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**CLINIC STAFF**

**Nursing:** Sinead, Karen, Fiona, Roz, Halina and Anna

**Reception:** Ellen, Janet, Virginia, Kirsten, Sue, Julie, Michele, Rachel

**Practice Manager:** Maria

**SURGERY HOURS AND SERVICES**

Consultations are by appointment.

**Monday to Thursday**

8.00am-1pm 2.00pm-6.00pm

**Friday**

8.00am-1.00pm 2.00pm-5.00pm

**Saturday**

8.30am-11.30am

**GP After Hours – Mount Lawley**

Ph 9370 4200

Monday to Friday 7.00pm–11.00pm

Saturday 2.00pm–10.00pm

Sunday and Pub Hols 10.00am–10.00pm

For all emergencies please present to St John of God Midland Public Hospital, 1 Clayton St, Midland Ph 9462 4000.

Urgent medical problems are always seen on the same day.

For Home Visits, please telephone the surgery as early as possible after 8.15am.

For After Hours emergency medical problems Monday–Saturday, please call 9298 8555 up until 11pm for the practice duty doctor.

# YOUR DOCTOR

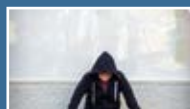
JULY 2021

FREE!

## This month we talk about...



**LACTOSE INTOLERANCE**



**TEENAGE DEPRESSION**



**WHAT IS FIBROMYALGIA?**



**THINKING YOUNG**

## Stand up for your health!

Do you spend too much time sitting? Are endless hours consumed by the daily commute, being seated at work, and watching your favourite television series? Engaging in regular, moderate or vigorous exercise is an important health recommendation, but new research suggests that it's not enough. Constant sedentary behaviour — in other words, sitting too much — is a risk factor for serious health problems.

Many years ago when survival depended on our ability to farm and hunt for food, a strong, powerful and active body was essential. Nowadays, leading an inactive lifestyle is common; adults in Western countries can spend approximately nine to eleven hours a day sitting, so the muscles have little reason to move and strengthen. As the saying goes, "use it or lose it".

More recent understanding of the effects of inactivity on our health has given rise to the alarming quote, "Sitting is the new smoking."

Lack of movement also leads to an elevated risk of some diseases. When we move less, our arteries can lose elasticity and become stiff, which contributes to the development of cardiovascular disease. Lack of physical activity also affects the hormone insulin, making a steady blood sugar level difficult to maintain, which can act as a precursor to diabetes. Various cancers may be attributable

to spending more than three hours each day stationary, but the reasons for this are not yet clear, and research is ongoing.

Not only does inactivity bring an increased risk of serious illness, but it also affects our weight, muscles, posture and spine.

When we're sitting, our hip muscles remain in a shortened position, pulling on the back. This can alter the spinal curves and posture, leading to strain and stress through the discs and joints of the spine. These changes extend upward which can result in back, neck and shoulder pain.

### THE GOOD NEWS

To put it simply, the longer we sit the more our health is at risk; but the good news is we can easily prevent this – just move more! Our work pressures and busy calendars can often prevent us from doing regular structured exercise, but there are lots of little ways you can be active throughout your day.

Break up sedentary periods. Stand every 20 to 30 minutes for several minutes of motion. Use a sit-stand desk, or switch your seat for an exercise ball. Park further away from the office, walk more, take the stairs, and do a little dance while you're washing the dishes. Structured, regular exercise is an important step, but incidental activity is also essential and makes a significant difference.

Being physically active will loosen tight muscles, improve your posture, calm physical distress, and reduce your risk of disease. A little movement, often, can lead to a longer, healthier life.



Our newsletter is free! You can take a copy with you.

# What is Fibromyalgia?

Fibromyalgia is a fairly common condition, more so in women than men, particularly in middle age. It's characterised by general pain and fatigue, and can have a harmful effect on your health and well-being, particularly if it isn't well managed.

Fibromyalgia is commonly linked to arthritis, though it doesn't cause the same kind of swelling and inflammation. It's thought to be primarily a pain condition, caused by oversensitivity to pain, with complicated underlying reasons.

Fibromyalgia sometimes seems to begin after a virus – a number of symptoms that can follow a viral infection. It can also stem from an emotional trauma, creating a true physical pain disorder after mental illness.

