



## 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



## Taking back control of chronic pain

If you suffer from chronic pain, you may think no one understands how you feel. But, did you know one in five Australians are suffering from it too, and even more in the over-65 age bracket?

Chronic pain is constant, ongoing pain that will occur for at least 50 percent of the time in a six-month period. While cancer and nervous system injuries can cause chronic pain, it can also have no diagnosable cause and affects children, adolescents, adults, and the elderly. Chronic pain does not discriminate.

### WHAT IS CHRONIC PAIN?

Think back to the last time you were healing from an injury, even if it were a bruise from hitting your hand or a scraped knee. You felt pain for a few days or weeks, but then it went away as the injury healed. Chronic pain is feeling pain but often for no reason, or long after a wound heals.

Your spinal cord and nerves become sensitive, and even with no damage, enhances messages to your brain to tell you to feel pain in certain areas. In essence, your nervous system is alerting you that you've injured a part of your body when you're actually completely okay.

What can often make chronic pain worse, too, is when it begins to enhance pain in areas of your body where there once were injuries that are now healed. You now feel both the old pain and new pain, exacerbating the situation.

While chronic pain often has no cause, there are scenarios where it does – such as from

cancer or neuropathic pain. When you are involved in an accident or sustain an injury resulting in nervous system damage, you can permanently damage your nerves. As a result, areas of your skin may tingle, feel numb or as if they're burning, or you may experience sharp, shooting pains.

### HOW DO YOU FIX CHRONIC PAIN?

Anyone who has ever had chronic pain wishes there was a cure, but unfortunately, there is only a way to manage it. Managing chronic pain involves a multimodal approach: non-opioid medication for short-term pain management, remain involved in social situations, as well as a mix of sleep, relaxation, physical activity, positive thinking, and care for your overall health. Helping your body to cope with chronic pain involves self-management and discipline.

### SEE A HEALTH PROFESSIONAL

When you see your GP about chronic pain, it's important to seek more than just pain relief medication. Their job is to help you manage your pain by learning about your personal situation, how you manage your pain currently, and what you find does and does not work for you. The more detailed you can be, the more your doctor can help.

Chronic pain can rule your life, but it doesn't have to. Make an appointment with your GP to work through a detailed pain management plan. The goal is to live your life to the fullest, controlling chronic pain and not letting it control you!



# Healthy autumn eating tips

A change in season often means a change in diet and routine. You may feel more inclined to seek the warmth and comfort indoors once you notice it getting a little cooler outside.

Avoid falling into the trap of sabotaging the healthy habits you practised throughout the warmer months and follow these easy tips to eat for comfort and yet still maintain your health and fitness goals.

## BE CREATIVE

Vegetables are dense with nutrients and high in fibre, which makes them the ideal food category to fill up on. Get creative and replace a high-fat creamy based pasta dish with zucchini noodles and a creamy avocado sauce.

## PROTEIN-PACK MEALS

Aim to include a serve of protein such as eggs, legumes, lean meat, tofu, or nuts/seeds into each meal. Protein helps to control blood sugar levels and appetite.

## MAKE FIBRE A PRIORITY

Start the day with a high fibre breakfast such as whole oat porridge with LSA and fresh fruit. Or if making a Bolognese sauce replace half the meat with legumes for a fibre boost. Fibre will help you keep those portion sizes in check.

## CHOOSE WARM INGREDIENTS

Create a warm and comforting feeling by flavouring dishes with foods known for their warming properties such as ginger, chilli and cayenne pepper.

## WATCH THE SALT

Try buying products with reduced salt and when making food from scratch use salt substitutes such as miso and tamari soy sauce.

## USE HEALTHY FATS

Fat is necessary to absorb vegetable nutrients so try adding coconut milk and avocado to soups.

## NEW COOKING STYLES

Cut down on oil used to stir-fry or grill and try poaching, steaming and slow cooking methods instead.

## SERVE RAW

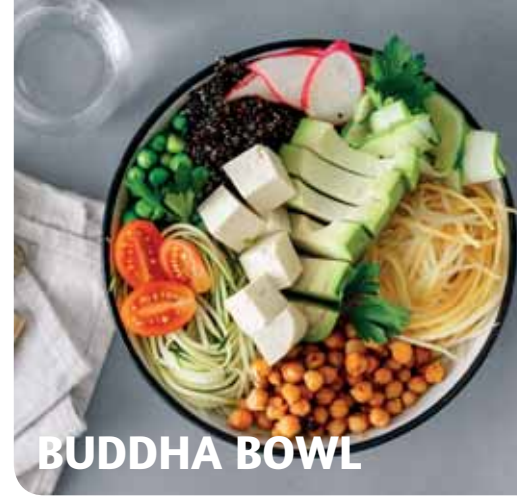
While you may prefer the comfort of a cooked meal, eating raw foods helps your digestion. For example, try serving a fresh tomato salsa on top of a stew.

