



## 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 (Senior Receptionist)

Emma Gray (Receptionist)

Jaymee Boddington (Receptionist)

Madeleine Willis (Receptionist)

Tazmin Ismail (Registered Nurse)

Romalyn Torres (Registered Nurse)

# YOUR DOCTOR

FREE!!  
TAKE ME HOME

eat less  
SALT!

OCTOBER 2018

## Be a part of the salt revolution

When was the last time you checked the salt content of the food you're eating? If you don't keep track of your sodium intake, it might be time to start.

Both New Zealanders and Australians are consuming too much salt on a daily basis, and it might be having a detrimental effect on your health. New Zealanders consume, on average, nine grams of salt per day – well above the World Health Organisation's five-gram target. Australian men, on the other hand, consume over twice the recommended amount at 10.1 grams. Australian women don't fare much better, averaging 7.34 grams per day.

High salt diets can have a negative impact on health, including a higher risk of cardiovascular disease and an increased risk of stroke, osteoporosis and kidney failure. Given that cardiovascular disease is the leading cause of death, reducing your sodium intake can only but be beneficial for your health.

However, reducing how much salt and sodium you consume is not just a personal goal for each person, it's a global goal to reduce cardiovascular disease. The World Health Organisation and its members have agreed on a 30 percent mean population reduction, aiming for five grams or less per person, per country. They expect to reach this goal by 2025, with many different nations putting steps in place.

An Auckland University and Heart Foundation study showed that manufacturers of low-cost staples in New Zealand were starting

to take action. Breakfast cereals had an average of 28 percent less salt, while canned spaghetti and bread had 15 and 14 percent less respectively. In Australia, salt levels in specific brands of margarine, biscuits, soup, and mayonnaise have also been reduced.

If you're looking to make a difference to your health, as well as help the World Health Organisation reach its goal of a 30 percent worldwide salt reduction, there are many changes you can make. Firstly, take note of how much processed food you eat and take steps to reduce it. Around 75 percent of your salt intake comes from both packaged and processed food. By cutting back on these food items, you can then begin to include more whole grains, vegetables, and fruit into your diet.

It may also help to include a variety of lean meats, poultry, fish, seafood, nuts, seeds, and legumes – most of which are not processed or include added salt. Drink water instead of other beverages and select reduced-fat dairy products such as cheese, yoghurt, and unflavoured milk.

Finally, instead of adding salt to flavour your food, liven up your plate by using a mix of herbs and spices. You may just uncover a hidden culinary talent you never knew you had.

Making a conscious effort to reduce your salt and sodium intake is one step in the right direction of reducing the risk of cardiovascular disease. If you require any advice or help to make dietary changes, consult your medical professional.



## Hyper-what? What you need to know about hypertension

Hypertension, or high blood pressure, is not something to be blasé about. In fact, the sooner you act, the sooner you can be back on the right track to better health.

Seventy-one percent of Australians with a blood pressure of 140/90 mmHg do not know they have hypertension. And, those who do know, may not know why. Understanding and being aware of your blood pressure, as well as getting regular checks, can make all the difference.

### What is your blood pressure?

A lack of understanding surrounding blood pressure readings can mean people don't take those readings as seriously as they should. The truth is, having hypertension is the most significant risk factor for cardiovascular disease – the world's biggest killer. As a result, it's crucial to take note of your readings and listen to your doctor's advice. Unfortunately, more than 30 percent of Australians 18 years and older have high blood pressure.

To get your blood pressure reading, your doctor uses a cuff to establish the pressure of the heart pushing the blood through your arteries (the higher number, systolic), and the relaxed rate (lower number, diastolic). If your readings are higher than 140/90 on three occasions, you have high blood pressure.

### Why is your blood pressure high?

Many things can cause high blood pressure or hypertension, but the leading cause is a poor lifestyle. If you don't exercise, or if you smoke, are overweight, drink a lot, eat a poor diet or have a family history of high blood pressure, you are more at risk. However, in some cases, hormonal and other conditions can be to blame.

### How to lower your blood pressure?

The first course of action is to see your doctor. Once you know you have high blood pressure, it's crucial to get regular checks.

You then need to make some lifestyle changes. Exercise more, make healthier food choices, lose weight, stop smoking, and reduce your alcohol intake.

Your doctor may also prescribe medication which can be a temporary solution while you make lifestyle changes or a permanent solution. It may also take time to find the correct dose and medication to help.

Even if you feel no symptoms, which people rarely do, it's crucial to see your doctor for blood pressure checks at least once every two years. If you are suffering from headaches or dizziness, make an appointment to see your GP immediately.



## Salmon with roasted tomatoes

(serves 1)

### INGREDIENTS

- 1 fresh salmon fillet – boned, skin on
- 100g cherry tomatoes
- Thyme – 1Tbsp of dried, or a handful of fresh, chopped
- Oil, coconut or olive
- 1 clove garlic, finely chopped or crushed
- ½ red onion, finely sliced
- Black pepper
- 1 lemon

### METHOD

Preheat oven to 180c. Toss tomatoes, thyme, oil, garlic and onion in a roasting pan. Roast for 15 minutes until tomatoes are soft.

