

"Immunisation protects more than you and your child from serious diseases."

This type of protection is known as "community immunity" or "herd immunity." When enough of the community is immunised against a contagious disease, most other members are protected from infection because there's little opportunity for the disease to spread.

Newborns, pregnant women or people whose immune systems are weakened may be unable to receive certain vaccines. Yet even they will get some protection because the spread of contagious disease is contained.

A disease can die out altogether if enough people are immunised and the infection cannot spread. For example, in 1980 smallpox was eradicated and in 2014 measles was eliminated in Australia. Unfortunately, measles can still be brought into the country by international travellers, so it is important we maintain high levels of vaccination against this contagious disease.

Most people can be immunised, however there are certain circumstances where this is not possible. Ask your doctor if there is any reason why you or your child shouldn't be vaccinated.

You become vulnerable to different diseases at different stages in life, and therefore vaccinations will differ depending on your age. In addition,

there are also lifestyle choices, health conditions and some high-risk occupations that need to be taken into consideration when assessing an individual's vaccination requirements.

"Vaccination rates of 5-year olds in Australia are over 93%, but this needs to be higher."

The National Immunisation Program (NIP) offers free vaccines against 17 diseases for everyone who is eligible, and some states and territories also offer additional vaccinations for free. It is hoped that by making the vaccines accessible, it will increase national immunisation rates and as a result reduce the risk of contracting a preventable disease for all Australians.

Strict safety testing is completed before a vaccination is registered for use by the Therapeutic Goods Administration (TGA). Even after approval is given, monitoring the safety and effectiveness of a vaccine in the community continues.

Conditions and diseases that can be prevented by vaccine include chickenpox (varicella), diphtheria, flu (influenza), hepatitis A, hepatitis B, Hib (Haemophilus influenza type b), HPV (Human papillomavirus), measles, meningococcal disease, mumps, pneumococcal disease, polio (poliomyelitis), rotavirus, rubella (German measles), shingles (herpes zoster), tetanus and whooping cough (pertussis).

Speak to one of our staff about booking an appointment to receive a vaccination. You may experience a mild reaction to a particular vaccine, but we will tell you what to look out for and what to do if you're worried about it and make sure you sign up to receive a reminder when your vaccinations are due.

When we choose to immunise, we're helping more than just ourselves. Make sure your child's immunisations are up to date and talk with your doctor if you have any concerns about vaccine safety.

Go bananas!

People consume more bananas worldwide than most other fruit, but what can they do for your body and why do so many health experts recommend them?

Bananas are rich in potassium and fibre and feature a range of vitamins and minerals such as folate, iron, and protein. They don't have salt, fat or cholesterol, and only contain 110 calories. There's more to the humble banana than meets the eye. Below are some of the more prominent health benefits, however, not all are proven with high-quality research.

HEART AND DIGESTIVE HEALTH

Vitamin C, potassium, fibre, and vitamin B6 are all present in bananas, and funnily enough, all support heart health. If you suffer from digestive health

problems such as diarrhoea, bananas form part of the recommended BRAT diet of bananas, rice, apple sauce, and toast. Bananas are also beneficial for helping to promote regularity and for replenishing lost nutrients.

CANCER

Bananas are an excellent source of vitamin C which helps to combat cancer-causing free radicals. What's more, bananas alongside oranges and orange juice may all help to reduce the risk of childhood leukaemia.

ASTHMA

The Imperial College of London conducted a study about the benefits of bananas relating to asthma. The study found that in children who consumed one banana daily, the risk of developing asthma was 34 percent less than those who didn't.

BLOOD PRESSURE

If you suffer from high blood pressure, eat a banana! While

lowering salt consumption can aid in regulating your blood pressure, increasing your potassium levels may help too.

But before going for those bananas, be sure to consult your doctor if you are on any medication, such as beta-blockers, where increasing your potassium intake can be of concern. If you suffer from migraines, consume no more than half a banana per day, and refrain from eating them if you notice wheezing, swelling, hives, itching, or similar allergic reactions.



Banana Ice cream

A healthy one-ingredient ice cream to make at home!

Ingredients

2 ripe bananas

Other flavours to try:

Berry – 1 c blueberries (fresh or frozen)

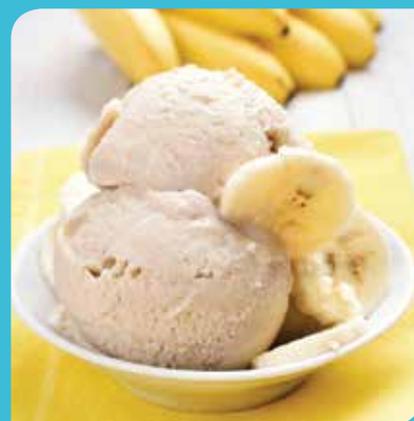
Tropical – 1 mango (canned or fresh) and a dash of coconut cream

Chocolate – 1/2 avocado and a dessertspoon of cacao or cocoa powder

Method

1. Peel and cut bananas into small pieces.
2. Place in a freezer-safe container or bag. Freeze until solid. (At least 2 hours, but ideally overnight).
3. Add banana pieces to food processor. Pulse, stopping occasionally to scrape down the sides. Blend until smooth - approximately 3 minutes.
4. Scoop into a bowl and enjoy immediately as soft serve! For firmer ice cream, place into an airtight freezer-safe container and freeze for at least an hour.

