



Chronic conditions



Your mouth & your mood



RSV Vaccine in Australia

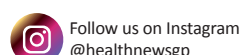


Spring readiness

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



● PRACTICE DOCTORS

Dr Chris Denz
Dr Jasper Mahon
Dr Mathew John
Dr Edmond Ip
Dr Georgia Frew
Dr Zachary Denz
Dr Jenny Ho
Dr Selina Tsui
Dr Nara Kim
Dr Romi Gordon
Dr Peter Trinh
Dr Rosalind Ho
Dr Emma Johnson
Dr Ken Lim

● NURSING STAFF

Jean, Faye & Teo

The philosophy of this practice is to provide comprehensive and thoughtful medical care. We work hard to keep up-to-date with the latest medical innovations and to bring you efficient personal service.

● SURGERY HOURS

Weekdays.....7am – 6pm
Weekends & Public Holidays.....9am – 6pm

● AFTER NORMAL BUSINESS HOURS & EMERGENCIES

Phone the locum service: **1300 030 030**

A home visit can be arranged with Locums if required.

● BILLING ARRANGEMENTS

We are a private billing practice and settlement of your account is required after your consultation.

Standard Consultation\$110.00
Long Consultations\$165.00
After Hours Standard Consultation ...\$125.00
After Hours Long Consultation\$190.00

There is a \$10 establishment fee for all new patients.

Your receipt may then be submitted to Medicare for an instant refund. Payment can be made by cash, cheque, credit card or EFTPOS.

Patients are informed of costs before treatment, investigations or procedures are performed in addition to the consultation.

● SPECIAL PRACTICE NOTES

Vaccinations: We offer COVID-19, monkeypox, flu, Rabies Pep, all travel and all childhood vaccinations. Please book online at www.ccmc.net.au.

Telephone Consultations now available.

Flu Vaccinations. Flu vaccinations are available now. Flu vaccinations are free for all patients over 65 years, children aged between 6 months and 5 years, pregnant women and Aboriginal People aged over 15 years. The flu vaccination is \$25 for all other patients. Please contact reception to book your flu vaccination.

Communication. A nurse is available during normal surgery hours for emergency advice.

Our staff are experienced in deciding the appropriate response to any phone request.

Our doctors will return your telephone calls or respond to your emails once they have finished dealing with their patients. If a phone call or email cannot be dealt with quickly, you should book an appointment to see your doctor to ensure your concerns are addressed properly.

There will be a fee for the telephone/email consultations.

Patient Health Information. Your medical record is confidential. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

If you request a copy of your medical records or test results, we will ask you to complete a request form and to provide a copy of your photo ID to confirm that you are the patient. There is a administration fee for the release of medical records to yourself or to another Practice. Please ask our reception staff to provide you with the necessary paperwork.

Follow Up. A computerised reminder system is available and used for follow up of many medical conditions. If you wish to participate in this, please inform your doctor. This surgery participates in State & National registers.

Test Results. We will contact you if there is any concern with your test results. If you would like to discuss these with your doctor please make a follow-up appointment. Most test results usually take 3-5 working days to come back to us, but may take a week or more for some tests.

● APPOINTMENTS

Online bookings are now available. Please visit our website at www.ccmc.net.au and click the link to online bookings.

Walk-ins. Walk-in appointments are usually available within the hour, but it is preferred that you book in advance.

Long appointments and Procedures. If you need a full medical examination, a procedure, review of a complex health problem or counselling, please call us on 9225-1188, to ensure we allow enough time, and a treatment room if needed. This ensures you get the attention you deserve.

Family members. Please book an appointment for each family member who needs to see the doctor. We cannot squeeze you all into one appointment!

Cancellations. If you cannot attend your appointment, please give us at least 2 hours' notice of your cancellation to avoid a fee.

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

Chronic conditions

Chronic and long-term conditions affect millions of Australians and drive much of our health system use. The most common remain mental and behavioural conditions (notably anxiety and depression), back problems, arthritis, asthma, diabetes, and cardiovascular disease. These conditions often cluster: someone with back pain may also experience depression or obesity, compounding symptoms and making day to day life harder. Prevalence rises with age, but many start earlier than people expect, especially musculoskeletal pain and mental health conditions.

