

AUGUST - SEPTEMBER 2022 EDITION

FREE TO TAKE HOME!

● PRACTICE DOCTORS

Dr Steve Gust MBBS, FRACGP, JCCA
Family Medicine, Diabetes, Skin Cancers;
Paediatrics, Travel Medicine, Anaesthetics & Lap
Band Adjustments.

Dr Victoria Hayward
MBBS (Hons), FRACGP
Family Medicine, Diabetes & Women's Health

Dr Brian Malone MBBS, FRACGP, BSc, DCH
Family Medicine, Diabetes, Travel Medicine &
Skin Cancers.

Dr Susan Shaw MBBS, DRACOG
Family Medicine, Women's Health, Mental
Health, Asthma & Diabetes.

Dr May Ure MBBS
Family Medicine & Women's Health.

Dr Mark Zafir MBBS, DA
Family Medicine, Aged Care, Anaesthetics, Ante-
natal care, Men's Health; Diabetes, Skin Cancers
& Lap Band Adjustments.

Dr Lorri Hopkins
MBBS, FRACGP, DRANZCOG, DCH
Family Medicine, Ante-natal care; Asthma,
Diabetes, Paediatrics, Women's Health & Skin
Cancers.

● PRACTICE BILLING POLICY

We are a private billing practice.

We generally bulk bill children under 16.
We do not routinely bulk bill. Payment is
made at the time of the consultation. If
you are experiencing financial difficulties,
please discuss with your Doctor or with
our Practice Manager.

● SPECIAL PRACTICE NOTES

Emergency or Urgent Appointments.

Please notify staff if your request is
urgent or requires immediate medical
attention. If an immediate appointment
is not available, you will be assessed
by a practice nurse for appropriate
Management.

After hours & Emergency. Outside
our normal surgery hours go to Albany
Regional Hospital if you need urgent
treatment. In an emergency call 000 for
an ambulance. Our doctors provide after
hours services all year round. Follow the
prompt on our after hours phone message
if it is medically essential to talk to the on
call doctor. Maternity cases are to contact
the labour ward direct.

Home Visits. Any requests for home visits
will be directed to the patient's GP and
the visit will be made at the discretion of
the treating Doctor.

Dr Maida Akhtar

MBChB, Post Grad Dip Public Hlth, PDHIV
Family Medicine, Paediatrics, Women's Health &
Emergency Medicine. Speaks Urdu.

Dr Steve Lee MBBS, FRACGP
Family Medicine, Emergency Medicine & Skin Cancer

Dr Ben Bradley MB BCH BAO (Hons)
Family Medicine, Emergency Medicine, Mental Health

Dr Stephen Chiang MBBS
Family Medicine, Internal Medicine, Geriatrics and
Chronic Conditions.

Dr Darcy Smith

MBBS, FRACGP, FRACMA, FACRRM, BHA, DIP RANZCOG
Paediatrics, Mental Health, General Medicine,
Obstetrics, Women's Health, Men's Health

Dr James (Jim) Lie (Locum) MBBS
Family Medicine, Asthma, Diabetes, Skin Cancers,
Paediatrics, Sports Medicine & Obstetrics.
Speaks Mandarin.

● PRACTICE STAFF

General Manager:

Ian Graham

Co-Ordinator Patient Services

Dee Maquire

Practice Nurses:

Elizabeth Quinn (Nurse
Manager), Jenna, Jess,
Leanne, Lisa, Bonnie 7
Nadene

Reception Staff:

Kate Stanhope (Office
Manager), Brett, Imogen,
Julie W, Kaylene, Kelly O, Liz,
Nette, Shauna, Lauren, Julie
M, Kiara, Hedi & Kelly M

● SURGERY HOURS

Monday to Friday

8.30am – 5.30pm

*Vaccination clinics held on
scheduled Saturdays.*

*We are closed on Public
Holidays & Sundays, and for
general appointments on
Saturdays*



Emphysema



Vaginal thrush



Common dental issues



Malaria

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions
about medical care should be
made in consultation with your
health care provider so discuss
with your doctor before acting on
any of the information.

www.healthnews.net.au

Follow us on Instagram
[@healthnewsgp](https://www.instagram.com/healthnewsgp)

Covid-19 Safe Care in our practice

We abide by Health Department directives. Do not attend the
practice if you have a fever, sore throat, runny nose, difficulty
breathing or have a loss of taste or smell. Phone us to make
an appointment to talk with a doctor. Masks are to be worn at
all times when in our practice. You will be asked for proof of
vaccination. Appointments may be by phone or video.

Telephone Advice. To obtain advice regarding your treatment
phone the practice and you will be put through to the appropriate
person or you can leave a message for a return call. Phone calls will
not be put through to the GP while they are consulting.

Prescriptions. Scripts should be requested during a face to face or
phone consultation with your regular GP. Non-urgent scripts done
outside of an appointment will incur a \$10.00 fee and should be
ready within 48 hours. Scripts needed urgently, on the same day as
requested, will incur a \$15.00 fee.