## SIGNS AND SYMPTOMS

The first sign of fibromyalgia is usually pain, often widespread and particularly affecting the muscles and joints. It's also associated with extreme fatigue – this could be partly due to sleeplessness, the emotional effects of chronic pain, and a primary symptom of the condition itself. The symptoms include:

- **pain in joints and muscles** – this can be widespread or only affect specific areas
- **fatigue** – especially waking up tired, and sometimes feeling that thoughts and memories are a little 'foggy'
- **depression** – complicated by chronic pain and disturbed sleep
- **other pain** – sometimes not specific, but frequently headache or stomach ache.

## MANAGING FIBROMYALGIA

Treatment of fibromyalgia needs to encompass every aspect of the symptoms and cause. There are some things that can help.

### Pain management strategies

Simple home remedies like heat packs and gentle exercise work well for some people.

### Cognitive behavioural therapy or mindfulness

Trying strategies for emotional resilience and thought processes for managing pain.

### Medications

Pain medications are not very effective for fibromyalgia as the cause isn't like most other causes for pain. Sometimes fibromyalgia pain can be managed with drugs that are usually used to treat depression.

### A healthy lifestyle

Having a healthy lifestyle won't 'cure' fibromyalgia, but can take strain off the body in other ways, improving overall physical and mental health. Maintaining a healthy weight is particularly important in managing the symptoms.

# Could your teenager have depression?

Teenagers go through times of great change; physically, emotionally, and socially. They are the years of developing independence, making important choices, and navigating relationships. All this, as well as coping with changing bodies, and the hormonal and emotional upheavals of puberty.

It's fairly normal to experience turmoil and changing behaviour through the teenage years, so it can be hard to distinguish whether some of these changes are a normal part of development, or signal a serious problem.

## SIGNS AND SYMPTOMS OF TEENAGE DEPRESSION

An adolescent may not show obvious signs, but they may start to behave uncharacteristically. There are some behavioural and emotional warning signs that can indicate depression:

- continuous sadness or low mood
- irritability and aggression
- tiredness, lack of concentration, poor sleeping patterns
- social isolation
- loss of interest or pleasure in usual activities
- falling performance and attendance at school
- fixation on food or eating
- unexplained body aches and headaches
- poor self-image or low self-esteem.

If your teen is showing any of the signs continuously or frequently; or even just voicing feelings of depression – seek help.

More obvious signs requiring immediate attention are high-risk behaviours such as reckless driving, unsafe sex, drug and alcohol abuse, and self-harm.

## WHAT CAUSES DEPRESSION IN TEENAGERS?

Teenage depression can be caused by a combination of factors. The internal causes include changing hormones and brain chemistry, causing mood swings and making it harder to cope with external stress. External causes can vary – it can stem from childhood or recent trauma, bullying at school, anxiety over work or relationships, or more. The triggers for depression in adolescents are as varied as for adults.

Teenagers who are feeling socially isolated may be less resilient and more at risk. For example: teens who are from ethnic minority groups, struggling with gender identity and/or sexuality, have pre-existing physical restrictions, or learning problems.

## WHAT CAN YOU DO TO HELP?

Talk with your teen. Noticing when they're struggling is a good start – it means someone is looking out for them. It's important for them to know that they're not alone and that there are many ways to get help.

There might be some practical steps to take if there's a specific trigger, such as dealing with issues of bullying or abuse. Managing the cause can go a long way towards managing depression.

See your GP if you're worried about your teenager. Talking to schools or other professional support networks can be useful too, especially if they're having problems at school.

Mental health issues can be unpredictable and can reach a crisis point – if you're concerned about your teen's safety, you need to get professional support immediately.



**Depression in teenagers should be taken seriously.**

**Suicide is the leading cause of death among people aged 15-24 in Australia.**

## You can think yourself younger!

It's no secret that a person's actual age doesn't always reflect the age they feel. There are plenty of 'young' 90-year-olds out there, and even more 'old' forty-year-olds. This is partly due to our overall health, but is there more to it than that – can we think ourselves younger?

Emerging research suggests that how old we feel affects how long we live. We have control over the age we feel, just as we have control over some of our risk factors for disease. So, is it possible to maintain the health and vitality of youth, alongside the experience and stability of age?

Staying young despite your age takes a combination of physical and emotional effort. Some diseases are more common as we age, so trying to prevent these is essential. The more chronic diseases we develop, the older we tend to feel – believing that illness means oldness.

Here are some good ways for you to maintain your youth.