What you can do today:

- Know your numbers. Track blood pressure, cholesterol, blood glucose (if at risk), and weight/waist. Early changes are easier to reverse.
- Move most days. Aim for 150 minutes of moderate activity weekly plus two strength sessions; even 10 minute bouts reduce pain, improve mood, and support heart health.
- Prioritise sleep and stress care. Regular sleep times and simple stress routines (breathing, brief walks, social connection) help both pain and mood.
- Eat for stability. Emphasise vegetables, whole grains, legumes, nuts, olive oil, and fish; limit ultra processed foods and sugary drinks to reduce inflammation and support weight and glucose control.
- Plan care, not just visits. Ask your GP about a chronic disease management plan and allied health referrals under Medicare, including physiotherapy, dietetics, and mental health support.
- Stay up to date with vaccines. Annual flu shots and recommended COVID boosters lower complications, especially for people with heart, lung, diabetes, or kidney disease.
- Make it social. Join local walking groups or condition specific programs—accountability boosts adherence.

Small, consistent steps matter more than perfection. If pain, breathlessness, low mood, or daily function worsens, book a review with your GP to adjust your plan promptly.

How your mouth shapes your mood

A healthy mouth does more than prevent cavities—it meaningfully supports wellbeing. Oral pain, bleeding gums, and missing or sensitive teeth can limit what you eat, how you sleep, and whether you smile or socialise. Those daily frictions add up: people with untreated dental problems report more stress, lower life satisfaction, and higher rates of anxiety and depression. Conversely, comfortable, functional teeth enable varied, enjoyable eating, clearer speech, better sleep, and confidence in social and work settings—core ingredients of happiness.

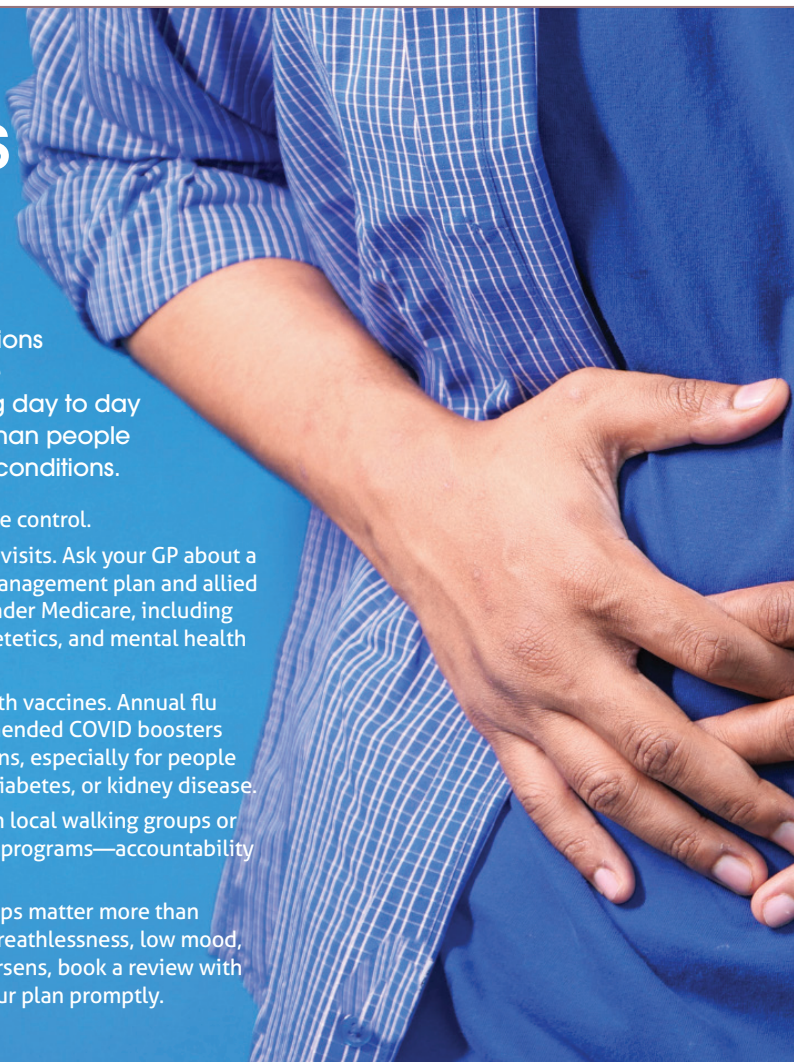
Biology plays a role too. Chronic gum disease is an inflammatory condition; persistent inflammation is linked with fatigue, low mood, and conditions like diabetes and cardiovascular disease. Treating periodontal disease can reduce systemic inflammation markers, often improving energy and overall quality of life.