## BULK COOKING

Make a large batch of soup or casserole and create meal-sized portions to pop into the freezer. You'll have hot ready-made meals at your fingertips.

## SERVE SEASONAL

Autumn offers plenty of extremely versatile root vegetables as well as zucchini, cabbage, mushrooms, pears and persimmons. Eating in line with the season means your food will be full of nutrient-rich goodness.



## BUDDHA BOWL

### Ingredients

Zucchini, spiralsed  
Edamame beans, steamed  
Tofu, chopped  
Tomatoes, chopped  
Radish, sliced  
Avocado, sliced  
Can of chickpeas, drained  
Sprouts of your choice (optional)  
1 tsp cumin  
1 tsp paprika  
¼ tsp cayenne  
Coconut oil

Heat oil in a pan. Add cumin, paprika and cayenne powders. Heat for one minute. Add chickpeas, stir until coated and heat for another minute.

Place all ingredients into a bowl and serve with dressing.

### Dressing

½ C mild vegetable oil  
½ C rice vinegar  
3 carrots, roughly chopped  
3 Tbl fresh ginger, peeled and chopped  
1 Tbl maple syrup  
(or other sweetener eg. honey)  
2 tsp sesame oil  
Salt to taste

Blend everything together and adjust sweetness or salt to taste.



## DID YOU KNOW?

- Laughing is good for the heart and can increase blood flow by 20%.
- Skin is the largest organ in the body and it defends against disease and infection.
- Always look on the bright side of life: being an optimist can help you live longer.
- Exercise will give you more energy, even when you're tired.
- Too much sitting and sleeping can increase your chances of an early death.
- A lack of exercise now causes as many deaths as smoking.
- Nearly 30% of the world's population is obese.
- Between 2000 and 2015, the average global life expectancy increased by five years.
- More than half your bones are located in your hands and feet.

# The truth about tonsils

The human body features many weird and wonderful organs, and while we understand what most of them do, the role of tonsils is not common knowledge. What are they and why do you have them?

When you hear the word 'tonsils' you usually associate it with the lumps of tissue that sit either side of your throat. However, along with the adenoids (found at back of your nose) and other tonsil tissue at the back of your mouth, they form what is known as Waldeyer's ring. All these tonsil components link together and work in conjunction with your lymph glands to form part of your immune system.

When you were born, your tonsils played a crucial role. Your lymph glands weren't entirely developed, and your tonsils were your body's first line of defence against germs. They would trap anything harmful that entered your mouth, and your body could then produce antibodies to kill those germs.

However, once your lymph glands developed and took over defending the frontline, your tonsils became redundant. As they can still trap particles of food and germs this can sometimes cause an infection which is commonly referred to as tonsillitis.

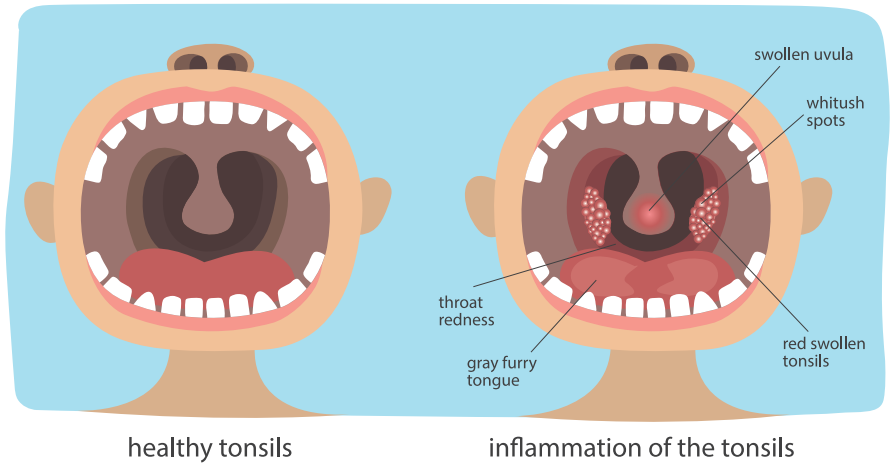
Tonsillitis is an infection caused by either a virus or bacteria. It can create a range of uncomfortable symptoms such as a sore throat, pain when swallowing, ear ache, swollen or tender lymph glands and coughing, for example. In most cases, symptoms improve on their own in around 7-10 days, but in a severe case which may cause

fever, stiff neck, or muscle weakness, you may need to see a doctor for treatment.

