

FEBRUARY - MARCH 2024 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 Darcy Smith

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

Dr William Smith

MBBS
Family Medicine, General Medicine

Dr Clark Wasium

MBBS FRACGP FACRRM JCA
Chronic disease, men's health, preventative
medicine, skin cancer management, cardiac
medicine, cancer care and geriatric medicine

Dr James (Jim) Lie (Locum)

MBBS
Family Medicine, Asthma, Diabetes, Skin Cancers,
Paediatrics, Sports Medicine & Obstetrics.
Speaks Mandarin.

Dr Alex Lugg

Family Medicine, General Medicine, Emergency
Medicine, Wilderness Medicine, Pre-Hospital Care,
Anaesthetics

● PRACTICE STAFF

General Manager:

Ian Graham

Co-Ordinator Patient Services

Dee Maquire

Practice Nurses:

Elizabeth Quinn (Nurse
Manager), Jenna, Jess, Leanne,
Lisa, Bonnie & Amy

Reception Staff:

Kate Stanhope (Office
Manager), Brett, Imogen, Julie
W, Kelly O, Liz, Lauren, Julie M,
Kiara, Hedi, Breanna, Mandy &
Kylie

● 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*



Healthy food choices



Melanomas



Atrial Fibrillation



Cataracts

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
[@healthnews_gp](https://www.instagram.com/healthnews_gp)

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

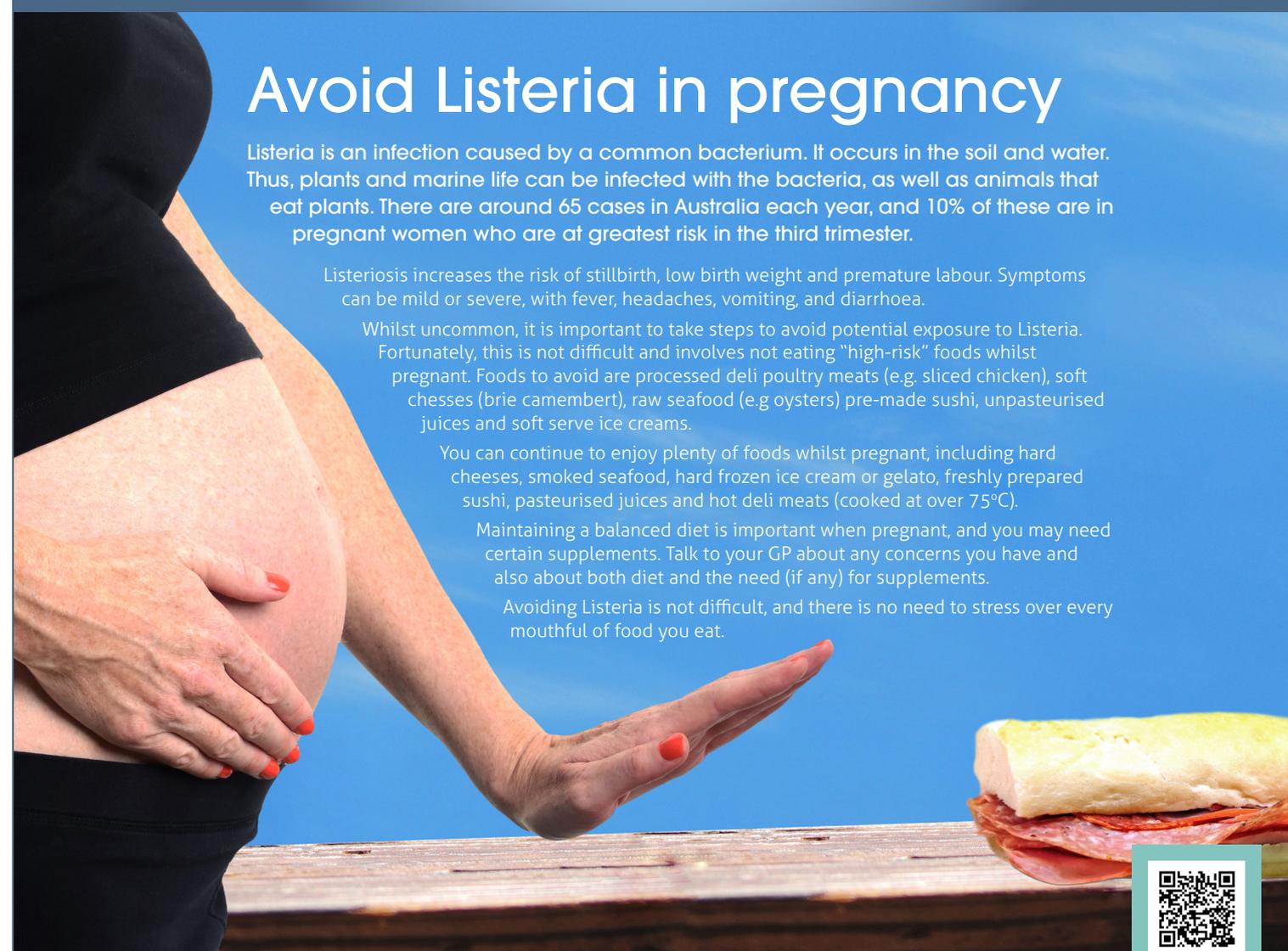
▶ *Please see the Rear Cover for more practice information.*



Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this. Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on the computer or other electronic devices. We can't turn back time, but it is not all bad news. There is much you can do as a parent or guardian to help a child who is battling with weight issues.

Back to school means thinking about lunchboxes. It is fine to have a sweet treat in the lunchbox some days, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits, too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies), and dried fruit is another simple snack, as are cheese sticks or popcorn. Substitute sweet drinks with water. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This provides them with more fibre and fewer calories.



Avoid Listeria in pregnancy

Listeria is an infection caused by a common bacterium. It occurs in the soil and water. Thus, plants and marine life can be infected with the bacteria, as well as animals that eat plants. There are around 65 cases in Australia each year, and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of stillbirth, low birth weight and premature labour. Symptoms can be mild or severe, with fever, headaches, vomiting, and diarrhoea.

Whilst uncommon, it is important to take steps to avoid potential exposure to Listeria. Fortunately, this is not difficult and involves not eating "high-risk" foods whilst pregnant. Foods to avoid are processed deli poultry meats (e.g. sliced chicken), soft cheeses (brie camembert), raw seafood (e.g. oysters) pre-made sushi, unpasteurised juices and soft serve ice creams.

You can continue to enjoy plenty of foods whilst pregnant, including hard cheeses, smoked seafood, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75°C).

Maintaining a balanced diet is important when pregnant, and you may need certain supplements. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding Listeria is not difficult, and there is no need to stress over every mouthful of food you eat.



More info »

Melanomas

Australia continues to have the highest rates of melanoma in the world. That does not mean every spot on the skin is cancerous or potentially cancerous, though. Melanomas are the least common form of skin cancer but the most life-threatening. The Melanoma Institute estimated 15,229 cases in 2019 and some 1726 deaths.

There are specific characteristics which point to a spot on the skin being a melanoma, but none are absolute. An asymmetrical lesion with an uneven border and multiple colours would be a textbook melanoma. Another pointer changes over a short period, like a few weeks.

On the flip side, a spot of any colour that has been present for five years without changing at all will be relatively harmless.

With digital technology, it is possible for moles to be photographed and comparisons made after a few months to see if there is a change. When there

is enough suspicion, the mole may be biopsied and analysed in the lab for an exact diagnosis. Once again, only some spots will need this.

An annual skin check with your doctor is a good idea, as well as checking for any new or changing spots of concern. New does not always equal cancer though, which is a good thing.

The best way to avoid getting skin cancer is to take care in the sun. The message of slip, slop slap is not new but remains valid. Over summer, there is no reason not to enjoy an outdoor lifestyle, but remember to look after your skin.



Atrial Fibrillation

Our hearts beat over 100,000 times per day, and most do this in a regular fashion. The pacemaker sends an electric signal for the heart muscles to contract, pumping blood out to the body.

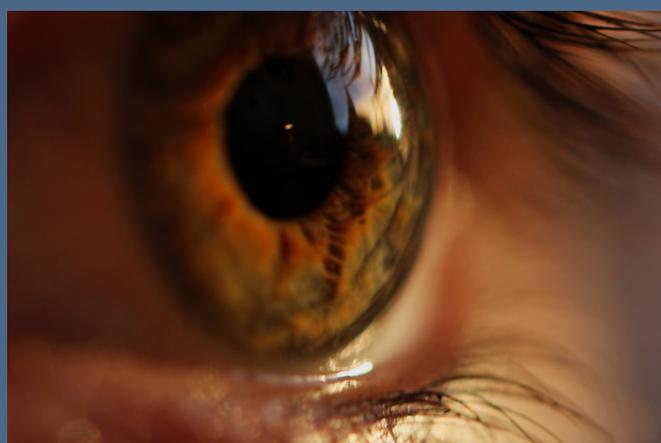
Arrhythmias are conditions where the heart beats irregularly. In atrial fibrillation (AF), the top two heart chambers can beat very fast, and the muscles contract in an uncoordinated way. This distorts the electrical message to the rest of the heart. In turn, the contractions of the heart become less efficient.