Practical steps to boost both oral and emotional health:

- Brush with fluoride toothpaste twice daily and floss every day..
- Limit frequent sugary snacks and acidic drinks.
- Book regular check ups and cleanings

Whilst the primary specialist for dental health is your Dentist, if you start to have concerns over your teeth or gums, your GP is always a good place to start especially if there may be a link to more serious health concerns.

Small, consistent habits create a positive feedback loop: a healthier mouth, easier daily life, and more reasons to smile.



The Importance of the RSV Vaccine in Australia

Respiratory Syncytial Virus (RSV) is one of the leading causes of serious respiratory illness in Australia, particularly affecting infants, older adults, and people with chronic medical conditions. While RSV often causes symptoms similar to the common cold, it can lead to severe complications such as bronchiolitis, pneumonia, and hospitalisation in vulnerable groups. With safe and effective vaccines now available, Australia has an important opportunity to reduce the burden of this common virus.

Each year, RSV places significant pressure on Australian hospitals during the autumn and winter months. Thousands of babies require medical care for RSV-related illness, while older adults aged 60 years and over are at increased risk of severe infection, particularly those with heart disease, lung disease, diabetes, or weakened immune systems.

Vaccination is one of the most effective ways to prevent serious RSV disease. In Australia, maternal RSV vaccination during pregnancy helps protect newborn babies during their first six months of life by passing protective antibodies from mother to baby. Vaccines are also available for older adults to reduce

the risk of severe illness, hospitalisation, and complications.

The benefits of RSV vaccination extend beyond the individual. Preventing severe illness helps reduce hospital admissions, eases pressure on the healthcare system, and protects families from the emotional and financial impact of caring for a seriously ill loved one.

If you are pregnant, over 60 years of age, or have underlying health conditions, speak with your GP or healthcare provider about whether the RSV vaccine is recommended for you. Vaccination is a simple step that can help protect both yourself and those most vulnerable during Australia's respiratory virus season.



Mesothelioma

Mesothelioma is a rare, aggressive cancer that forms in the lining of the lungs (pleura) most often, and less commonly in the abdomen (peritoneum) or around the heart.

The primary cause is inhaling asbestos fibres, typically from occupational or environmental exposure decades earlier. Symptoms can be subtle at first—shortness of breath, persistent chest pain, cough, fatigue, or unexplained weight loss—and may be mistaken for common respiratory conditions.

Diagnosis usually involves imaging (chest X ray, CT), fluid analysis if there's a pleural effusion, and a tissue biopsy to confirm cell type (epithelioid, sarcomatoid, or biphasic). Staging assesses how far disease has spread and guides treatment.

Treatment is individualised and often combines:

- Surgery for selected early pleural cases to remove diseased lining and relieve symptoms.
- Systemic therapy: platinum based chemotherapy, immunotherapy (checkpoint inhibitors), or combinations to improve survival and control symptoms.
- Radiation therapy to shrink tumours or reduce pain.
- Supportive care: procedures to drain fluid, pain control, pulmonary rehab, and nutrition support.

If you've had asbestos exposure and develop persistent chest symptoms, see your GP promptly and mention the exposure history.

In Australia, asbestos exposure has a long legacy in construction, shipbuilding, and home renovations. If you're renovating, use licensed professionals for asbestos testing and removal, and follow your state's safety regulations.



Spring readiness

As winter fades, spring brings longer days—and spikes in pollen, asthma flares, and sudden storms. Get ahead now to protect your breathing and wellbeing.