Try adding different flavours to your banana ice cream after you've blended it in the food processor. We've given some healthy ideas above, but for a special treat you could also add a spoonful of peanut butter or a dollop of Nutella.



Early detection key to survival

The road to digestion begins with you consuming food and ends with a trip to the bathroom. However, the hard parts happen in the middle.

After eating food, your body breaks it down, absorbing the nutrients for repairs, energy, and growth. With a 30-foot gastrointestinal tract in your body, taking care of your digestive health is a complicated yet necessary process that requires care and attention.

Even though the majority of Australians consider themselves to be in good health, and the country as a whole has a high life expectancy, there is still the elephant in the room: digestive tract cancers and detecting them early enough for a better chance of survival.

Out of all cancer diagnoses in Australia, two in ten will relate to the digestive tract such as colorectal and pancreatic. Digestive tract cancer then accounts for three in ten cancer deaths. Men are also 1.6 times more likely to die from a digestive tract cancer than women, and almost half of new cases in 2018 will result in death from it – close to 14,000 out of nearly 29,000 new cases.

The statistics are concerning, especially given the survival rate goes up with earlier detection, giving you a better chance of a long and prosperous life. If you have stage I bowel cancer, your five-year survival rate is 99 percent, compared with only 13 percent if you have stage IV – detected later on. As a result, it's clear to see that early diagnosis is paramount to combating the disease and living your life.

In an Australian Institute of Health and Welfare report released in 2018, the links between cancer screening programs and survival rates were favourable. Earlier stage cancers could be diagnosed quickly, and treatment could take place sooner rather than later for a better chance of success.

Cancer affects many Australians every year, but it's clear to see that screening programmes and regular GP visits can work in your favour. If you have not yet taken part in a screening programme you are eligible for, or you have any health concerns, make an appointment with a medical professional. Remember, early detection is the key to survival.

March through menopause – what you need to know

Menopause is a natural part of a woman's life, but it's not always smooth-sailing. Misinformation and lack of knowledge can make it far harder than it needs to be.

Menopause is not something that sneaks up and catches you by surprise. In fact, it's not unexpected at all. Every woman will, at some point, run out of eggs – marking the end of their natural childbearing years. In an ideal world, your ovaries would cease to produce eggs, and that would be that. Unfortunately, however, the process can be uncomfortable and lengthy and involves both the discomfort of perimenopause symptoms in the lead-up, then menopause itself.

In Australia, the average age for the start of menopause is 51. However, 10 percent of women can get it earlier at around 45, or, with ovary removal surgery and chemotherapy treatment, even earlier than that. After about two years of symptoms and unpredictable hormones, your body no longer produces sex hormones for reproduction, and both progesterone and oestrogen levels are at an all-time low. However, with age, these levels lower naturally over time up to that point.

Perimenopause symptoms, which can be present for up to two years, are the first real signs that your body is changing. Your breasts may feel swollen and sore and you may have heavier and more frequent periods. Some suffer the side effects of lower



oestrogen levels such as night sweats, hot flushes, irregular periods, and mood and sleep changes, yet some women experience none of these symptoms at all.

Then, during the height of menopause, mood changes, increased urination, lowered libido, vaginal dryness, sexual dysfunction and bone loss are all common symptoms.

While it might sound like menopause is horrific, it doesn't have to be. There are many treatment options to suit your unique situation so you can march through menopause. For example, menopausal hormone therapy is recognised internationally as an acceptable treatment method for women under 60. However, if used long-term, it can put you at risk of certain cancers.

If you would prefer non-hormonal treatment, there is medication available to combat night sweats and hot flushes – the most common symptoms. Anti-depressants, anti-epilepsy drugs, and even neuropathic pain medication are common options. However, none are deemed as effective as hormone therapy. If you'd prefer a more natural approach, both cognitive behaviour therapy and hypnosis have shown some promising effect for flushes and sweats.

For some, menopause can produce some debilitating side effects. If you are struggling with your body's changes, speak to your doctor about treatment options that may be suitable for you.