- **Manage your health** – stay well! Have regular check-ups and treatment; routine health screenings like mammograms or blood tests are important. We can't always prevent illness, but we have ways to reduce our risk.
- **Exercise your body** – exercise is good for us, physically and emotionally.
- **Exercise your mind** – maintaining an active social life, hobbies, reading and games are all excellent ways to stay sharp – at any age. Spending time with youthful friends and family can keep you feeling young and fit too.
- **Live and enjoy life** – avoiding an activity you'd enjoy because you feel too old is heart-breaking. Unless you're going to actually do yourself some damage, do what makes you happy, whether it's learning an instrument, sports or circus skills, there's no time like the present!
- **Feel fabulous** – loving the way you look is wonderful, and a good way to feel positive about your body.

## WORD SLEUTH

How many words can you find in the puzzle taken from articles in this edition?

D I A R R H O E A T N O I S S E R P E D A J G S B  
P Q H O W X B R Y I G E P J J X G J V T H P D G P  
M P E A R T H R I T I S S C M Q A B F E Z X N S I  
A K U R K C M Z S V X H K J B Z I L A M G Q E E H  
C N D B L K R N J B O R M P D N F D C A L C I U M  
U Z J C E E F E T R A Z F Q T L A A H M Y A S M B  
T X M M G R V F M B O L M O J C J W A L M C D H J  
E T K L K O T O C J B Q L A H G R M G U M H Q P E  
P C N S V K N Y I U O E I E Y H M B A Y H N A R L  
A I M X I A Y D J Q R G N P S O M R W P A U U T G  
M C P A L X U D X A L V U X G O T D T I L T M S O  
A R H I O Z W J N A I X B R U K Y J P F A A U B V  
H U O E P F V C Y D P N A E F X B S R R B T A W Z  
V Y F Y M M E M Z T H M H E L N W M E M T Y P X S  
A I L P E I O Y S K I C U S R O T P E C E R T L V  
A G R B E R S S I N V O D L G N M A R I A C U I W  
W L E U B S A T E U O G D I S E A S E D A I R Y F  
C V L I S P A S R K E N S F T S R E G A N E E T A  
Y H F E M H O T A Y K I L M E K G P N L U G R W T  
M E R O R T E Q C Y H T P S O Q T N T A J B N T I  
R I C O C G H U M A G I W Q W T I S E E U Z J C G  
X N Y A N I Y F J W L V F R L Z P U H S X S X P U  
E O L J Z I P O I F C E L B I F K M Z B M D E O E  
Z K X R K A C H E M Z U N J S H M S Y C E N C A J  
S P L J P Z C B C A I R E T C A B Q R S G E D L T

ACUTE  
AGE  
ALLERGY  
ARTHRITIS  
BACTERIA  
CALCIUM  
CHEMISTRY  
CHRONIC  
COGNITIVE  
DAIRY

DEPRESSION  
DIARRHOEA  
DISEASE  
ENCOMPASS  
FATIGUE  
FIBROMYALGIA  
HEADACHE  
HORMONAL  
INTOLERANCE  
LACTASE

LACTOSE  
MAMMOGRAM  
NAUSEA  
PUBERTY  
RECEPTORS  
SYMPTOMS  
TEENAGERS  
TEMPERATURE  
TRAUMA  
VIRUS

## Breakfast Muffins

*These savoury muffins are perfect for a quick and healthy breakfast, lunch, or snack.*

### INGREDIENTS

- 2 cups grated carrot (about 2 medium)
- 1 med zucchini, grated
- 1 small red pepper, chopped
- 1 Tbsp dried tomato, chopped (optional)
- ½ cup soy or oat milk
- ¼ cup yoghurt
- ¼ cup olive oil
- 2 eggs
- 1 cup hard cheese, grated\*
- 2 cups wholemeal flour
- 3 tsp baking powder
- ½ tsp salt

### INSTRUCTIONS

1. Grease or line a 12-hole muffin tin and set aside. Preheat oven to 180 degrees.
2. In large bowl, place carrot, zucchini, red pepper and dried tomato (if using).
3. Beat milk, yoghurt, oil and eggs together, mix in cheese and add to vegetable mix.
4. Combine flour, baking powder and salt before adding to wet mixture. Fold in gently until just combined.
5. Divide mixture evenly into prepared muffin tin.
6. Bake for 25-30 minutes, or until a toothpick inserted in the centre comes out clean. Cool muffins in the pan for 5 minutes before transferring them to a wire rack.

