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Dr Siobhain Brennan

BSc (Hon), PhD, MBBS, DCH, FRACGP

Dr Erin O'Donnell-Taylor

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(on maternity leave until June 2019)

Dr Sarah Colby

MBBS(Hons), DRANZCOG

CLINIC STAFF

Nursing: Sinead, Karen, Cheryl, Fiona and Roz.

Reception: Ellen, Janet, Virginia, Kirsten, Sue, Julie and Michele.

Practice Manager: Maria

SURGERY HOURS AND SERVICES

Consultations are by appointment.

Monday to Thursday

8.00am-1pm 2pm-6pm

Friday

8.00am-1pm 2pm-5pm

Saturday

8.30am-11.30am

GP After Hours – Mount Lawley

Ph 9370 4200

Monday to Friday 7pm-11pm

Saturday 2pm-10pm

Sunday and Pub Hols 10am-10pm

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



Taking back control of chronic pain

If you suffer from chronic pain, you may think no one understands how you feel. But, did you know one in five Australians are suffering from it too, and even more in the over-65 age bracket?

Chronic pain is constant, ongoing pain that will occur for at least 50 percent of the time in a six-month period. While cancer and nervous system injuries can cause chronic pain, it can also have no diagnosable cause and affects children, adolescents, adults, and the elderly. Chronic pain does not discriminate.

WHAT IS CHRONIC PAIN?

Think back to the last time you were healing from an injury, even if it were a bruise from hitting your hand or a scraped knee. You felt pain for a few days or weeks, but then it went away as the injury healed. Chronic pain is feeling pain but often for no reason, or long after a wound heals.

Your spinal cord and nerves become sensitive, and even with no damage, enhances messages to your brain to tell you to feel pain in certain areas. In essence, your nervous system is alerting you that you've injured a part of your body when you're actually completely okay.

What can often make chronic pain worse, too, is when it begins to enhance pain in areas of your body where there once were injuries that are now healed. You now feel both the old pain and new pain, exacerbating the situation.

While chronic pain often has no cause, there are scenarios where it does – such as from

cancer or neuropathic pain. When you are involved in an accident or sustain an injury resulting in nervous system damage, you can permanently damage your nerves. As a result, areas of your skin may tingle, feel numb or as if they're burning, or you may experience sharp, shooting pains.

HOW DO YOU FIX CHRONIC PAIN?

Anyone who has ever had chronic pain wishes there was a cure, but unfortunately, there is only a way to manage it. Managing chronic pain involves a multimodal approach: non-opioid medication for short-term pain management, remain involved in social situations, as well as a mix of sleep, relaxation, physical activity, positive thinking, and care for your overall health. Helping your body to cope with chronic pain involves self-management and discipline.

SEE A HEALTH PROFESSIONAL

When you see your GP about chronic pain, it's important to seek more than just pain relief medication. Their job is to help you manage your pain by learning about your personal situation, how you manage your pain currently, and what you find does and does not work for you. The more detailed you can be, the more your doctor can help.

Chronic pain can rule your life, but it doesn't have to. Make an appointment with your GP to work through a detailed pain management plan. The goal is to live your life to the fullest, controlling chronic pain and not letting it control you!

Healthy autumn eating tips

A change in season often means a change in diet and routine. You may feel more inclined to seek the warmth and comfort indoors once you notice it getting a little cooler outside.

Avoid falling into the trap of sabotaging the healthy habits you practised throughout the warmer months and follow these easy tips to eat for comfort and yet still maintain your health and fitness goals.

BE CREATIVE

Vegetables are dense with nutrients and high in fibre, which makes them the ideal food category to fill up on. Get creative and replace a high-fat creamy based pasta dish with zucchini noodles and a creamy avocado sauce.

PROTEIN-PACK MEALS

Aim to include a serve of protein such as eggs, legumes, lean meat, tofu, or nuts/seeds into each meal. Protein helps to control blood sugar levels and appetite.

MAKE FIBRE A PRIORITY

Start the day with a high fibre breakfast such as whole oat porridge with LSA and fresh fruit. Or if making a Bolognese sauce replace half the meat with legumes for a fibre boost. Fibre will help you keep those portion sizes in check.

CHOOSE WARM INGREDIENTS

Create a warm and comforting feeling by flavouring dishes with foods known for their warming properties such as ginger, chilli and cayenne pepper.

WATCH THE SALT

Try buying products with reduced salt and when making food from scratch use salt substitutes such as miso and tamari soy sauce.

USE HEALTHY FATS

Fat is necessary to absorb vegetable nutrients so try adding coconut milk and avocado to soups.

NEW COOKING STYLES

Cut down on oil used to stir-fry or grill and try poaching, steaming and slow cooking methods instead.

