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CLINIC STAFF

Nursing: Sinead, Roz, Halina, Anna and Anne

Reception: Janet, Virginia, Kirsten, Sue, Julie, Lisa, Stephanie, Zoe

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

NOVEMBER 2022



SKIN ABSCESS PREVENTION



ANTIBIOTIC RESISTANCE



MIND YOUR MELATONIN



KEEP YOUR LUNGS HEALTHY

Compliments of your GP

Learn about HPV and how to reduce your risk of cervical cancer

HPV or human papilloma virus is the term for a group of at least 100 different related sexually-transmitted viruses. HPV is very easily transmitted through sexual contact, and can affect anyone, of any sex or gender.

What are the problems caused by HPV?

HPV is very common and doesn't usually cause any symptoms. Our immune systems are usually good at clearing up most types; however there are some HPV viruses which can cause problems.

A few forms of HPV can trigger changes in the cells that can lead to cancer. HPV is responsible for the majority of cancers affecting your anus, penis, vagina, vulva and throat, and almost all cases of cervical cancer. Cancer of the cervix is one of the most serious risks from HPV.

You can also get genital warts, but these are caused by a different type of HPV virus and don't mean you will get cancer.

Protection from HPV and cervical cancer

The HPV vaccine is now routinely supplied to all school children aged 12-13, and is given as an injection in the arm. The vaccine takes two doses, around six months apart. It doesn't prevent all forms of HPV, but provides good protection against those forms known to be most closely linked with cancer.

The best way to prevent cervical cancer is to have regular screening tests. Generally, anyone who has a cervix should have routine cervical screening after they reach the age of 25, and every five years until the age of 74. This applies whether or not you've been vaccinated for HPV.

What does a screening test involve?

Cervical screening is testing cells from your cervix to find conditions that may lead to cancer. The cervix is the 'neck of the womb', the structure between your womb and the top of your vagina.

A swab is used across your cervix to collect a sample of cells; these are tested at a laboratory for the presence of one of the high-risk forms of HPV. If HPV is detected, further examinations will look for any unusual changes in the cells that could be a sign of cancer.

You have the choice to screen either by collecting a sample yourself using a swab, or have a clinician collect the sample from your cervix using a special tool called a speculum. Both options are accurate and safe ways to collect a sample for a cervical screening test. Self-collection is not suitable for everyone, so it's best to discuss your options with your healthcare provider.

Currently nearly half of Australians eligible for a cervical screening test are not up to date— if you're unsure about your screening needs speak to your doctor. You can also check the National Cervical Screening Program website, or call 13 15 56 for more information.

A cervical screening test is a quick and very safe procedure which has saved countless lives.

Our newsletter is free! Y



Explaining antibiotic resistance

Antibiotics are medications which fight bacterial infections. Since they were first developed they've been responsible for saving millions of lives around the world. Antibiotic resistance occurs when bacteria change and become resistant to antibiotics.

What is antibiotic resistance?

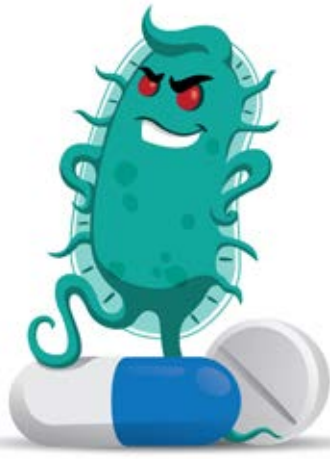
Some bacteria can grow and multiply very quickly, which means they have a high chance of changing (mutating). The more often antibiotics are used; the more bacteria adapt in order to survive. This means that over time, strains of bacteria develop which are resistant to the antibiotics we have.

The practice of giving antibiotics to animals is also thought to contribute to an increase in strains of antibiotic-resistant bacteria. For this reason, some countries have banned the use of antibiotics in healthy animals. Australia leads the world in minimising the use of antibiotics in food producing animals.

Why is it a problem?

Antibiotic resistance can affect everyone and is a growing health problem. The rate of resistant bacteria (also known as 'superbugs') is increasing worldwide. Antibiotic-resistant bacteria can remain in your body for as long as 12 months and can spread to other people.

Antibiotic resistant infections are becoming harder or impossible to treat. This is leading to longer hospital stays and a higher death rate. There is a risk that infections that have been managed for years with antibiotics may become untreatable and uncontrollable again.



