



YOUR DOCTOR



JANUARY 2019

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)

Smelling sickness

– body odour may be sign of disease

Did anyone ever tell you that you smell bad? Funky breath or stinky underarms can happen to anyone, at any age. Whether or not you've noticed them, some body odours can signal a health problem. Most breath and body odours are normal and can be kept in check with good oral and personal hygiene.

Bad breath is most often caused by bacteria on the teeth and tongue. It's normal if your breath smells a little in the morning, especially if you slept with your mouth open. A dry mouth allows bacteria to thrive. Bacteria that live in the mouth can make compounds that have sulphur. These compounds are especially stinky. They can smell like rotten eggs or onion, for example.

If bad breath isn't cleared up by brushing your teeth or using mouthwash, it may be a sign of another issue. Over time, bacteria can cause tooth decay and gum disease. Decay and gum disease do not smell good. Both require a trip to the dentist for treatment.

Other causes of foul breath odour may be sinus, throat, or lung infections. These also need to be treated by a health care professional.

Your breath can also carry clues of disease from other parts of your body. That's because you exhale more than just air. Your breath also contains gassy compounds that move from your organs through the bloodstream into your lungs.

Breath that smells fruity or like rotten apples, for example, can be a sign of diabetes that's not under control.

Rarely, people can have bad breath because of organ failure. A person with kidney failure

may have breath that smells like ammonia or urine. Serious liver disease can make breath smell musty or like garlic and rotten eggs.

Compounds that are transported through the blood can also be released through your sweat glands. This can make your armpits and skin smell bad. Stress is known to cause smelly compounds to be released through your sweat.

But your armpits can smell for other reasons too. Both moisture and hair enable bacteria to thrive. These bacteria can make smelly compounds. Bathing, shaving, and deodorant can help keep these odours in check.

In a laboratory environment, scientists can already analyse odour compounds from the body. Emerging research includes developing an electronic "nose" to help doctors detect certain diseases that cause breath or body odours. They've even trained dogs to detect signs of certain cancers in breath samples.

If you're concerned about a new or worsening body odour, a trip to the doctor for evaluation is always the first step, however bad breath is best assessed by a dentist.

If body odour is a concern, your doctor can conduct a physical exam. If needed, your doctor can suggest further tests. Your dentist can examine your mouth for signs of trouble.

A trial of avoiding foods that are known to cause body odour may be considered. In rare cases of body odour due to an underlying medical condition, the treatment of that condition may help to manage the odour as well.

Choose Health for Life on the back page offers tips if you are concerned about body odour or sweating.

Managing moods and mental health

Medication and psychological therapy are common treatment methods for anxiety, depression, and other mental health disorders, but lifestyle changes can also be beneficial. To improve your mood, manage your overall mental health, and even reduce stress, there are many things you can do alongside GP-recommended treatment.

DIET AND EXERCISE

Eating the right food and exercising may be beneficial for your mental health. To improve brain function, get plenty of essential fatty acids, folate, and zinc, eat lean meat and seafood, whole grains, leafy greens, and legumes. Then, remember to get at least 30 minutes of physical activity every day. Try swimming, weight-lifting, team sports, or even going for a brisk walk.

REST AND SLEEP

A lack of quality sleep can cause havoc with your mental health and mood, which is why it's so important to make it a priority. Before heading to bed, don't consume caffeine and limit your exposure to blue light devices such as computers and phones. Keep your sleep habits to a regular schedule – rising and retiring at the same time. Rest can also mean taking part in relaxing activities to regulate stress such as reading a book or doing a puzzle.

DRUGS AND ALCOHOL

Getting on top of problem drinking or substance abuse is essential for every facet of your health. Those who have drug and alcohol problems tend to face more mental illness-related issues than those who don't. What's more, cigarette smokers face a daily battle with



cravings and nicotine withdrawal. Studies show that stamping out these bad habits can result in reduced anxiety and better moods.

NATURE

Ever wonder why the sunshine makes you smile? When you get plenty of sunlight, you receive a boost of vitamin D and balanced dosage of serotonin – a mood maintenance chemical. Research shows that spending some time in nature – away from chemicals, pollutants, and technology can improve your mood and self-esteem.

ASK FOR HELP

If you're struggling with mental health, then it's important to know there is help available. Making positive lifestyle changes can be beneficial, but they are not a replacement for GP-prescribed medication and psychological support. Talk to a health professional and get the help you require.