SERVE RAW

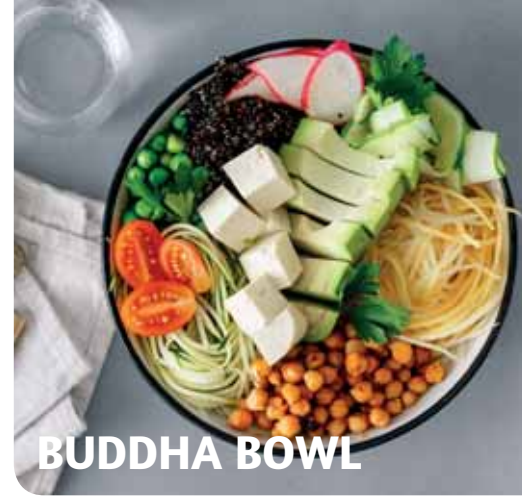
While you may prefer the comfort of a cooked meal, eating raw foods helps your digestion. For example, try serving a fresh tomato salsa on top of a stew.

BULK COOKING

Make a large batch of soup or casserole and create meal-sized portions to pop into the freezer. You'll have hot ready-made meals at your fingertips.

SERVE SEASONAL

Autumn offers plenty of extremely versatile root vegetables as well as zucchini, cabbage, mushrooms, pears and persimmons. Eating in line with the season means your food will be full of nutrient-rich goodness.



BUDDHA BOWL

Ingredients

Zucchini, spiralsed
Edamame beans, steamed
Tofu, chopped
Tomatoes, chopped
Radish, sliced
Avocado, sliced
Can of chickpeas, drained
Sprouts of your choice (optional)
1 tsp cumin
1 tsp paprika
¼ tsp cayenne
Coconut oil

Heat oil in a pan. Add cumin, paprika and cayenne powders. Heat for one minute. Add chickpeas, stir until coated and heat for another minute.

Place all ingredients into a bowl and serve with dressing.

Dressing

½ C mild vegetable oil
½ C rice vinegar
3 carrots, roughly chopped
3 Tbl fresh ginger, peeled and chopped
1 Tbl maple syrup
(or other sweetener eg. honey)
2 tsp sesame oil
Salt to taste

Blend everything together and adjust sweetness or salt to taste.



DID YOU KNOW?

- Laughing is good for the heart and can increase blood flow by 20%.
- Skin is the largest organ in the body and it defends against disease and infection.
- Always look on the bright side of life: being an optimist can help you live longer.
- Exercise will give you more energy, even when you're tired.
- Too much sitting and sleeping can increase your chances of an early death.
- A lack of exercise now causes as many deaths as smoking.
- Nearly 30% of the world's population is obese.
- Between 2000 and 2015, the average global life expectancy increased by five years.
- More than half your bones are located in your hands and feet.

The truth about tonsils

The human body features many weird and wonderful organs, and while we understand what most of them do, the role of tonsils is not common knowledge. What are they and why do you have them?

When you hear the word 'tonsils' you usually associate it with the lumps of tissue that sit either side of your throat. However, along with the adenoids (found at back of your nose) and other tonsil tissue at the back of your mouth, they form what is known as Waldeyer's ring. All these tonsil components link together and work in conjunction with your lymph glands to form part of your immune system.

When you were born, your tonsils played a crucial role. Your lymph glands weren't entirely developed, and your tonsils were your body's first line of defence against germs. They would trap anything harmful that entered your mouth, and your body could then produce antibodies to kill those germs.

However, once your lymph glands developed and took over defending the frontline, your tonsils became redundant. As they can still trap particles of food and germs this can sometimes cause an infection which is commonly referred to as tonsillitis.

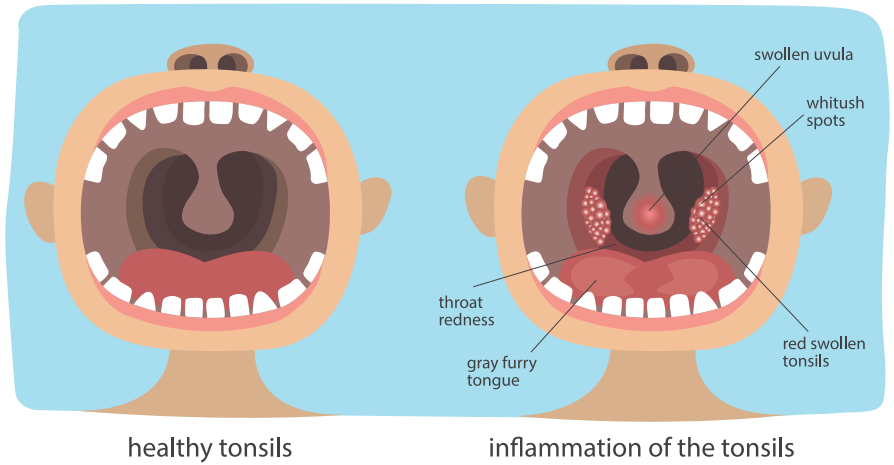
Tonsillitis is an infection caused by either a virus or bacteria. It can create a range of uncomfortable symptoms such as a sore throat, pain when swallowing, ear ache, swollen or tender lymph glands and coughing, for example. In most cases, symptoms improve on their own in around 7-10 days, but in a severe case which may cause

fever, stiff neck, or muscle weakness, you may need to see a doctor for treatment.