Your Test Results. It is not practice policy to routinely contact
patients with test results. Doctors review all test results and will
either inform the patient themselves or ask a staff member to
contact the patient with appropriate instructions. Patients are
strongly encouraged to phone the surgery for results after 1 week.
Please phone after 10am in the morning. INRs are now done in the
treatment room by the Nurse. Results are reviewed by your GP and
management discussed with them.

Skin Lesions & Skin Cancers. A number of our doctors have special
interest in and considerable experience treating skin lesions. Ask
the doctor to check any lesions you are concerned about. A full
skin check is also advisable on a regular basis. A Treatment Room
Fee is charged, in addition to the doctors fee, when a skin lesion is
removed

Emphysema

Emphysema is a form of chronic obstructive pulmonary disease.

It can be due to a genetic condition such as alpha-1-antitrypsin deficiency. However, most cases are related to smoking or long-term exposure to dust or pollutants which damage the air sacs in the lungs. This is where oxygen enters the bloodstream. The symptoms develop slowly, generally over many years, and include shortness of breath, fatigue, cough and phlegm and recurrent chest infections. In more advanced cases, there can be cyanosis (a blue colouration) of the skin.

There is no cure for emphysema, but it is largely preventable. The most important one being not smoking or quitting if you do smoke. Talk to your doctor about ways to achieve this. Even if you have failed before, it does not matter. Some people need multiple attempts before finally getting off cigarettes.

Diagnosis is based on the history and examination of the chest. You will likely be referred for imaging of the chest (x-ray or CT scan) and lung function testing. Complications include pneumonia and collapsing of the lung.

Treatment is designed to minimise symptoms. This includes inhalers to widen airways and reduce sputum, lung rehabilitation programs, quitting smoking, exercise to increase lung capacity (this needs to be gentle), and in advanced cases, oxygen may be helpful. It is important to have an annual flu vaccination and to see your doctor at the first sign of any respiratory infection.

It is worth restating that whilst there is no cure for emphysema, it can be largely prevented by not smoking. If you do smoke, talk to your doctor about quitting.



More info >>



Vaginal thrush

Thrush is caused by the fungus *Candida Albicans*. Whilst it is part of the normal vaginal flora and sits there, causing no problems, in certain circumstances, it can multiply, leading to an overgrowth and typical thrush.

It is estimated that 75% of women will experience thrush at some stage, whilst some get it frequently.

Risk factors include being on an antibiotic, wearing tight-fitting clothes like jeans, and wearing synthetic underwear. The contraceptive pill can also be a risk factor. Conversely, preventative factors include wearing cotton underwear and using a probiotic.

Symptoms are a thick white discharge from the vagina, itchiness and redness at the vagina and vulva and sometimes burning with passing urine and pain with intercourse.

Many women self-diagnose and seek treatments without prescription. Whilst this can work, it is important to remember that the symptoms are not always typical or specific to thrush. If there is a possibility of having a sexually transmitted infection (STI), it is vital to see your doctor and have the necessary tests done.

Treatment for thrush is with anti-fungal creams or pessaries for between one and seven days. There are also anti-fungal tablets, which can be taken orally. Some of these are available without a prescription.

Self-help treatments like yoghurt, vinegar, tea tree oil and garlic are popular but are of questionable benefit and can cause irritation.

If symptoms do not resolve with over-the-counter treatment or if you have recurrent thrush, it is important to see your doctor.

Common dental issues

Getting a tooth knocked out is painful and is also a dental emergency.

A permanent tooth that can be re-implanted within 30 minutes has the highest chance of success. Baby teeth are not re-implanted. Where a tooth has been knocked out -touch only the crown (top part) of the tooth, not the root. Rinse the tooth carefully and only if necessary. Do not scrub or scrape, and do not apply alcohol. If possible, put the tooth in its socket but don't force it. Control any bleeding with sterile gauze and apply a cold compress to reduce swelling.

Plaque builds up on the teeth daily, damaging the tooth enamel. Gum disease can arise from poor dental hygiene. This



More info >>

can lead to infection and, in severe cases, teeth falling out. If mouth bacteria enter the bloodstream, it can lead to a more serious infection.

Poor dental hygiene has been associated with conditions like diabetes, Alzheimer's and some forms of cancer, although the causative mechanism has not been determined.

Take good care of your teeth by brushing twice daily and flossing. Minimise sugary food as these increase tooth decay. Keep an eye on your mouth for signs of any problem, such as sores not healing or irritated gums and have an annual check-up with your dentist.

Malaria

With borders opened up, travel is on the agenda again for many - visiting family and friends and for a holiday. With this comes the potential for infections.

Mainland Australia is malaria-free, although found on the Torres Strait Islands. Malaria is a potentially fatal infection caused by a parasite transmitted by mosquito bites. Five types of parasites (called plasmodium) cause the infection. Travellers to tropical and sub-tropical countries are at risk. Typical symptoms include fever, chills, headaches, sweats, nausea, vomiting, and joint pains. These start 7-14 days after being bitten. The fever is often intermittent.

