



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)

Madeleine Willis (2IC)

Belinda Romeo (Receptionist)

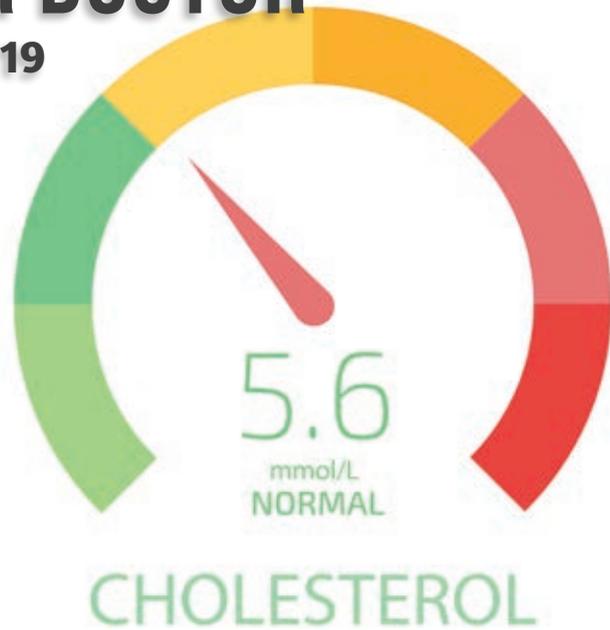
Cassie Cotte (Nurse Manager)

Tazmin Ismail (Registered Nurse)

Romalyn Torres (Registered Nurse)

YOUR DOCTOR

MAY 2019



Keep calm and control cholesterol

With the latest National Health Survey showing Australian adults are not on top of their cholesterol levels, it might be time to take control sooner rather than later.

Around one and a half million Australian adults have high levels of cholesterol linked to strokes and heart disease. The prevalence increases with age – one in five people over 65 have high cholesterol.

It's clear that high cholesterol is a problem, but what is it all about? Cholesterol is a fat-like product that works its way through your bloodstream to reach the cells that need it. Our body requires it to function properly and can produce it, so you don't need to get it from a food source. However, too much cholesterol in your body can build up in your blood vessels and lead to a clot. In the heart, a clot can cause a heart attack, and in a brain artery, a stroke.

There are two main types of cholesterol. Low-density lipoprotein (LDL) contributes to the build-up in blood vessels and is called bad cholesterol. High Density lipoprotein (HDL) is better behaved and helps clean up your arteries – this is why it is called good cholesterol.

Too much bad cholesterol can have a number of causes, such as a family history of high cholesterol, or medication use, but is mainly caused by eating foods high in saturated fat, and not eating enough unsaturated fat and fibre.

Aim to eat foods high in fibre such as fresh fruit and vegetables, whole grains, legumes, nuts and seeds. Eat less processed and fatty animal products, sugary and salty food, cakes, pastries and takeaways.

Choose lean meat and fish, and try replacing full-fat products with small amounts of healthy types of fat. These include avocado, oily fish, and some oils such as olive, avocado and sunflower. The sulphur compounds found in onions and garlic can also be of assistance to help lower your levels of bad cholesterol.

Some foods contain cholesterol, such as dairy products, eggs, and seafood, but you don't need to cut them out completely. Seafood is low in saturated fat and offers the benefit of healthy omega-3 fatty acids. Dairy food, although produced from animals, also supplies important nutrients. The goal is to consume low fat options in balance and moderation.

Other factors can help; such as exercising regularly, losing excess body weight, reducing alcohol intake, and stopping smoking. In essence, leading a healthy lifestyle can impact your cholesterol levels for the better, as well as provide other long term health benefits.

It is recommended that most adults should have a cholesterol test every four to six years. If you are concerned about your cholesterol levels, make an appointment with your GP. They can determine the types of cholesterol in your body, and which methods could be useful for maintaining a healthy level. If other factors, such as family history, are contributing to your high cholesterol levels, medication coupled with a healthy lifestyle may make a difference.

WORD SEARCH

CHOLESTEROL
 UNSATURATED
 ALLERGY
 AVOCADO
 PRESCRIPTION
 PHARMACIST
 WALKING
 DEPRESSION
 DIABETES
 HEART
 HEALTH
 RESPIRATORY
 FLU VIRUS
 FEVER
 POLLEN
 SNEEZE
 COLD
 ANTIHISTAMINES
 IBUPROFEN
 VACCINE
 STROKE
 BALANCE
 ARTERIES
 PEAR
 FIBRE
 TOXINS
 BOWELS
 DIET
 FAT

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 R B T I H H A E E Z E E N S L K T H J I B M O L P Z W B L Y
 D M S Z C J V R Y E N Q S V Y U L O K P X S U Q X C V G W H
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 G C C G S Z J O G M W Y B Z R B A D W A J Q K Q T W C E V T
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 Q A R T O A J M P Y R H N A D E T A R U T A S N U Q H Y C L
 A P Z A L J B Y Q L J J O Z K K I D V F E X F O P A E D U D

Identifying an illness: Do I have a cold, flu, or an allergy?