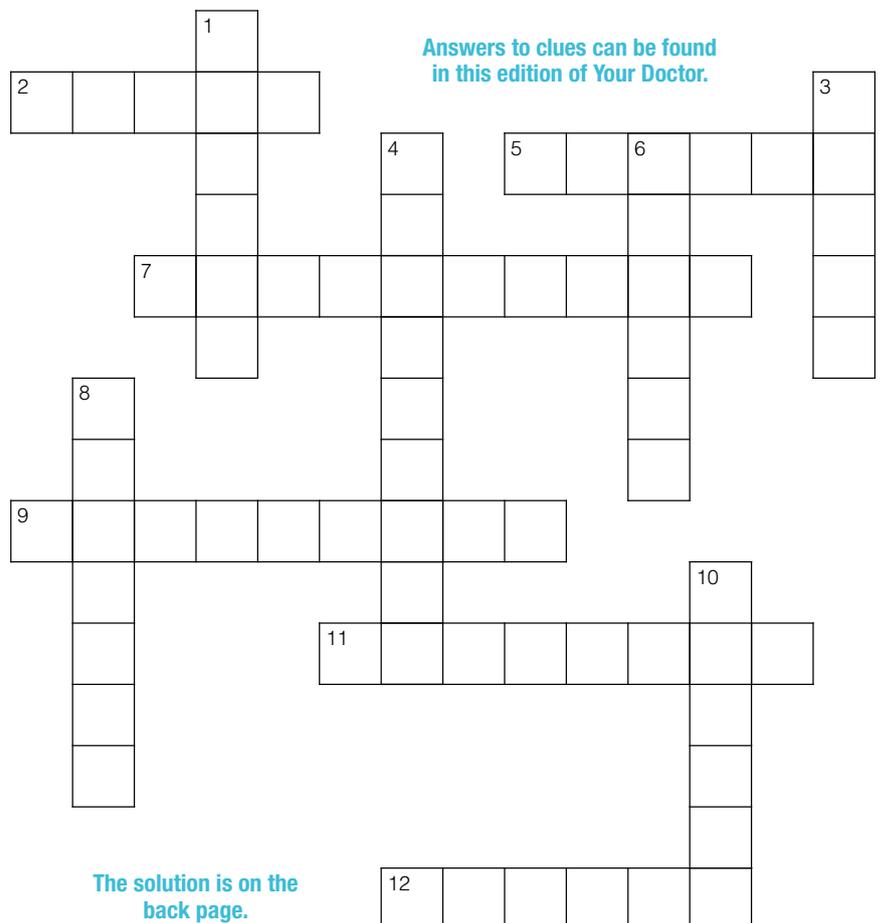
Clever Crossword

ACROSS

2. One in 13 Australians will receive a diagnosis of this type of cancer in their lifetime. (5)
5. Consuming a banana a day reduces the risk of developing this disease. (6)
7. A disease that can be prevented by vaccine. (9)
9. Increased _____ is a symptom of menopause. (9)
11. Disease that was eradicated in 1980. (8)
12. Exercises for your pelvic floor. (6)

DOWN

1. Pregnancy can cause weakened _____ floor muscles. (6)
3. _____ detection is the key to surviving digestive tract cancers. (5)
4. A mineral that bananas are rich in. (9)
6. Length (in feet) of the gastrointestinal tract of a human. (6)
8. A type of therapy recommended for women in menopause. (7)
10. Bowel cancer often begins with these. (6)



The solution is on the back page.

Are you doing enough kegel?

Kegel exercises, or kegels for short, help to strengthen your pelvic floor muscles. Are you doing enough of them?

It doesn't matter whether you're a man or a woman, pregnant or not; you can still benefit from kegel exercises. Developed in the 1940s by Dr. Arnold H. Kegel, they became known for helping women in particular to prevent urine leakage.

A kegel exercise involves strengthening the muscles that you would use to stop the flow of urine or passing wind. Squeeze them together while lifting your pelvic floor, holding them for five seconds. You can then relax before repeating the five-second hold up to ten times. The goal is to strengthen your pelvic floor enough to offer your organs support for controlling wind, urine, and faeces. They can also help to reduce pelvic pain and even make sex more pleasurable.

Kegel muscles can weaken for many reasons, including from pregnancy, childbirth,

constipation, and even aging. If you have had bladder or bowel surgery, or you're overweight, you are also more at risk. The same goes if you have a constant cough through asthma, bronchitis, or a similar condition.

For many women, pregnancy and childbirth can often be to blame for weakened pelvic floor muscles. Hormonal changes, downward pressure, and a growing baby can all contribute to bladder and bowel leakage, pelvic pain or prolapses, and even abdominal separation. However, by carrying out kegel exercises on a regular basis, you have an 84 percent success rate with being able to prevent leakage going forward.

If you believe your pelvic floor muscles are not at their best, then it might be time to try kegel exercises. If you are unsure if they are right for you, or for advice talk to your GP or health professional.