Add the fillet to the pan. Bake a further 8-10 minutes depending on thickness of fillet. Add pepper to taste, and a squeeze of lemon juice.

## Tomatoes: under the skin

It has only been two centuries since tomatoes were thought to be poisonous in the United States. Now, however, they are the fourth-most popular market vegetable.

Tomatoes, while delicious and exceptionally versatile, are also more beneficial for your health than you may think. They can help to protect your body against cancer, keep your blood pressure healthy, and even support a range of bodily functions. What's more, as they contain lycopene and lutein, they also help to reduce the risk of light-induced eye damage.

If you want to improve your heart and skin health or take better care of your eyes, tomatoes may be of assistance. Containing a wide range of vitamins, antioxidants, and nutrients, tomatoes are well worth adding to your diet.

### Heart health

Tomatoes contain choline, folate, vitamin C, fibre, and potassium – all key players in promoting better heart health. What's more, including high potassium in your diet is linked to a reduced risk of cardiovascular disease.

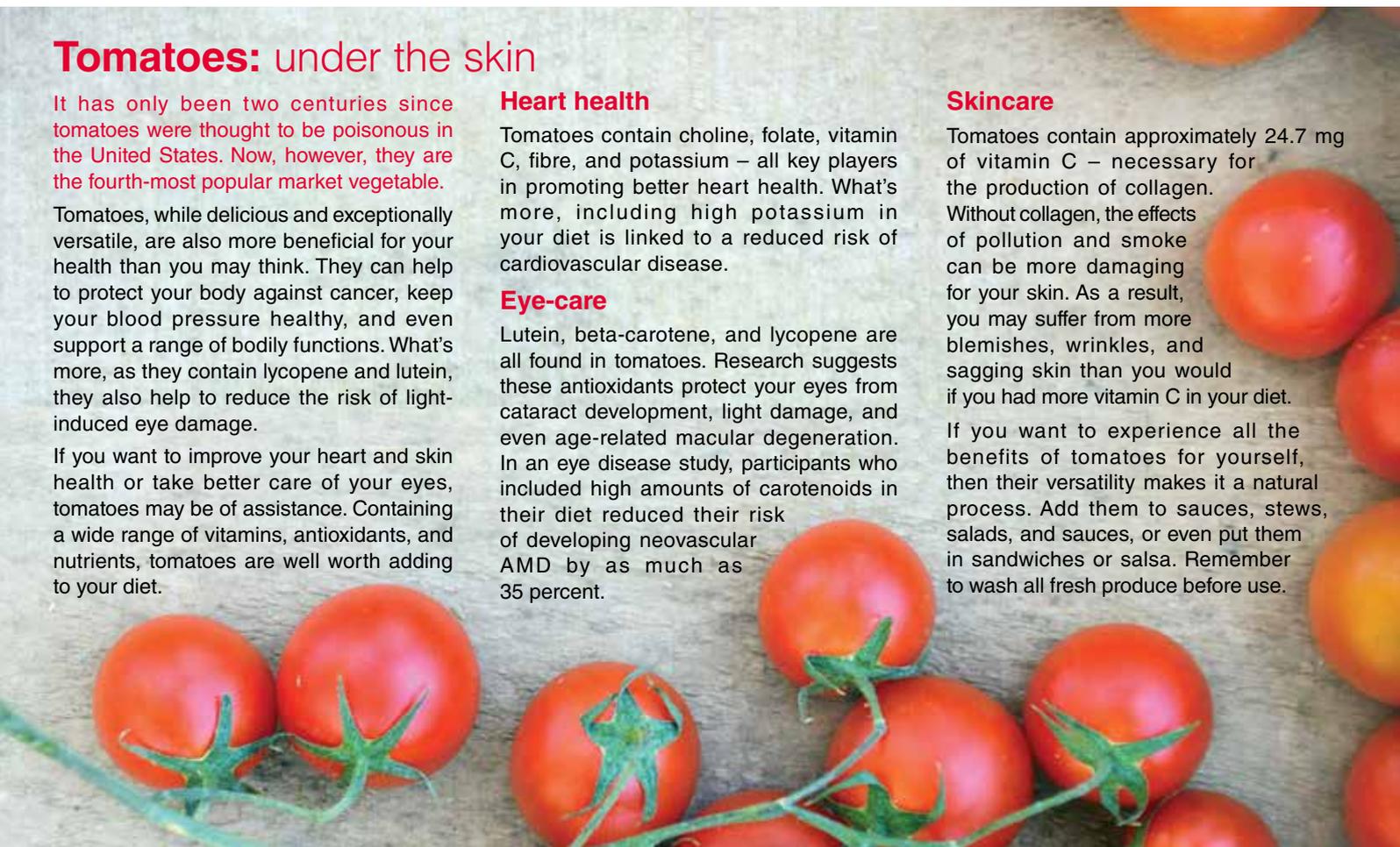
### Eye-care

Lutein, beta-carotene, and lycopene are all found in tomatoes. Research suggests these antioxidants protect your eyes from cataract development, light damage, and even age-related macular degeneration. In an eye disease study, participants who included high amounts of carotenoids in their diet reduced their risk of developing neovascular AMD by as much as 35 percent.

