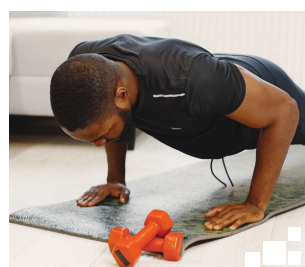




Winter Wellness Tips



Staying Active Indoors



Healthy Skin in Winter

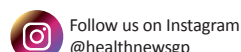


Spotlight on Men's Health

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
Prof Tunde Abioye-Kuteyi
Dr Edmond Ip
Dr Georgia Frew
Dr Zachary Denz
Dr Jenny Ho
Dr Selina Tsui
Dr Nara Kim (on maternity leave)
Dr Romi Gordon
Dr Peter Trinh
Dr Rosalind Ho
Dr Sarah Bowyer

● 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\$100.00
Long Consultations\$150.00
After Hours Standard Consultation ...\$115.00
After Hours Long Consultation\$175.00

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, 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.**



Winter Wellness Tips: Stay Healthy This Season

As the temperatures drop, it's important to prioritise your health and well-being. Here are some simple winter wellness tips to help you stay energised and illness-free during the colder months.

Boost your immunity by eating a balanced diet rich in fruits, vegetables, and whole grains. Citrus fruits, garlic, ginger, and leafy greens are excellent for supporting your immune system. Consider a vitamin D supplement, as winter sun exposure is limited and deficiency is common.

Stay active, even when it's chilly outside. Regular exercise helps maintain energy levels and supports both physical and mental health. Try indoor workouts, brisk walks, or join a local fitness class to stay motivated.

Keep warm and dry to prevent colds and flu. Dress in layers, wear a hat and scarf, and ensure your home is adequately heated and ventilated.

Stay hydrated by drinking water regularly, even if you feel less thirsty in cooler weather. Herbal teas are a great way to warm up and stay hydrated.

Finally, prioritise rest and sleep. A consistent sleep routine helps your body recover and fight off illness. With a little care, you can stay healthy and happy all winter long.



Understanding Seasonally Adjusted Disorder (SAD)

Seasonally Adjusted Depression, more commonly known as Seasonal Affective Disorder (SAD), is a type of depression that typically occurs during the colder, darker months of the year. As daylight hours shorten in winter, some people experience changes in mood, energy, and sleep patterns.

Common symptoms of SAD include persistent low mood, fatigue, difficulty concentrating, increased appetite (especially for carbohydrates), and a tendency to oversleep. These symptoms usually begin in late autumn and improve in spring as sunlight increases.

The exact cause of SAD isn't fully understood, but it's believed to be linked to reduced sunlight exposure, which can disrupt your body's internal clock (circadian rhythm) and affect serotonin and melatonin levels—chemicals that influence mood and sleep.

Treatment options include light therapy, which involves sitting near a special light box for 20–30 minutes a day, as well as exercise, counselling, and in some cases, medication.

If you notice these symptoms each winter, don't ignore them. Speak to your GP or mental health professional. With the right support and treatment, SAD can be effectively managed, helping you feel more like yourself all year round.



Staying Active Indoors During Winter

When cold or rainy weather makes it hard to exercise outside, staying active indoors is a great way to maintain your physical and mental health. You don't need a gym membership or fancy equipment—just a little space and motivation.

Start with simple bodyweight exercises like squats, lunges, push-ups, and planks. These can be done in short sessions throughout the day. Stretching or yoga is also excellent for flexibility, balance, and stress relief.

Consider following online fitness videos or apps that offer guided workouts ranging from 5 to 30 minutes. Dancing, stair climbing, or even housework like vacuuming can increase your heart rate.

Make it fun - put on music, involve the family, or set small daily goals to stay motivated. Staying active indoors helps boost mood, improve sleep, and strengthen immunity, especially during winter, when energy can naturally dip.

Healthy Skin in Winter

Winter weather can be harsh on your skin. Cold air, low humidity, and indoor heating contribute to dryness, irritation, and flaking. But with the right care, you can keep your skin healthy and comfortable throughout the season.

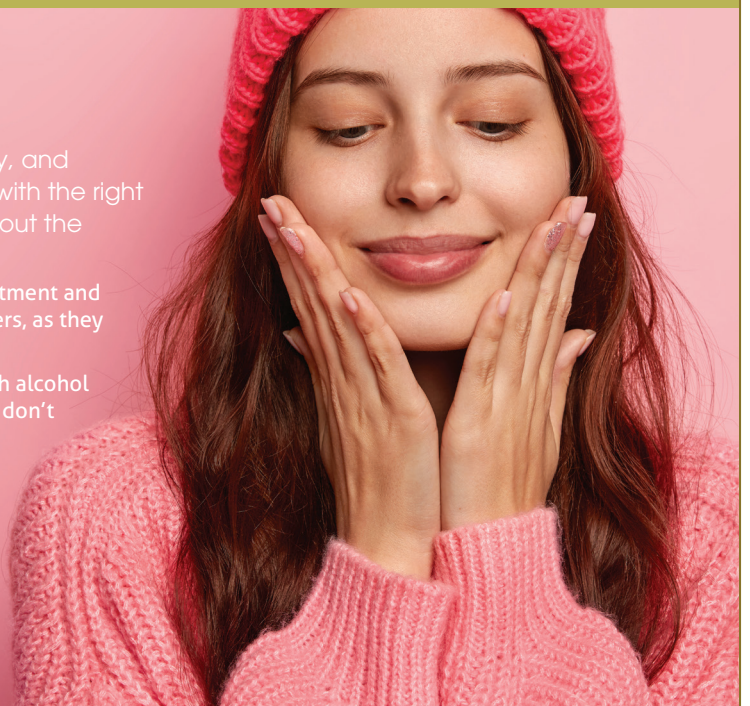
Start by moisturising regularly. Choose a rich, fragrance-free cream or ointment and apply it immediately after showering to lock in moisture. Avoid hot showers, as they strip natural oils from your skin—opt for warm water instead.