To diagnose tonsillitis, your doctor will examine your tonsils, looking for white spots, rashes, and enlarged lymph glands and ask you a few questions. It may be necessary to take a swab to confirm the cause of any infection.

Drinking lots of fluids and getting plenty of rest will generally help to clear up tonsillitis. Your doctor may also recommend pain relief medications and/or antibiotics if required. In ongoing, severe cases that cause secondary issues such as sleep apnoea or abscesses, a recommendation for surgery might be made.

If you suffer from a sore throat and fever for two or more days, or if you have extreme discomfort caused by tonsillitis, please see your GP to discuss your treatment options.



## WORD SEARCH

- ARTHRITIS
- BACTERIA
- BLOODSUGAR
- BONES
- CAYENNE PEPPER
- CHOCOLATE
- CHRONIC
- COLD
- EXERCISE
- FINGERNAILS
- LAUGHING
- LYMPH GLANDS
- MEDICATION
- MICROORGANISMS
- MOUTH
- MUSHROOMS
- PAIN
- PREBIOTICS
- PROBIOTICS
- PROTEIN
- SELF MANAGEMENT
- SITTING
- SKIN
- SPINAL CORD
- TONSILS
- TRILLION
- UMAMI
- YEAST
- ZUCCHINI

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# One hundred trillion inhabitants

Did you know over one hundred trillion microorganisms are taking up residence in your gut? What are they doing there?

There is no denying that your body is quite complex, with a lot happening at any one time. But, one of the most challenging components is your gut. Your gastrointestinal tract houses over one hundred trillion microorganisms, all of which exist due to what you eat and what you do on a daily basis. Your lifestyle is unique to you, therefore so are your gut microorganisms.

These little creatures have a job to do, and it's quite an important one. They absorb all the nutrients from your food, digest them, then help your metabolism. What's more, all they ask for in return is a place to live – your gastrointestinal tract.

## WHAT PART DOES FOOD PLAY?

The food you eat plays a significant role in what microorganisms live in your gut – some good, some bad. However, there are two standout microorganisms you should try to get as much of as possible: probiotics and prebiotics.

Probiotics are yeasts and good bacteria which are found in fermented foods such as yoghurt and gherkins as well as tempeh, kimchi and miso. Prebiotics are found in whole grains and legumes, as well

as fibrous fruit and vegetables. Prebiotics feed the 'good' bacteria in your gut, helping to keep them alive.

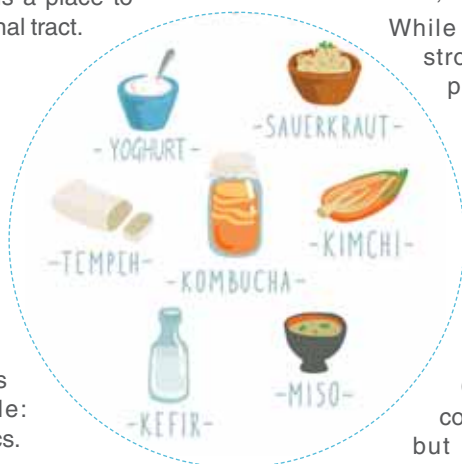
Both can naturally be found in foods and are available in supplement form, and many manufacturers are also now adding them to everyday food.

## PROBIOTICS AND THE FUTURE

There is still so much researchers don't understand about probiotics and the part they play. However, there is growing research to suggest that your gut health is linked to chronic disease. This same research is beginning to show a connection between particular bacteria types and illnesses such as diabetes, heart disease, and obesity.

While there is not a lot of strong evidence regarding probiotics and the benefit for digestive upsets, some people swear by them for constipation and diarrhoea. So if you do take a supplement for this reason and it appears to be helping, there's no reason to stop.

Gut health can seem complicated and confusing, but you can significantly benefit your body by ensuring you consume a nutritional and balanced diet. Include plenty of fruits, vegetables, whole grains, and legumes, and consult your GP if you are experiencing any digestive upset.



# 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.

## HOW WELL DO YOU KNOW YOUR BODY?

### TRUE OR FALSE?

1. Carrots help you see in the dark.
2. Eating chocolate gives you spots.
3. Going out with wet hair increases your chances of catching a cold.
4. Cracking your knuckles too much will give you arthritis.
5. It takes seven years for a person to digest chewing gum.
6. Sugar makes children hyper.
7. Shaving makes hair grow faster.
8. Sections on your tongue taste bitter, sour, salty, sweet and umami (savoury).
9. Your fingernails grow at the same rate.



ANSWER: They are all false!

**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 skills - complete the **WORD SEARCH** inside!