One of Australia's biggest killers

Bowel cancer treatment has a ninety percent success rate with early intervention, but it's still one of Australia's biggest killers.

One in thirteen Australians will receive a bowel cancer diagnosis in their lifetime, with it more prevalent in Australia than anywhere else in the world. It can affect men, women, the young and the old, as well as those with and without a hereditary or family connection. In fact, seventy percent of those who develop bowel cancer have no family history of it, so it's clear to see that bowel cancer has no preference.

That's why it's so important to take action and be aware of the signs. Reading your body, looking out for changes, and taking advantage of screening programmes may be the difference between life and death.

Bowel cancer can also affect any part of your colon or rectum and is often referred to as colorectal cancer. The colon is a section of the large bowel

used for water absorption, while the rectum and anal canal hold waste material. Bowel cancer often begins as benign polyps which form on your bowel's lining. If left undetected, they can become cancerous tumours that may spread to other areas of your body.

Your risk of getting bowel cancer increases with age, with a diagnosis more common for those aged 50 years or more. However, it's also becoming more common in Australians under 50 as well. Therefore, act promptly if you notice rectal bleeding or bloody stools, a change in bowel movements, abdominal pain or swelling, rectum or anus lumps or pain, symptoms of anaemia, or the feeling that you are not finished on the toilet.

You should also see your GP if you have a family history of bowel cancer, want peace of mind, or would like to take part in screening programmes. Bowel cancer may be one of Australia's biggest killers, but it doesn't have to be.



OUR DOCTORS

Dr Zachary Nathan is a qualified General Practitioner having achieved great success during the rigorous UK speciality training process. Zak has a special interest in disease prevention and chronic disease management, sports medicine, dermatology and men's health.

Dr Choon Leat Loh is from Malaysia and holds the Fellowship of the Royal Australian College of General Practitioners. He graduated from medical school in 2000. His areas of interest include preventive medicine and chronic diseases; and he has a special interest in skin cancer. He welcomes all ethnic backgrounds, and fluent in English, Malay, Indonesian and various Chinese dialects.

Dr Quam Gbajabiamila is a sought after GP with almost two decades of practicing experience, and known for his compassion and attention to details. He is a GP specialist with a Fellowship of the Royal Australian College of General Practitioner and also has a postgraduate degree from the University of Nottingham, UK. He has particular interest in women and children's health.

Dr Mandana Arshi was born in Iran and worked as a GP in both remote rural areas and cities in the North of Iran. She was awarded her PhD in childhood asthma and obesity in 2012. She is available for anti-wrinkle injections (Botox and Dysport) and dermal filler (Juvederm, Restylane and Emverel) treatments. First consultation is free of charge. Dr Arshi also speaks fluent Farsi.

Dr Nadia Ismail moved to Perth from Singapore in 2007 to begin her medical training. She graduated with MBBS from the University of Western Australia in 2013. She enjoys the diversity of patients and the challenge of providing whole person care as a General Practitioner. She has a special interest in mental health and women's health. Dr Nadia is fluent in English and Malay.

Dr Jonathan Bigwood completed his medical training at St George's University of London, developing extensive experience within hospital medicine. His areas of interest include long-term health conditions, mental health, children's health, ear, nose and throat, and dermatology (skin).

Dr Sandeep Poorun completed his medical training at the University of Birmingham (UK), undertaking several rotations in medical and surgical specialities. He completed General Practice (GP) training in the UK and gained Membership of the Royal College of GP's (MRCGP) in 2015. Subsequently he undertook a Fellowship in Acute and Urgent care focussing on care of the elderly and chronic health conditions.

Dr Kerry McIntosh completed training at the University of Birmingham (UK), and completed her General Practice (GP) training in the U.K. gaining Membership of the Royal College of GP's (MRCGP) in 2016. She has experience in women's health and is passionate about mental health issues. She has previously completed 18 months of psychiatry training in adult and child mental health.

Dr Thung Guan Low completed his medical training in Malaysia. He has over 10 years of practice experience in various aspects of general practice, and underwent training in paediatrics and child health. He is a good listener and takes a holistic approach in patient-centred care. He speaks fluent English, Malay/Indonesian language and various Chinese dialects.

ACROSS 2. BOWEL 5. ASTHMA 7. DIPHTHERIA 9. URINATION
DOWN 1. PELVIC 3. EARLY 4. POTASSIUM 6. THIRTY 8. HORMONE
10. POLYPS
11. SMALLPOX 12. KEGELS

CROSSWORD SOLUTION

Disclaimer: All text and images published in this newsletter are for general information and educational purposes only. It is not a substitute for professional advice. Always consult a registered health professional regarding any health-related diagnosis or treatment options.

Read the newsletter and test your knowledge - complete the PUZZLE!