



AUGUST - SEPTEMBER 2022 EDITION

FREE TO TAKE HOME!



Emphysema



Vaginal thrush



Common dental issues



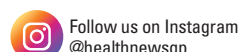
Malaria

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



● 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
Dr Romi Gordon
Dr Kye Tan

● NURSING STAFF

Bronwyn, Jean & Jenny

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.....\$90.00

Long Consultations\$140.00

After Hours Standard Consultation ...\$105.00

After Hours Long Consultation\$165.00

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

COVID-19 Vaccinations: We are currently offering COVID-19 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.

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.



More info »

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.



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



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.



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 (½ 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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				8			7	9

SUDOKU



CENTRAL CITY MEDICAL CENTRE

● PRACTICE STAFF

Practice Manager:

Claire Stocks

Reception Staff:

Shannon, Livia, Anna, Barbara, Kate, Connor, Caitlin, Lucy, Genevieve, Emily & James

Admin:

Tracy, Christine & Rufee

Medicals:

Anna, Shannon & Livia

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● OTHER SERVICES OFFERED

- COVID-19 vaccinations
- Ear micro-suction
- Dietician
- Colposcopy
- Traveller Vaccinations
- Minor Surgery
- Spirometry
- Executive Medical Reviews
- Acne Treatment
- Clinical Psychologist
- Aviation Medicals
- ECG, Stress Testing & Cardiac Risk Assessment
- Audiometry
- Pre-Employment Superannuation & Diving 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