Use a gentle cleanser that won't dry out your skin, and avoid products with alcohol or strong fragrances. Exfoliate once a week to remove dead skin cells, but don't overdo it, as over-exfoliating can lead to irritation.

Stay hydrated by drinking plenty of water, and consider using a humidifier indoors to maintain moisture in the air.

Protect your skin from wind and cold by wearing gloves and scarves, and don't forget sunscreen—UV rays are still present in winter and can cause damage even on cloudy days.

By adjusting your skincare routine for the season, you can prevent dryness and keep your skin soft, smooth, and healthy all winter long.



Spotlight on Men's Health

International Men's Health Week takes place from Monday, June 9, to Sunday, June 15, 2025—a timely reminder for men to take charge of their physical and mental wellbeing. Many men delay or avoid seeking medical help, often ignoring symptoms that could indicate serious health issues.

Routine check-ups are essential. Regular screenings for blood pressure, cholesterol, diabetes, and prostate health can detect problems early and improve outcomes. Mental health is just as important—stress, anxiety, and depression often go unspoken, but reaching out for support can make a huge difference.

Staying active, eating a balanced diet, limiting alcohol, and quitting smoking are key to long-term health. Even small lifestyle changes can lead to significant benefits.

Encouraging open conversations about health helps break the stigma and promotes positive habits. Whether booking a GP appointment, joining a fitness group, or simply checking in with a mate, taking action is the first step to better health.



HEARTY BEEF AND VEGETABLE STEW

A great winter recipe is Hearty Beef and Vegetable Stew—warm, comforting, and packed with flavour.

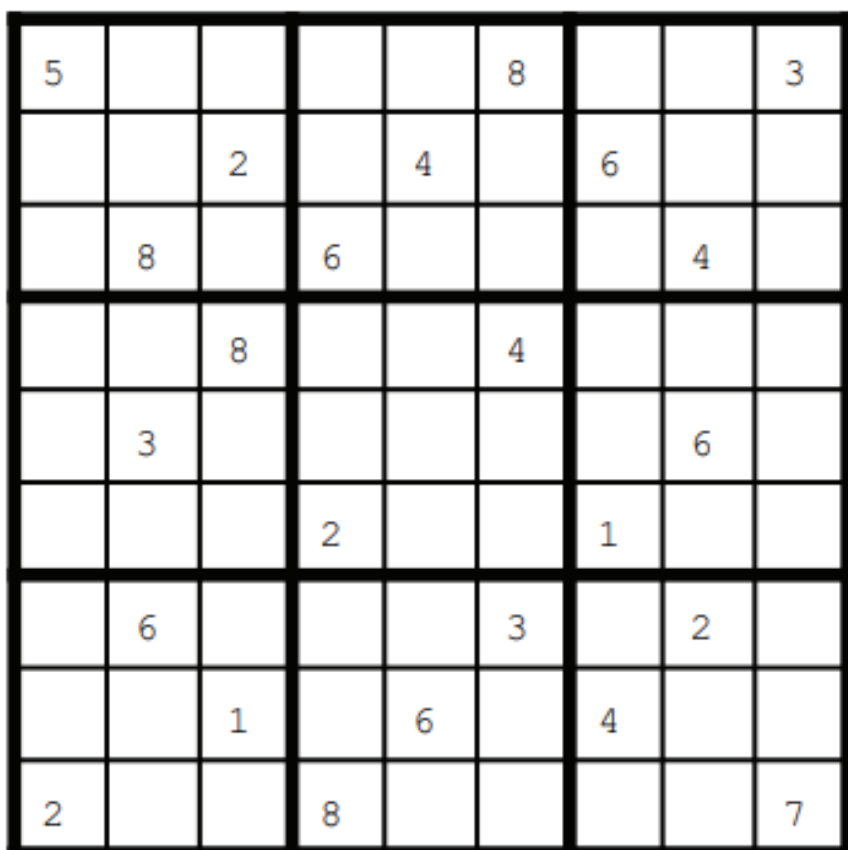
Ingredients

- 500g stewing beef, cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, sliced
- 2 potatoes, diced
- 1 parsnip or sweet potato, chopped
- 2 celery stalks, sliced
- 400g can diced tomatoes
- 3 cups beef stock
- 1 tbsp tomato paste
- 1 tsp thyme
- Salt and pepper to taste
- Olive oil

Instructions:

1. Heat oil in a large pot. Brown beef in batches and set aside.
2. In the same pot, sauté onion and garlic until soft.
3. Add tomato paste and cook for 1 minute.
4. Return beef to the pot. Add carrots, potatoes, parsnip, celery, tomatoes, and stock.
5. Add thyme, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer for 1.5 to 2 hours until beef is tender.
7. Serve with crusty bread.

Perfect for cosy nights in!



SUDOKU



CENTRAL CITY MEDICAL CENTRE

● PRACTICE STAFF

Practice Manager:

Claire Stocks

Reception Staff:

Barbara, Kate, Lucy, Emma, Isabella, Hayley, Kendra, Meena & Alice

Admin:

Tracy, 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.