Altering your lifestyle can go a long way to helping you feel better about yourself and your situation. However, it's important to talk to your GP for help and advice. If you are feeling low, depressed, stressed, or anxious, don't put off making an appointment any longer.

WORD SEARCH

- ALPHALIPOIC
- ANTIBIOTICS
- ANXIETY
- BACTERIA
- BEETROOT
- CALCIUM
- CARROTS
- DEODORANT
- DEPRESSION
- EARDRUM
- EUSTACHIAN
- EXERCISE
- HEARING
- INFECTION
- MEDICATION
- MICROWAVE
- MOUTHWASH
- NATURE
- NITRATE
- NOCICEPTION
- ODOUR
- RADIATION
- SENSE
- SLEEP
- SULPHUR
- SUPERFOOD
- SWEAT
- VACCINATION
- VISION
- ZINC

M A H N R J W L R A D I A T I O N B P Q T V B W B
C T V J O O P S Q H J Y K X A N T I B I O T I C S
V Z M A I R E T C A B X J T I C I M R U F W Q E E
A D G I G Z B T N V R Y H P H P V Q R G R U B U N
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G R I W N S I A T Z G W P O D N E M C K A I O I E
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What you didn't know about beetroot

Like most fruit and vegetables, beetroot is packed full of essential nutrients to give your body a helping hand.

However, there is so much more to this newly categorised superfood.

Beetroot contains protein, calcium, iron, Vitamin A and C, folate, manganese, zinc, copper, fibre, and more! You can pickle it like your grandma used to, steam, boil, and roast it, or even eat it raw. This versatile vegetable does not get nearly enough of the spotlight as it deserves - especially when you find out just how beneficial it is for the body.

WHAT DOES SCIENCE TELL US?

Scientists are discovering a lot of about this humble vegetable. Studies on hypertension in 2008 showed that beetroot could lower blood pressure due to its high nitrate levels. Two years later, another study

reaffirmed this. Regarding dementia, scientists are making headway here too. Consuming a high nitrate diet, including beetroot, means that blood flow and brain oxygenation were improved in the aging population, potentially helping to slow down dementia. The study was carried out at the Wake Forest Translational Science Centre.

Beetroot even helps with digestion, inflammation, diabetes, and athletic performance. As it contains alpha-lipoic acid, it can lower glucose levels, and with high fibre content, it can promote healthy digestion. Beetroot's powerful nutrient known as choline can also reduce chronic inflammation while also improving sleep, memory, learning, and even muscle movement.

It can seem strange for a vegetable to improve athletic performance, but beetroot is creating waves in the fitness field for that reason as well. A juice supplementation improved muscle oxygenation, leading to better tolerance of long-term exercise. These were noted in time trials with performance improvements of as much as 2.7 and 2.8 percent.

If you are looking to make changes to your diet, then there's every reason to give beetroot a try. However, be sure to consume it as part of a healthy, balanced diet. Beetroot juice may cause red urine and faeces, and improperly stored beetroot juice can be harmful due to high levels of nitrate. Consult a health professional if you have any concerns or questions about making dramatic changes to your diet.



Ingredients

- 2 medium beetroots, trimmed
- 4 tablespoons (50g) walnuts
- 40g reduced-fat feta
- 1/3 cup low-fat Greek-style yoghurt

To Serve

- 2 large carrots, peeled, cut into sticks
- 1 large cucumber, cut into sticks

Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Wrap each beetroot tightly in foil and roast on the baking tray for 35 minutes.
3. Place walnuts on the other tray and lightly toast in the oven for the last 5 minutes.
4. After 35 minutes remove both trays from the oven. Leave to cool.
5. Unwrap the beetroot from the foil and rub off the skin.
6. Chop beetroot. Place in food processor along with walnuts, feta and yoghurt.
7. Blend until smooth and refrigerate until ready to serve.

Serve dip with carrot and cucumber sticks.

Myth Busters

Myth:

Eating a lot of carrots helps you see in the dark.

Vitamin A is good for the health of your eyes — especially those with poor vision and it just happens to be a major nutrient found in carrots. However, giving Bugs Bunny a run for his money won't give you all-seeing night vision superpowers.

The myth is thought to have originated as a piece of British propaganda during World War II. It is alleged that the government wanted to keep the existence of radar technology that allowed its bomber pilots to attack in the night, a secret, and used carrot-eating as the explanation!