To diagnose tonsillitis, your doctor will examine your tonsils, looking for white spots, rashes, and enlarged lymph glands and ask you a few questions. It may be necessary to take a swab to confirm the cause of any infection.

Drinking lots of fluids and getting plenty of rest will generally help to clear up tonsillitis. Your doctor may also recommend pain relief medications and/or antibiotics if required. In ongoing, severe cases that cause secondary issues such as sleep apnoea or abscesses, a recommendation for surgery might be made.

If you suffer from a sore throat and fever for two or more days, or if you have extreme discomfort caused by tonsillitis, please see your GP to discuss your treatment options.



WORD SEARCH

- ARTHRITIS
- BACTERIA
- BLOODSUGAR
- BONES
- CAYENNE PEPPER
- CHOCOLATE
- CHRONIC
- COLD
- EXERCISE
- FINGERNAILS
- LAUGHING
- LYMPH GLANDS
- MEDICATION
- MICROORGANISMS
- MOUTH
- MUSHROOMS
- PAIN
- PREBIOTICS
- PROBIOTICS
- PROTEIN
- SELF MANAGEMENT
- SITTING
- SKIN
- SPINAL CORD
- TONSILS
- TRILLION
- UMAMI
- YEAST
- ZUCCHINI

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One hundred trillion inhabitants

Did you know over one hundred trillion microorganisms are taking up residence in your gut? What are they doing there?

There is no denying that your body is quite complex, with a lot happening at any one time. But, one of the most challenging components is your gut. Your gastrointestinal tract houses over one hundred trillion microorganisms, all of which exist due to what you eat and what you do on a daily basis. Your lifestyle is unique to you, therefore so are your gut microorganisms.

These little creatures have a job to do, and it's quite an important one. They absorb all the nutrients from your food, digest them, then help your metabolism. What's more, all they ask for in return is a place to live – your gastrointestinal tract.

WHAT PART DOES FOOD PLAY?

The food you eat plays a significant role in what microorganisms live in your gut – some good, some bad. However, there are two standout microorganisms you should try to get as much of as possible: probiotics and prebiotics.

Probiotics are yeasts and good bacteria which are found in fermented foods such as yoghurt and gherkins as well as tempeh, kimchi and miso. Prebiotics are found in whole grains and legumes, as well

as fibrous fruit and vegetables. Prebiotics feed the 'good' bacteria in your gut, helping to keep them alive.

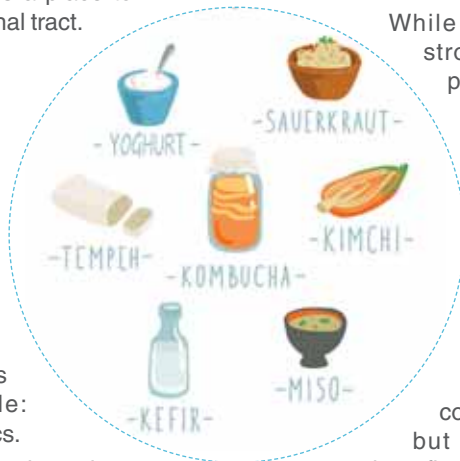
Both can naturally be found in foods and are available in supplement form, and many manufacturers are also now adding them to everyday food.

PROBIOTICS AND THE FUTURE

There is still so much researchers don't understand about probiotics and the part they play. However, there is growing research to suggest that your gut health is linked to chronic disease. This same research is beginning to show a connection between particular bacteria types and illnesses such as diabetes, heart disease, and obesity.

While there is not a lot of strong evidence regarding probiotics and the benefit for digestive upsets, some people swear by them for constipation and diarrhoea. So if you do take a supplement for this reason and it appears to be helping, there's no reason to stop.

Gut health can seem complicated and confusing, but you can significantly benefit your body by ensuring you consume a nutritional and balanced diet. Include plenty of fruits, vegetables, whole grains, and legumes, and consult your GP if you are experiencing any digestive upset.



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 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.

HOW WELL DO YOU KNOW YOUR BODY?

TRUE OR FALSE?

1. Carrots help you see in the dark.
2. Eating chocolate gives you spots.
3. Going out with wet hair increases your chances of catching a cold.
4. Cracking your knuckles too much will give you arthritis.
5. It takes seven years for a person to digest chewing gum.
6. Sugar makes children hyper.
7. Shaving makes hair grow faster.
8. Sections on your tongue taste bitter, sour, salty, sweet and umami (savoury).
9. Your fingernails grow at the same rate.



ANSWER: They are all false!

Disclaimer: All text and images published in this newsletter are for general information and educational purposes only. It is not a substitute for professional advice. Always consult a registered health professional regarding any health-related diagnosis or treatment options.

Read the newsletter and test your skills - complete the **WORD SEARCH** inside!