Diagnosis is based on history and blood tests. The parasite may be seen under the microscope, although more than one sample may be needed. Treatment is with specific anti-malarial medication, and some may require hospitalisation. In third-world countries, the infection is often fatal, whereas, in Australia, treatment generally

means this is not the case.

The key is prevention. Talk to your doctor before you travel. Certain areas are classed as "malarial zones". You may be recommended preventative medication. Other measures include avoiding being outside at dusk and wearing loose-fitting long-sleeved shirts and long pants outdoors. The use of mosquito repellents is important. Stay and sleep in screened or air-conditioned rooms. Avoid swamps and other areas where mosquitos are more likely to be found.

If you become unwell after returning from travel, see your doctor promptly. Take out travel insurance as if you become unwell overseas, you may need treatment before return which can be expensive.



More info >>



More info >>

Iron intake for vegetarians

Iron deficiency is a potential problem for those on a vegetarian or vegan diet. This is particularly the case for women whose daily iron requirements (especially in reproductive years) are greater than for men.

Iron is essential for red blood cells, which carry oxygen around the body. Iron deficiency leads to anaemia, which in turn can cause fatigue, headache and weakness.

There are two forms of dietary iron in food, haem and non-haem. The former is more easily absorbed and makes up 40% of iron in animal-based foods. Eggs, vegetables, and other foods have more non-haem iron, which is less readily absorbed.

However, you can include plenty of foods in a vegetarian diet that have iron. These include tofu, legumes (lentils, kidney beans), broccoli, Asian greens, spinach, kale, cabbage, nuts

(especially cashews and almonds), dried fruits (especially apricots) and seeds (like sunflower seeds and tahini).

Iron absorption is enhanced by vitamin C, so combining the above foods like citrus fruits, kiwi fruit, tomatoes, or capsicum helps. Spinach cabbage and broccoli are good sources of both.

If you have any concerns about iron levels, talk to your GP. You may need blood tests to assess your levels. Despite eating foods with iron, you may need a supplement. These come in both liquid and tablet form. Some who are severely iron deficient may need an infusion of iron into a vein.



PORK & GINGER DUMPLINGS

Ingredients

- 2 x 3cm pieces of ginger
- 3 spring onions plus extra for garnish
- ¼ cup soy sauce plus extra for serving
- 1 ½ tbsp sesame oil
- 1 tsp caster sugar
- 300g pork mince
- 275g of your favourite dumpling wrappers
- 2 tbsp peanut oil
- 1 long red chilli

Method

1. Peel, then finely grate 1 piece of ginger into a large bowl. Thinly slice onions, add half to ginger and reserve remaining half for stir-fry. Add 2 tablespoons soy sauce, 1 tablespoon sesame oil, sugar and pork to ginger mixture and combine.
2. Place 20 dumpling wrappers on a work surface. Top each with 2 teaspoons pork mixture. Run a wet finger around edge of wrappers, fold in half, then press edges together firmly to seal. Position dumplings so the join is on top. Crimp join, if desired.
3. Heat 1 tablespoon peanut oil in a frying pan over medium-high heat. Pack dumplings in pan. Cook for 5 minutes. Add 125ml (1/2 cup) water and cover. Reduce heat to medium and cook for 10 minutes. Uncover and, if necessary, cook for a further 3 minutes or until water has evaporated.
4. Serve dumplings hot with remaining spring onion and soy sauce

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SUDUKO

The Surgery

● MORE PRACTICE NOTES

Chronic Disease Management Our practice will prepare a plan to ensure conditions such as Asthma, Diabetes, Heart Disease, and Osteoporosis and also Mental Health Problems are properly managed. If you have a chronic condition ask your GP about a plan. Help us to help you.

Recall & Reminders. Our practice uses a Recall and Reminder system to flag patients for preventative health care. We recall patients for health assessments and checks, skin checks, breast checks, pap smears, colonoscopies, IUD and Implanon removal. This surgery participates in State & National registers.

Patient Feedback. We would like to hear about your concerns, complaints or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer to make your concerns known outside the surgery, you can call the Western Australian Health & Disability Services Complaints Office on 1800 813 583

Patient Privacy. Our practice protects your personal health information to ensure it is only available to authorised staff and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Telehealth. Our practice is fully set up for video conferencing with participating specialists. Using Telehealth may save you time and travel costs; ask your GP and Specialist for advice.

My Health Record. Our practice is participating in the My Health Record program. If you wish to activate your My Health Record or would like to know more please ask your doctor or discuss the issue with our Practice Manager.

On Line Appointments. You can make appointments from our website www.thesurgery.net.au or through Healthengine: <https://healthengine.com.au>

Communication Policy. We use mail, facsimile & secure electronic mail to transmit patient information. If you have a mobile phone we will send an SMS to confirm appointments. Patients can contact us via our website for non-urgent matters.