



Importance of Hydration



Healthy Festive Eating



Mosquito Prevention Tips



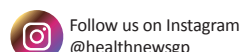
Skin Cancer Checks

### 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](http://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 (on maternity leave)

Dr Romi Gordon

Dr Peter Trinh

Dr Rosalind Ho

### ● 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](http://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](http://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.

# The Importance of Hydration in Summer

As temperatures soar across Australia, staying hydrated becomes essential for maintaining good health and energy. Our bodies lose more water through sweat in hot weather, and without regular fluid intake, it's easy to become dehydrated—especially when spending time outdoors, exercising, or enjoying summer celebrations.

Why hydration matters: Water helps regulate body temperature, supports digestion, lubricates joints, and keeps your mind clear. Even mild dehydration can cause headaches, fatigue, irritability, or dizziness. Severe dehydration may lead to heat exhaustion or heatstroke, which requires urgent medical attention.

Most adults need around two to three litres of water daily, but you'll need more in the heat or when active. Don't wait until you feel thirsty—by then, your body is already dehydrated. Keep a reusable bottle with you and sip regularly throughout the day.

Smart hydration tips:

- Eat water-rich foods like watermelon, cucumber, and oranges.
- Limit alcohol and caffeinated drinks, which can increase fluid loss.
- Replenish electrolytes if you're sweating heavily or exercising outdoors.
- Encourage children and older adults—who may not feel thirst as strongly—to drink often.

Staying hydrated is one of the simplest ways to boost energy, protect your health, and make the most of Australia's sunny season. So this summer, drink up—your body will thank you!



## Healthy Festive Eating

The festive season is a time for celebration, connection, and of course—delicious food. But between barbecues, parties, and Christmas lunches, it's easy to overindulge. With a few mindful choices, you can enjoy the season's flavours while still feeling your best.

Don't skip meals before a big event—it often leads to overeating. Begin with a light, nutritious breakfast like yoghurt and fruit to keep your energy stable throughout the day.

Fill half your plate with fresh salads, vegetables, and lean proteins such as seafood or turkey. Enjoy festive favourites in smaller portions rather than avoiding them entirely—deprivation often leads to cravings later.

Alternate alcoholic drinks with water or sparkling mineral water, and be mindful of hidden sugars in cocktails and mixers. Staying hydrated helps digestion and prevents fatigue.

Importantly remember to savour the moment. Eat slowly, focus on conversation, and truly enjoy each bite. Festive eating is about pleasure, not excess.

This summer, celebrate with colour, flavour, and balance. With a little planning, you can have a joyful, healthy festive season—and start the new year feeling refreshed rather than regretful.







# Stay Bite-Free This Summer: Mosquito Prevention Tips

Warm summer evenings are perfect for barbecues and beach walks—but they’re also prime time for mosquitoes. These tiny pests are more than just annoying; in many parts of Australia they can carry diseases such as Ross River virus, Barmah Forest virus, and Japanese encephalitis. Protecting yourself and your family is simple with a few smart steps.

**Cover up:** When outdoors—especially around dawn and dusk—wear loose-fitting, light-coloured clothing that covers your arms and legs. Mosquitoes are attracted to dark colours and tight fabrics.

**Use repellent:** Choose a repellent containing DEET, picaridin, or oil of lemon eucalyptus. Apply it to all exposed skin, and reapply as directed, especially after swimming or sweating.

**Eliminate breeding sites:** Mosquitoes breed in standing water. Once a week, empty and scrub pet bowls, plant saucers, buckets, and birdbaths. Keep gutters clear and cover rainwater tanks with fine mesh.

**Protect your home:** Install or repair window and door screens. Use fans indoors and outdoors—mosquitoes are weak fliers. Consider citronella candles or plug-in vaporisers for added defence.

**Plan ahead for holidays:** When camping or travelling to northern or tropical areas, sleep under treated mosquito nets and keep tents zipped.

A few simple precautions can make a big difference. By keeping mosquitoes at bay, you’ll protect yourself and your loved ones while enjoying everything the Australian summer has to offer—bite-free.