If you wake up with a sore throat, runny nose, and sneezes galore, do you immediately think you've got a cold? Know the difference between a cold, flu, or allergy.

You might not think it matters what you've got, as long as it goes away quickly, but think again! If you don't identify what it is you're suffering from, you may not be choosing the best treatment methods to combat it. Instead, you could be making your illness worse.

Even though all three conditions can affect your respiratory system and share similar symptoms, there are also many that set them apart from each other. The key is to identify what those different symptoms are so you can utilise the best treatment methods – be that a trip to the doctor or over-the-counter medication.

Both a cold and flu can cause a cough, sore throat, runny nose, and congestion, but the flu can be far more severe. The flu can also cause a high fever, aches and pains, fatigue, and a headache. If you have a cold, these symptoms are rare, even if a virus causes both conditions.

An allergy is not a virus, but it can feel like it is. When you come across something you're allergic to, such as pollen, your body goes into overdrive reacting to them.

You may get a stuffy or runny nose as you would with a cold or the flu, but you also get watery eyes or itchiness which is rare with either of those two conditions. Furthermore, an allergy can last upwards of a month – depending on your exposure to the allergen, whereas a cold or the flu typically lingers for two weeks.

Once you identify your illness, it's essential to choose the right treatment method. If you have a cold or flu; stay hydrated, rest, and consider acetaminophen or ibuprofen for aches and pains. If you have the flu, you may also like to see your doctor for antiviral medication. In the case of allergies, avoid the things you're allergic to and try antihistamines, nasal steroids, or decongestants.

If your symptoms persist past two weeks, or you need help managing your illness, make an appointment with your GP. You can also take preventative measures such as washing your hands, staying away from infected people or allergens, and getting a yearly flu vaccine.



One for the fruit bowl

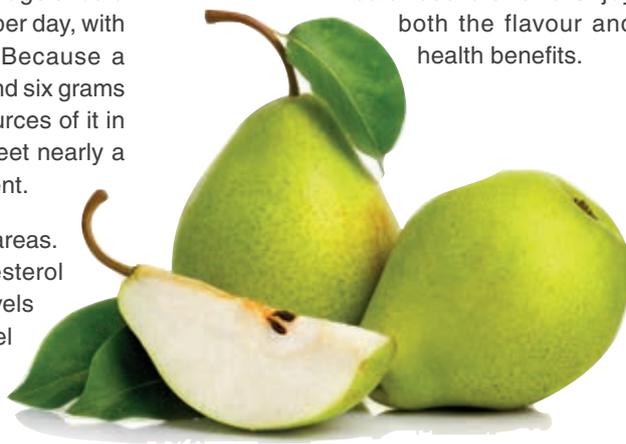
If you're always on the lookout for nutrient-rich fruit for your fruit bowl or lunch box, you can't look past the humble pear.

Globally, there are over 3,000 different types of pears – in different sizes, shapes, and flavours to appeal to various tastes. While they aren't the prettiest fruit to grace your lunch box, they pack a lot of health benefits into only 100 calories – something processed foods can struggle to do naturally. A single pear has a lot of protein, fibre, vitamins, and minerals, but no fat or cholesterol.

If you haven't been much of a pear eater in the past, you might be once you realise how beneficial for the body they are. Pears, along with other fruit and vegetables, can reduce your risk of several health conditions when you consume them as part of a healthy, balanced diet. These include cancer, diabetes, heart disease, and hypertension.

What may also interest you is the fibre content. Men under 50 years of age should have at least 38 grams of fibre per day, with women requiring 25 grams. Because a medium-sized pear offers around six grams of fibre, it's one of the best sources of it in the fruit world - helping you meet nearly a quarter of your daily requirement.

Its fibre content helps in lots of areas. It can help reduce your cholesterol levels, stabilise blood sugar levels in diabetics, and promote bowel regularity so you can benefit from a healthy digestive tract.



As pears are 84 percent water, your body can have an easier time flushing toxins from your body. High fibre also keeps you fuller for longer, which may help with weight management.

When it comes to fighting free radicals, pears pack the punches here too. Their high levels of antioxidants, such as copper and vitamins C and K, help remove free radicals, protecting your cells from the damage these can cause.

However, it's helpful to be aware that pears are a high FODMAP food. They have more fructose than glucose, which can sometimes result in bloating, gas, pain, and diarrhoea in those suffering from irritable bowel disorders. If you need any help or advice with this, then consult your GP.

While you can't live on pears alone and expect to be the picture of health, you can include them as part of a healthy, well-balanced diet and enjoy both the flavour and health benefits.

10k a day – is it necessary?

When it comes to counting steps, most people tell you the golden number is 10,000, but is it, and where did this figure originate?

It is believed it began in Japan back in the 1960s during the lead up to the Tokyo Olympics, by a company that marketed step counters. The message was that everyone should be walking 10,000 steps a day if they wanted to stay in peak physical condition. However, in reality, that figure was more about selling the step counters, instead of looking after your health.

Most people know that going for a walk is the most natural, affordable and accessible exercise type. You can put on your trainers and pound the pavement, knowing you are helping to reduce your risk of type 2 diabetes, heart disease, and even depression.