\* Use lactose-free cheese if necessary. Replace ¼ cup of the cheese with parmesan or goat feta for extra flavour.



# Lactose intolerance

If you experience discomfort after eating there can be many reasons why. It's advisable to be well informed if you suspect lactose intolerance so you don't unnecessarily avoid essential nutrients.

Lactose intolerance is the name for a common condition where you are unable to digest lactose, the main sugar in milk. This is due to inadequate amounts of the gut enzyme called lactase, which breaks down lactose. If lactose isn't broken down by lactase, it's broken down later in the digestive system by gut bacteria, causing unpleasant symptoms.

## SIGNS AND SYMPTOMS

The symptoms of lactose intolerance can range from mild to severe. They usually include bloating and gas – this is from the gut bacteria breaking down the lactose. Stomach pain, nausea and diarrhoea are common. The symptoms usually start 30 minutes to several hours after consuming products that contain lactose.

Lactose intolerance isn't an allergy, but it is possible to be allergic to dairy. A true allergy can cause itchy skin, rash, swelling of the lips and tongue and difficulty breathing. Seek medical help urgently if you suspect an allergic reaction.

## MANAGING LACTOSE INTOLERANCE

If you have symptoms, try cutting dairy out of your diet for several weeks. If the symptoms go away, but return when you eat dairy again, it could indicate intolerance. It's important that you don't self-diagnose lactose intolerance as the signs can be similar to those of other conditions. Consult your doctor for a diagnosis if you're having regular symptoms.

If you're advised to cut dairy out of your diet, there are lots of choices of soy, oat, or other plant-based foods. Lactose-free dairy milk is also available, and some types of cheese are very low in lactose. Yoghurts are usually well tolerated as the lactose in the milk has already been broken down by the process.

Make sure you won't be missing out on the nutrients you were getting from dairy products. Some alternatives to dairy are fortified with calcium, vitamin D, and other vitamins and minerals.

Interestingly, people have varying levels of lactose tolerance – you may find that you can tolerate a small amount of dairy products, or are able to gradually reintroduce them without problems.



## Discuss your concerns with the doctor

It can be helpful to make a note of what you'd like to discuss with your doctor before your visit. After you make an appointment, take a minute to write down the doctor's name and appointment details and use this form to make a list to take with you..

DOCTOR'S NAME	DATE	TIME
1.		
2.		
3.		
NOTES:		

**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

## REPEAT SCRIPTS

Repeat prescriptions will not be issued without a prior consultation. Patients seeking repeat prescriptions must see their doctor. This is to ensure proper management.

## REFERRALS

A re-referral may be requested by phone. New referrals require that the patient be seen by the doctor. Referrals cannot be back-dated. Referrals are current for 12 months, please check with your specialist to see if your referral is still current.

## ETHICS

This practice abides by the AMA Code of Ethics at all times. A copy of the code is available on request.

## LONG CONSULTATIONS

Long consultations are available on request for all Doctors if required. **Dr F Kotai** requires 60 mins for an Aviation medical. All Health Assessments require 30 mins. Failure to attend appointments will attract a fee of \$30.00 for a standard consultation or \$50.00 for a long consultation.

## ONLINE APPOINTMENTS

Online appointments can be made any time of the day at [www.gfmc.com.au](http://www.gfmc.com.au) click on "Make a booking"

## BILLING

**We are a private practice and payment is made on the day.** A discount of \$5.00 is given for payment on the day. We can claim your rebate immediately from Medicare using Easyclaim onto your cheque or savings card or Online Claiming where Medicare deposits direct to your bank account within 48 hrs. Questions related to fees can be dealt with by the receptionist. If you have difficulty paying your account, please feel free to discuss this matter with your doctor.

## FEEDBACK

We would like to know of any concerns you may have about the care you receive. Please feel free to talk to the doctor or our Practice Manager. However, if you feel there is a matter you wish to take up outside, you can contact the Health and Disability Services Complaints Office (HaDSCO): GPO Box B61, Perth WA 6838. Tel: 9323 0600.

## PHONE CALLS

Doctors in this practice may be contacted by phone during surgery hours. A message will be taken if the doctor is with another patient.

## MISSED APPOINTMENTS

If you miss an appointment and fail to advise us at least 2 hours beforehand you will be charged a Failure to Attend Fee. This fee applies to everyone and cannot be claimed back at Medicare.

Your medical record is a confidential document. 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.

*Our newsletter is free! Take a copy with you.*