# Understanding Ross River Virus: Protect Yourself This Summer

Ross River virus (RRV) is Australia’s most common mosquito-borne infection, affecting thousands of people each year—especially during the warmer, wetter months. The virus is spread through mosquito bites after they feed on infected animals such as kangaroos or wallabies. It cannot spread directly from person to person.

Symptoms usually appear 3 to 21 days after a bite and can include joint pain, fatigue, muscle aches, fever, chills, rash, and swollen joints. While not life-threatening, symptoms can last from several weeks to months and may interfere with work, sleep, and daily activities.

There is no specific cure for Ross River virus—treatment focuses on relieving pain, inflammation, and fatigue. Rest, gentle exercise, and plenty of fluids are recommended during recovery.

Prevention is key. Use mosquito repellents containing DEET or picaridin, wear long sleeves and pants outdoors, and eliminate standing water where mosquitoes breed. Installing insect screens and using fans can also help reduce bites at home.

By taking simple protective measures, you can lower your risk of infection and enjoy the Australian summer safely and comfortably.

If you are experiencing any symptoms, please talk to your GP.

# Skin Cancer Checks: A Lifesaving Habit

Australia has one of the highest rates of skin cancer in the world, with around two in three Australians diagnosed by the age of 70. The good news? Most skin cancers can be successfully treated if detected early—making regular skin checks a vital part of summer health.

Examine your skin every few months for new moles or spots, or changes in existing ones. Warning signs include asymmetry, irregular borders, multiple colours, a diameter larger than 6mm, or any spot that bleeds, itches, or doesn’t heal. Remember the “ABCDE” rule—Asymmetry, Border, Colour, Diameter, Evolving—as a simple guide.

It’s recommended to have your skin examined by a doctor or skin cancer clinic at least once a year, or more often if you have fair skin, lots of moles, or a family history of skin cancer.

Protect yourself by wearing SPF 30+ sunscreen daily, reapplying every two hours, and using hats, sunglasses, and sun-protective clothing.

Regular checks and sun safety go hand in hand—because catching skin cancer early could save your life. It is a good idea to see your GP on a yearly basis for a skin check!





## CLASSIC HOMEMADE EGGNOG

### Ingredients:

- 4 large egg yolks
- ½ cup (100 g) granulated sugar
- 2 cups (480 ml) whole milk
- 1 cup (240 ml) heavy cream
- 1 tsp pure vanilla extract
- ½ tsp ground nutmeg (plus more for garnish)
- ¾ cup (180 ml) bourbon, rum, or brandy (optional)
- 4 egg whites (optional, for a fluffier version)

### Method:

1. Whisk egg yolks and sugar: In a large bowl, whisk the yolks until pale and creamy. Gradually add sugar, whisking until smooth and thick
2. Heat milk and cream: In a saucepan over medium heat, combine milk, cream, and nutmeg. Warm until it just begins to steam — don't let it boil.
3. Temper the eggs: Slowly pour a small amount of the hot milk mixture into the yolks, whisking constantly to avoid scrambling. Gradually add more until combined
4. Cook the mixture: Pour everything back into the saucepan. Cook over medium heat, stirring constantly, until it thickens slightly and coats the back of a spoon (about 160°F / 70°C).
5. Add flavor: Remove from heat and stir

in vanilla and alcohol (if using). Strain through a fine mesh sieve for a smooth texture.

6. Chill: Refrigerate for at least 2 hours, or until cold.
7. (Optional) Whip egg whites: Just before serving, whisk egg whites to soft peaks and gently fold them into the chilled eggnog for extra froth.
8. Serve: Pour into glasses, sprinkle with nutmeg or cinnamon, and enjoy!

### Tips & Variations

- Non-alcoholic version: Skip the alcohol or replace it with a splash of rum extract.
- Dairy-free: Use almond milk and coconut cream instead of dairy milk and cream.
- Make-ahead: Eggnog tastes even better after chilling overnight — the flavors meld beautifully.



# MERRY CHRISTMAS



CENTRAL CITY  
MEDICAL CENTRE

### ● PRACTICE STAFF

#### Practice Manager:

Claire Stocks

#### Reception Staff:

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

#### Admin:

Tracy, Anna, Chevaun & Rebekah

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### ● 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](http://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.