### Skincare

Tomatoes contain approximately 24.7 mg of vitamin C – necessary for the production of collagen. Without collagen, the effects of pollution and smoke can be more damaging for your skin. As a result, you may suffer from more blemishes, wrinkles, and sagging skin than you would if you had more vitamin C in your diet.

If you want to experience all the benefits of tomatoes for yourself, then their versatility makes it a natural process. Add them to sauces, stews, salads, and saucers, or even put them in sandwiches or salsa. Remember to wash all fresh produce before use.



# Life after loss: coping with grief

Losing someone you love can change your world. You miss the person who has died and want them back.

You may feel sad, alone, or even angry. You might have trouble concentrating or sleeping. If you were a busy caregiver, you might feel lost when you're suddenly faced with lots of unscheduled time. These feelings are normal. There's no right or wrong way to mourn.

The death of a loved one can affect how you feel, how you act, and what you think. Together, these reactions are called grief. It's a natural response to loss. Grieving doesn't mean that you have to feel certain emotions. People can grieve in very different ways.

People often believe they should feel a certain way, but such 'shoulds' can lead to feeling badly about feeling badly. It's hugely important to give yourself permission to grieve and allow yourself to feel whatever you are feeling. People can be quite hard on themselves and critical of

what they are feeling. Be compassionate and kind to yourself.

Experts say you should let yourself grieve in your own way and time. People have unique ways of expressing emotions. For example, some might express their feelings by doing things rather than talking about them. They may feel better going on a walk or swimming, or by doing something creative like writing or painting. For others, it may be more helpful to talk with family and friends about the person who's gone, or with a counsellor.

Grief is a process of letting go and learning to accept and live with loss. The amount of time it takes to do this varies with each person.

Although the death of a loved one can feel overwhelming, many people make it through the grieving process with the support of family and friends. Take care of yourself and accept offers of help from those around you. Additionally, if you are having trouble moving forward in your own life, mention it to your doctor.

## OUR DOCTORS

**Dr Zachary Nathan** is a qualified General Practitioner having achieved great success during the rigorous UK speciality training process. Zak is also a GP specialist with Fellowship at the Royal Australian College of General Practitioners. 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. Dr Loh takes a holistic approach, and strongly believes that good care starts with a good doctor-patient relationship. 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. Other areas of special interest include men's health, aged care, mental health, travel and skin medicine.

**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 Emervel) treatments. First consultation is free of charge. Dr Arshi also speaks fluent Farsi.

**Dr Abiola Olowu** (Abi) has over 8 years practicing experience. He is a GP specialist with a Fellowship of the Royal Australian College of General Practitioners. His special interests include, general medicine, mental health, skin medicine, chronic disease management, paediatrics, preventative health and emergency medicine. He is friendly and quite easy to get along with.

**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. Dr Nadia is now a General Practice Registrar with the Royal Australian College of General Practitioners. 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. He aims to provide a welcoming, family-friendly approach in order to understand his patient's medical needs within the context of their lives. 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. Dr McIntosh holds Fellowship of the Australian College of General Practice (FRACGP). 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.

## Did You Know? 10 Food Facts

1. Apples are made of 25% air, which is why they float.
2. Apples, pears, cherries, plums, apricots, raspberries, strawberries and peaches all belong to the rose family. 
3. Bananas contain high levels of tryptophan, which converts into serotonin - a type of chemical in our brain that influences mood. 
4. Peppers have a chemical compound known as capsaicin that tricks your sensory nerves, causing you to feel like your mouth is being burned.
5. Cucumbers contain electrolytes, which are minerals that include calcium, chloride, magnesium, phosphate, potassium, and sodium, which helps your body restore what it may have lost through dehydration.
6. Almonds are actually a seed, not a nut as we know it. They're the seeds of a flower and they're directly related to the botanical families of orchids and roses.
7. Egg yolks are one of the few foods that naturally contain Vitamin D. 
8. Greek yoghurt contains up to double the amount of protein than other types.
9. Honey is the only food with an eternal shelf life. 
10. Kale is the most nutritiously dense vegetable. Just one cup of raw kale has only 33 calories yet it contains 684% of vitamin K, 134% of vitamin C, 206% of Vitamin A as well as iron, folate, omega-3s, magnesium, calcium, iron, fibre, and two grams of protein.

ACROSS 3. GRIEF 5. HONEY 7. SYSTOLIC 8. WEIGHT 10. COLLAGEN  
DOWN 1. PROCESSED 2. PREVENTION 4. LYCOPENE 6. FIVE  
11. CARDIOVASCULAR 12. GREEK  
9. SLEEPING

**CROSSWORD SOLUTION**

Take me home to complete our PUZZLE – check inside!