- Track pollen and plan. Check daily pollen counts and thunderstorm asthma alerts for your region. On high risk days, keep windows closed, use recirculated air in cars, and prioritise indoor exercise.
- Tune your asthma and allergy plan. If you wheeze, cough at night, or use a reliever more than twice a week, book a GP review. Start or step up preventer inhalers before peak pollen. Use intranasal corticosteroid sprays daily for hay fever; add non drowsy antihistamines as needed.
- Prep your environment. Replace or clean HVAC filters, service inhalers/spacers, and stock tissues, saline rinses, and eye drops. Shower after outdoor activities to remove pollen; dry laundry indoors on extreme pollen days.
- Build resilience habits. Aim for regular sleep, movement most days, and a Mediterranean style eating pattern to support immune and respiratory health.
- Prepare for severe weather. Thunderstorms and early heat spikes can hit in spring. Assemble a simple kit: updated medications, water, a charged power bank, and copies of action plans. Save emergency numbers and set local alert notifications on your phone.

Early, consistent steps reduce flare ups, days off work or school, and unplanned doctor visits. If you notice worsening breathlessness, chest tightness, or persistent facial pain from sinus symptoms, seek medical advice promptly.



LEMON-HERB CHICKEN WITH ASPARAGUS AND PEA ORZO

Here's a bright, easy spring recipe that can be made as directed, or made veg by swapping out the chicken for Haloumi and using vegetable stock. Serves 4 | 30 minutes

Ingredients (Serves 6–8):

- 2 cups chicken stock
- 1 cup orzo pasta
- 2 tbsp olive oil, divided
- 500 g chicken thigh fillets, cut into bite-size pieces
- 1 bunch asparagus, trimmed, cut in 3–4 cm pieces
- 1 cup frozen peas
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp Dijon mustard
- 1 tsp honey (optional)
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh mint or dill
- 30 g grated parmesan (plus extra to serve)
- Salt and pepper
- Lemon wedges, to serve

Method:

1. Cook orzo: Bring stock to a boil, add orzo, simmer until al dente (8–9 min). Reserve a splash of stock; drain.
2. Sear chicken: Heat 1 tbsp oil in a large skillet over medium-high. Season chicken with salt/pepper; cook 5–7 min until browned and cooked through. Transfer to a plate.
3. Spring veg: In the same pan add remaining oil, asparagus, and a pinch of salt; cook 2–3 min. Add peas and garlic; cook 1 min.
4. Sauce: Stir in lemon zest/juice, Dijon, honey, and a splash of reserved stock to make a light pan sauce. Scrape up browned bits.
5. Combine: Return chicken to pan with orzo, parmesan, parsley, and mint/dill. Toss until glossy; loosen with more stock if needed. Season to taste.
6. Serve: Finish with extra parmesan, black pepper, and lemon wedges.

WORD SEARCH

H	K	A	A	K	S	S	N	T	V
M	E	T	L	I	L	O	T	R	A
C	O	A	C	L	E	H	C	A	C
F	P	O	L	L	E	N	O	V	C
I	L	O	D	T	P	R	U	E	I
S	L	M	C	W	H	T	G	L	N
H	A	B	I	T	S	A	H	Y	E
O	K	C	U	T	C	M	A	L	H
L	T	O	C	A	N	C	E	R	A
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MOOD MOUTH TRAVEL ALLERGY CANCER CHRONIC COUGH FISH
HABITS HEALTH POLLEN SLEEP VACCINE



CENTRAL CITY MEDICAL CENTRE

● PRACTICE STAFF

Practice Manager:

Claire Stocks

Reception Staff:

Barbara, Kate, Lucy, Isabella, Meena, MacKenzie, Tracey & Zsuzsana

Admin:

Tracey, Anna, Chevaun & Rebekah

The philosophy of this practice is to provide comprehensive and thoughtful medical care. We work hard to keep up-to-date with the latest medical innovations and to bring efficient personal service.

● OTHER SERVICES OFFERED

- COVID-19 vaccinations
- Monkeypox Vaccinations
- Ear micro-suction
- Dietician
- Colposcopy
- Traveller Vaccinations
- Minor Surgery
- Spirometry
- Executive Medical Reviews
- Aviation Medicals
- ECG & Cardiac Risk Assessment
- Audiometry
- Pre-Employment Diving & Dive Medicals
- Central City Health Professionals including Chiropractor, Pilates, Podiatrist & Physiotherapy located next door – www.perthpainfree.com.au

● SPECIAL PRACTICE NOTES

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 Health and Disability Services Complaints Office on 08 9323 0600 or 1800 813 583.



QUALITY PRACTICE
ACCREDITATION