Preventing antibiotic resistance

The more we use antibiotics, or use them inappropriately, the more likely it is that bacteria will develop resistance to them. Antibiotics shouldn't be used for illnesses that don't require them. For example, antibiotics aren't effective against viruses which cause illnesses like colds, flu, and Covid-19.

Only take antibiotics when they're prescribed by a doctor, and take the full course exactly as directed. It's important not to keep any prescribed medicines for another time, or to give them to someone they're not prescribed for.

Keeping up to date with vaccinations and practising good hygiene can help to prevent the spread of infection and reduce the need for antibiotics.

How to prevent skin abscesses

An abscess is a painful area on your body containing a collection of pus, commonly caused by a bacterial infection.

There are different kinds of abscesses, but the most common type occurs on your skin. They usually begin as a small bacterial infection in your hair follicle, blocked oil or sweat gland, or from a skin injury.

The infection causes damage to the tissues in that area and your immune system fights by sending white blood cells – 'soldier' cells – to try and kill the bacteria. The infected area is usually red, painful, swollen, and filled with pus.

The pus in an abscess is mainly a build-up of the white blood cells, bacterial cells, and damaged tissue. When your skin is intact or has healed over the top of a wound, the pus has no way to drain out, and forms the kind of tight area we call an abscess.

Your body is good at fighting minor bacterial infections, and a small abscess may clear up without any special treatment. When an abscess becomes larger it usually requires medical treatment to clear the infection.

You can lower your risk of developing an abscess by practicing good skin hygiene. Follow these simple tips:

- Wash your hands often and encourage family members to do the same
- Keep skin injuries clean and covered, even if they're minor
- Wash your face when you wake up and before bed
- Avoid touching your face to prevent dirt and bacteria spreading from your hands.

If you do develop an abscess that's getting worse, or you keep getting repeated skin or gum infections, you should see your GP. If you have an abscess that is accompanied by redness spreading across the skin around it, especially if you start feeling generally unwell, you should get medical advice straight away.

HEALTHY BANANA PANCAKES

These delicious pancakes are always popular – dress them up with your favourite toppings for a special breakfast or dessert. Makes 6 pancakes.

INGREDIENTS

- 2 ripe bananas
- 2 eggs
- 1 tsp vanilla extract
- ½ cup instant oats
- ½ tsp cinnamon
- 1 Tbsp oil



METHOD

1. Add all of the ingredients (apart from the oil) into a blender and blend till smooth.
2. Heat oil in a frying pan over medium heat and pour in about a third of a cup of the pancake batter. Once the batter starts to bubble, flip over and cook the other side till golden, about 1-2 minutes.
3. Place onto a plate, add your favourite toppings and serve warm with yogurt.

Topping ideas

- Banana slices, chopped walnuts and maple syrup
- Fresh berries and grated dark chocolate
- Lemon juice, shredded coconut and honey

Just one change could help protect your lungs

You need oxygen for healthy cells throughout your body, and you get all you need from the air. Oxygen is taken into your body by your lungs, so it's vital to look after them.

Your lungs are the organs of respiration – where the air goes when you breathe in and out. Breathing is an unusual process as you do it unconsciously, but can also control it when you want to. You can choose to breathe fast or slow, or even to hold your breath.

Your lungs are filled with tiny tubes and pockets called alveoli, and the whole inner surface has a rich blood supply and large area to help gas exchange take place. Oxygen is taken from the air and swapped for carbon dioxide which you breathe out as a waste product.

Are you worried about your lungs?

If you have any concerns about your breathing, it's important to consult your doctor. There are lots of different things that can cause breathing difficulties, and they all might need different tests or treatments.

If you have an existing lung disease or condition make sure you have regular health check-ups or attend your specialist clinics, and stick to your treatment plan.

Some people are particularly recommended to get vaccinations against respiratory diseases including flu, pneumonia, and, of course, Covid-19. Please ask us about which vaccinations are right for you.

Keep your lungs healthy

There are a number of diseases that specifically affect lungs; these include: asthma, lung cancer and chronic obstructive pulmonary disease (COPD). Some other conditions can also affect lung function; such as heart failure and hypertension. However, the main causes or triggers for serious lung problems come from our lifestyles.

- Smoking is the single most significant avoidable cause of lung disease, and greatly increases the risk of lung cancers, COPD, and even some other forms of cancer and disease. Exposure to second-hand smoke is also harmful to non-smokers.
- Chemical irritants can irritate or damage your lungs, if you work with chemicals you need to use the right kind of protective equipment.
- Pollution – indoor and outdoor environmental irritants are associated with lung disease. Pollutants in the home can include mould, dust mites and household products. Pollution is caused outdoors by industrial plants and cars. For example, children growing up in high traffic areas may be more likely to experience asthma in childhood.
- Regular exercise and a healthy diet not only contribute to your overall health but can also help your lung function.