Myth:

Your microwave can give you cancer and disrupt your pacemaker.

Microwave radiation only heats food up — it won't cause cancer.

There are only a few cancer-causing types of radiation, and these depend on the dose. For example, we know too much radiation from the sun can cause skin cancer, however just enough of that same radiation helps your body make Vitamin D.

Disruption to heartbeat-keeping devices can be caused by devices such as mobile phones, powerful refrigerator magnets and anti-theft systems, but a microwave won't disrupt a pacemaker.

Myth:

Humans have five senses.

The commonly recited senses of sight, smell, taste, hearing, and touch are only the beginning.

Additional senses not so often mentioned include balance, temperature, and time, as well as proprioception — the body awareness that helps us not walk into things all the time — and nociception, our sense of pain.

Pain in the ear: fending off ear infections

Being up all night with a child crying from the pain of an ear infection can be a nightmare, but it's not uncommon. Most children in developed countries get at least one ear infection by the age of five.

Most ear infections happen in the middle ear, the part of the ear behind the eardrum. The middle ear is connected to the upper part of the throat by the eustachian tube. It normally lets fresh air into your middle ear and lets fluid drain out.

After a cold or other infection, the virus or bacteria that caused the illness can spread to the middle ear. When this happens, the eustachian tube can swell up or become blocked with mucus. This can trap germs and cause an ear infection. The trapped germs can cause more swelling and fluid build-up, and that's what causes the pain of an ear infection.

So why do so many young children get ear infections? In younger kids, the eustachian tube, as well as the immune system, are still developing. Some kids might also have an underactive immune system that can't fight the infection.

In older children and adults, the eustachian tube is large and slanted to drain fluid from the middle ear. In younger children, this tube is narrower and more level, so it's more likely to get blocked.

Many ear infections don't need to be treated. They often clear up on their own.

If the pain won't go away or your child has fluid coming out of their ear, you should visit a doctor. Ear infections can also make a child fussy, cause a fever, or create trouble hearing.

There is a huge push not to overprescribe antibiotics. Bacteria can become resistant to the effects of these drugs, so doctors try not to give them, except for severe cases.

It's not always easy to get young children to take medications, but when drugs are necessary, it's important that they be taken for the full time your doctor tells you.

A recent study tested whether antibiotics could be taken for less than the standard 10-day treatment. Unfortunately, the shortened treatment didn't work as well and had no benefits.

If your child has repeated ear infections or trouble hearing, your doctor may suggest draining your child's ear with small tubes to help maintain a healthy environment.

Ear infections aren't contagious, but there are things you can do to lower your chances of getting one. See our tips on preventing ear infections to learn how.



Tips to help prevent ear infections

- Stay up to date on vaccinations, including an annual flu shot.
- Wash your hands often.
- Avoid close contact with people who have a cold or other illness.
- Avoid secondhand smoke.
- Never let your baby sleep with a bottle. The liquid may accidentally enter the ear.

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 Emverve) 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.

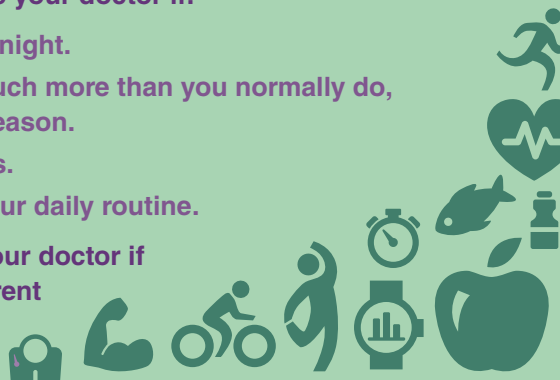
Dr Thung Guan Low completed his medical training in Malaysia. He has over 10 years of practice experience in various aspects of general practice, and underwent training in paediatrics and child health. He is a good listener and takes a holistic approach in patient-centred care. He speaks fluent English,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

CHOOSE HEALTH FOR LIFE

Some medical conditions may change how much you sweat, whilst others can change the way your body smells. You should see your doctor if:

- You start to sweat at night.
- You start to sweat much more than you normally do, without any logical reason.
- You have cold sweats.
- Sweating disrupts your daily routine.

You should also see your doctor if your body smells different than usual.



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!**