What's more, walking is something that almost everyone can fit into their daily life – making it all the more beneficial as a way to stay fit and healthy.

Instead of 10,000 steps, however, Australian guidelines recommend you do at least 150 minutes of moderate exercise every week – which is around half an hour, five days per week.

Half an hour of walking is around three to four thousand steps – less than that golden number of 10,000 and the 7,400 steps that most average Australians do every day. So how many should we do?

Summing up what wider studies have found regarding step counting, the more you do, the better the health outcome. A 2015 Australian study found every 1,000-step increase decreased your risk of premature death by six percent, and by 46 percent in those who walked more than 10,000 steps.

Therefore, if you can include at least half an hour of moderate exercise into your daily routine, or even aim for that goal of 10,000 steps, you can be doing your body a world of good.



Pear & apple crumble

This easy recipe makes a great family dessert. Try adding a handful of frozen berries into the fruit mix for a pop of colour.

Ingredients

- 4 pears, diced
- 4 apples, diced (or more pears)
- ¼ cup lemon juice
- 1 cup ground almonds
- ½ cup oatmeal
- ¼ cup coconut oil, melted
- 2 Tbs honey or maple syrup (optional)
- 1 tsp cinnamon
- ¼ tsp ground ginger
- ¼ tsp sea salt (Celtic is good)
- ½ tsp vanilla

Method

Preheat oven to 180 degrees. Mix pears, apples and lemon juice. The juice helps to stop the fruit from going brown. Place into either one large baking dish or 4 small dishes. Leave room for the topping. Combine remaining ingredients in a bowl, then sprinkle over the fruit. Bake for approximately 20 minutes until golden and bubbling. Allow to cool for 10 minutes before serving, as the fruit will be very hot.

Optional:

- mix some chopped walnuts through the topping.
- reserve half a pear and slice thinly for decoration.

The online chemist: Is it safe?

You may buy your clothing, groceries, and even your makeup on the internet, but would you buy your medication on it too?

When you buy new outfits online, you merely run the risk of them being the wrong size. When you buy prescription medications online, the consequences can be far more severe.

Before you go ahead and add any medications or healthcare products to your online shopping cart, there are a few things you need to consider. Firstly, is the business reputable, and have you heard of them before? If you can't contact them in Australia, identify their company information, or get in touch with someone in the company, then steer clear.

Another thing to think about is whether they are offering you a drug you would not be able to get without a prescription in Australia. If the website does not need your prescription slip, then exit the site and contact your chemist. It's illegal in Australia to buy or sell prescription drugs without a prescription, or bring them in from overseas.

Even with a prescription, you are also at risk of buying the wrong medication, fake medicine, or even out-of-date products that are unsafe. Overseas medication suppliers may not meet Australian quality and safety guidelines, offering products with banned, restricted, or unsafe ingredients. If you cannot verify the company's legitimacy, or product quality, then do not proceed with the sale.

Your local health provider will always recommend filling your script from a local, experienced, and certified pharmacist who understands the medication and how your body will react to it.

If you need any help or advice with prescriptions or medication you are taking, then consult a medical professional in your area. Leave online shopping for clothes and shoes.



The unsuspecting syphilis

An easily-cured and preventable STI is causing chaos, with tricky diagnosis and a lack of education the potential causes.

Syphilis is a sexually transmitted infection or disease that has been around for centuries. Even as early as 1530, people were dying from, and affected by, the hard-to-diagnose condition that didn't discriminate. Oscar Wilde, Ludwig van Beethoven, and King Henry VIII of England were three of many who fell victim to this disease and died prematurely as a result.

A small bacterium known as *Treponema pallidum* causes syphilis, and it passes from one person to another via mucous membranes or skin. In the first stage, it's a painless ulcer that heals with no treatment. Because it can form in the rectum or vagina, many people don't even know they have it.

Stage two is a skin or mucous membrane rash, which, once again, can heal itself in weeks or months without treatment. In the following years, you can have a symptom-free existence, not knowing you are infected by an STD. Then before you know it, it can have you in its grips.

Syphilis can cause inflammatory growths, tissue damage, heart disease, paralysis, aneurysms, dementia, and pregnancy complications which can lead to the loss of the unborn child. It can attack your nervous system too, causing an eye inflammation called uveitis, which results in vision loss, retinal scarring or detachment, cataracts, and glaucoma.

By the 1940s, the disease was almost eradicated thanks to penicillin. Then by 2010, there were only five cases in every 100,000 Australians. Now, however, the rates are going up, and doctors are scrambling to understand why. Kirby Institute figures show a 250 percent increase since 2010. The reasons for this are considered to be less concern about practising safe sex, frequent travel, and sexual dysfunction drugs.

What's more, the condition can mimic many others, so it may not always be the first choice during the diagnostic process.

There is no vaccine for syphilis, but there are ways to minimise your risk of infection. Practice safe sex and encourage your sexual partners to do this too. If in doubt, ask your doctor about STD tests.

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 Choong 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 Emervel) 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.

Disclaimer: The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

Take me home to complete our **PUZZLE** – check inside!