The main causes for serious lung problems come from our lifestyle choices

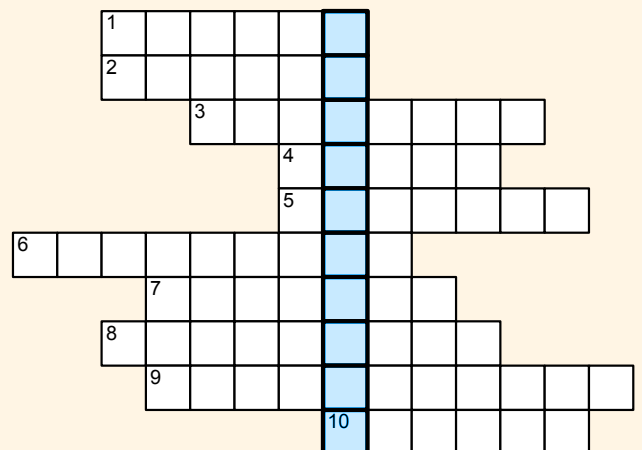


- Your left lung is smaller than your right lung, to allow for your heart.
- 70% of waste in your body is eliminated through your lungs just by breathing.
- You can live with just one lung. It limits your physical ability but you can live a relatively normal life.
- The air you breathe in contains 21% oxygen, but your body only uses 5%, the rest is exhaled.
- An average person breathes in around 11,000 litres of air every day.

HIDDEN WORD

Find the hidden word in the bold squares by finding the answers to the clues in the puzzle. The hidden word is on the back page.

1. A physical condition that makes it difficult for someone to breathe.
2. A chemical that is found in the air, that has no colour, taste, or smell, and that is necessary for life.
3. Tiny little organisms that are everywhere around us.
4. A disease that spreads from one person or animal to another.
5. A painful area of inflamed tissue that is filled with pus.
6. A hormone secreted by the pineal gland.
7. A natural chemical produced in the body that influences the way the body grows or develops.
8. Harmful materials and irritants in the air, soil, or water.
9. To give a vaccine to prevent infection by a disease.
10. The structure between the womb and vagina.



Mind your melatonin and sleep better

Melatonin has become a popular topic as awareness increases about the importance of sleep for our health and wellbeing. But what exactly is it, and should we worry about it?

What is melatonin?

Melatonin is a hormone – a chemical naturally produced in your body – which helps to control your cycle of sleep and wakefulness. It's made in the pineal gland in your brain, and is one of the things that can help you get a good night's sleep. Your melatonin production is closely linked to light, so it rises at night and falls during the day.

Can levels be improved naturally?

Yes! Melatonin production is affected by your lifestyle, so you do have control over some of the factors which manage melatonin levels.

Practising good sleep hygiene is the healthiest way to improve night-time melatonin levels. This simply means having a bedroom environment and daily routines and habits that help you sleep well.

Stick to regular times for bedtime and waking and make your bedroom comfortable, dark, and free of disruptions. Caffeine, alcohol, and

nicotine, especially later in the day, can disrupt your melatonin production. Bright lights (like those from electronic devices) late in the evening are particularly bad for affecting sleep.

Things that seriously disrupt sleeping patterns, like jet lag or working night shifts, can affect your melatonin levels. These aren't always possible to avoid, but the impact of them can be reduced by following good sleep practices as much as possible.

Spending time outdoors in natural daylight helps to strengthen your brain's connection to night and day and supports melatonin production.

Can melatonin supplements work?

Melatonin supplements that aren't prescribed by doctors can vary in quality and ingredients so it's important to check and understand what you're taking. Melatonin supplements aren't safe and effective for everyone, so ask your GP if you're unsure.

If you are prescribed melatonin it's important to follow the instructions, and only take it when it's safe for you to feel sleepy and you're able to get to bed and settle in for a good night's sleep.

If you are practising good sleep habits but still suffering from sleeping disorders, there can be a variety of reasons so it's best to consult your doctor.

Following relaxing pre-bed routines and building healthy habits during the day can all contribute to good sleep.



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.

Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To get the most out of your next visit, use the area below to note what you'd like to know and take this list with you to your next appointment so you don't forget what it was you wanted to ask..

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

HIDDEN WORD

The hidden word is ANTIBIOTIC.

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

Our newsletter is free! Take a copy with you.