Typical symptoms include palpitations, shortness of breath, fluttering of the heart, dizziness and sometimes fainting. The heart beats in a fast and irregular pattern. Around 2% of people overall and 10% of those over 75 may be affected. Risk factors include high blood pressure, established heart disease, trauma to the chest and use of certain drugs, including caffeine and alcohol.

Your doctor will take a history and perform a physical examination. Diagnosis can be made with plain ECG testing, but you may be referred for a Holter monitor (a 24-hour ECG) as AF can be intermittent.

Treatment may include medication to slow the heart rate and make the heart beat regularly. You may be prescribed blood thinners too as AF increases the risk of stroke. Cardioversion (electric shock therapy) can jolt the heart out of AF and back to normal. In severe cases, surgery (ablation) is an option.

Lifestyle changes like quitting smoking, reducing alcohol and caffeine, attaining a healthy weight and regular exercise all help to prevent and manage AF.



Cataracts

This is the leading cause of blindness and vision loss worldwide. Cataracts occur when the lens of the eye goes cloudy or opaque. Around 10% of Australians have cataracts, increasing from 4% of 50-59-year-olds to over 60% of 90-year-olds.

Advancing age is the most typical reason, but trauma, radiation exposure, some drugs (like steroids), and metabolic conditions (like diabetes) can also lead to cataracts. Women are more affected than men.

Cataracts are classified by their level of maturity (progression), cause, or appearance. The symptom is a reduction in visual acuity (ability). The onset is gradual, and progression is slow but constant in most instances. If only one eye is affected, it may not be noticed for quite a while as the other eye "compensates".

A cataract is easily diagnosed on examination, and no tests are needed. When looking in the eye with an ophthalmoscope, your doctor will be able to see a cataract. It is recommended that people over 40 have a regular eye check with an ophthalmologist. Your GP can refer you.

Treatment for cataracts is surgical removal and insertion of an intra-ocular lens- done when symptoms warrant it and prescription glasses are no longer sufficient. It may be many years from diagnosis to the time of surgery.

The procedure is generally done under local anaesthetic, and recovery is quick. You will need the eye padded for a short period of time and will be prescribed drops to use post-operatively.



MUSELI BARS

Natural nut butters (peanut butter or almond butter) are best for this, and they are different to commercial spreads because they have no added sugar, salt, preservatives, etc. It's 100% nuts, which means better flavour and a runnier consistency. Be sure to mix well to combine before using and even microwave slightly to obtain the right consistency, add honey or maple syrup for natural sweetness.

INGREDIENTS

- Almonds – whole, roasted, unsalted and roughly chopped.
- Sultanas, raisins, cranberries or any other dried fruit of choice.
- Pepitas (they give it some colour and bite).
- Sesame seeds (optional).
- Desiccated coconut (unsweetened). Flakes will also work, but because they are larger, they won't disperse as well throughout and should be roughly chopped.

- Cinnamon – just a pinch makes all the difference.
- Salt – Just a pinch.

DIRECTIONS

1. Put the peanut butter and honey in a saucepan over low heat and mix to combine - stirring almost constantly, until thickened. Scrape the base of the saucepan, getting in around the edges.
2. Immediately pour the mixture across the surface of the oats. Use the wooden spoon to mix to combine until you can no longer see dry oats (If it gets too hard to stir, microwave for 20 seconds).
3. Place a sheet of paper over a square pan). Scrape the mixture in, then press it into the pan using a combination of a wooden spatula to spread it out, then use your hands to press it in.
4. Press firmly, but keep some air in the mixture to avoid going too chewy.
5. Refrigerate for 2 -3 hours to set, then cut into bars depending on your size preference.

WORD SEARCH

A	I	R	E	T	S	I	L	R	L	R	G	B	S
T	A	E	T	A	M	U	A	R	T	D	T	S	A
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H	R	O	O	A	C	I	L	U	A	E	O	I	C
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A	A	T	L	D	T	L	H	U	C	L	S	M	T
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LISTERIA
 VISION
 DIGITAL
 CATARACT
 CHICKEN
 PLANTS
 CAUSE
 EYE
 FOOD
 TRAUMA
 DOCTOR
 BLOOD
 HOLTER
 LESION
 HEART
 MELANOMA
 ATRIAL
 SCHOOL
 LABOUR
 CALORIE

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.