

# GLEN FORREST MEDICAL CENTRE

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## CLINIC STAFF

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

**Reception:** Colleen, Ellen, Janet, Virginia, Kirsten, Sue and Julie

**Practice Manager:** Maria

## SURGERY HOURS AND SERVICES

Consultations are by appointment.

GP After Hours Clinic – Midland available at St John of God Midland Public Hospital  
Ph 1300 706 922

Monday to Friday	6pm–10pm
Saturdays	noon–10pm
Sundays and Pub Hols	10am–10pm

GP After Hours – Mount Lawley  
Ph 9370 4200

Monday to Friday	7pm–11pm
Saturdays	2pm–10pm
Sundays 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 11.00pm for the practice duty doctor.

# YOUR DOCTOR

FREE!!  
TAKE ME HOME



NOVEMBER 2017

## Detecting melanoma early

With summer now on the horizon, many of us will be looking forward to spending time outdoors in the countryside or at the beach.

Those long, sun-filled days awaken our senses, but they also re-awaken the need to protect our skin. Over recent years, messages around sun protection have been widespread. Whilst they seem to be having an impact, particularly in the Southern Hemisphere, Australia and New Zealand continue to have the highest rates of melanoma in the world. It is estimated that in 2017 almost 14,000 Australians will be diagnosed with the condition.

We are all aware of the basic messages: avoid the sun where possible; cover up with a t-shirt and hat; and regularly apply sunscreen. We know these measures work, and the results are starting to be observed in a levelling off of melanoma rates, especially amongst the young. Yet many individuals continue to ignore the messages, with some polls suggesting only 7% of people regularly and reliably use sunscreen.

If we have done our best to protect ourselves from sunburn, is there anything we can do to pick up melanoma early, when it is often straightforward to treat? We know that the earlier a melanoma is detected, the better our chances of surviving it. Since we can see the skin, detecting new tumours should in theory be very easy. However, we need to know what we are looking for. One thing which has been poorly understood about melanoma to date is whether most tumours develop from existing moles or as new growths. Skin self-examination is recommended by many medical professionals and organisations; and commercially sourced 'mole-mapping' is increasingly available. However, experts and published papers have had widely

differing opinions on how tumours develop, and therefore what are the most important things to check for. Different research groups have quoted figures of anywhere between 7 and 70% when estimating what proportion of melanomas occur as the more easily detectable 'new' growths.

A new review published in the Journal of the American Association of Dermatology has attempted to bring some clarity to this question. They brought together the results of research involving over 20,000 tumours, and found that over 70% started as new growths. This finding gives us valuable information, really bringing home the importance of regular skin self-examination, as well as the need to act quickly on any new findings. Even a small lesion which has not been there before should be taken seriously, and medical advice sought at an early stage. Changes such as an existing mole becoming itchy, changing colour or bleeding may also need investigation.

Whilst at present there is no formal screening programme in place for melanoma, experts suggest we should be self-examining at least once a year, and asking for help in checking hard-to-see areas such as the back. There is growing evidence that regular skin examination increases the proportion of tumours which are detected at an early and treatable stage.

The bottom line remains that we should all protect ourselves by seeking the shade, covering up and regularly applying sunscreen. Regular skin self-examination is the next key to rapidly detect new lesions; followed by seeking medical help if any are found. Following these simple steps might save your life.

Take me home to complete our PUZZLE – check inside!

# WORD SEARCH

- ALLERGY
- ANAPHYLACTIC
- ANTI-HISTAMINES
- ANTI-INFLAMMATORY
- BACTERIA
- BOOGIE
- CARDIOVASCULAR
- COUCH
- DANCE
- EXERCISE
- INFECTON
- INGROWING
- JELLYFISH
- LESION
- MELANOMA
- MILESTONE
- MOLE-MAPPING
- MOVEMENT
- PEANUT
- PERSONAL TRAINER
- PROBIOTICS
- SELF-ESTEEM
- SELF-EXAMINATION
- STING
- SUNSCREEN
- SWELLING
- TOENAILS
- URCHIN
- VINEGAR
- WELLBEING

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

## Fresh hope for children with severe peanut allergy

**A report published this year signals a potential breakthrough in the treatment of severe peanut allergy, and paves the way to finding a cure for other life-threatening allergies.**

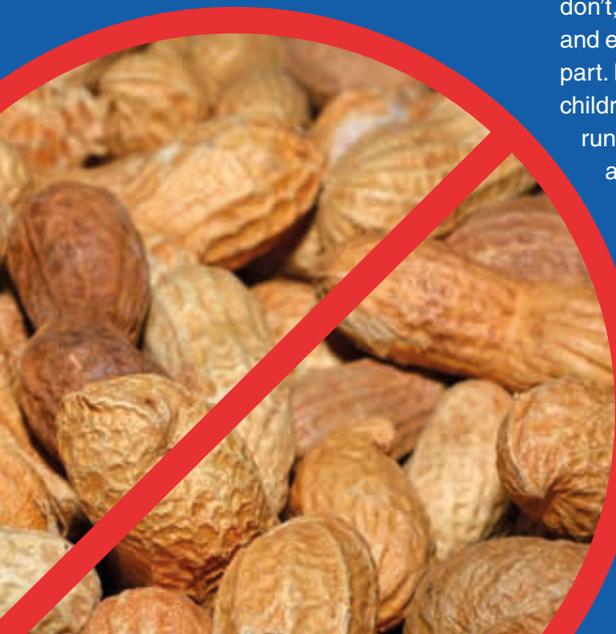
As a parent, having a child with a peanut allergy can be extremely stressful. It means scrutinising every label when buying food, ensuring that all friends and family taking care of your precious offspring are also extra-vigilant, and carrying an EpiPen (a medical device for the immediate administration of medicine to

counteract severe allergic reaction) with you at all times. Travelling away from home or eating out can cause an extra headache in trying to guarantee your child's safety, and may be avoided for this reason. Hope is at hand, however. A study published in August 2017 by the Murdoch Children's Research Institute indicates that a cure for peanut allergy may have been found.

According to the Institute, as many as 10% of 12-month-old children have a food allergy. It isn't fully known why some children develop allergies while others don't, although factors such as genetics and environment are both thought to play a part. Fortunately, most allergic reactions in children are mild, with symptoms such as a runny nose, itchy eyes and irritated skin, all of which can be managed easily with over-the-counter antihistamines. Some allergic reactions however, such as those resulting from a peanut allergy, can cause anaphylactic shock, which is life-threatening. This is where more than one body system reacts to the food as a foreign invader, causing swelling of the mouth and throat, breathing problems, and in some cases, loss of consciousness and death.

Researchers looking at how to reduce the number of deaths associated with this allergy conducted a trial in 2015 to examine a new form of treatment, and the results were published in the Journal of Allergy and Clinical Immunotherapy. The children taking part in the trial were given a combination of probiotics with peanut protein in gradually increasing amounts for 18 months. The hope was that it would 're-programme' the body to recognise the peanuts as harmless, and therefore shut down the potentially life-threatening immune response. And, so far, so good. A follow-up study published in August 2017 in The Lancet: Child & Adolescent Health journal showed that the trial had been tremendously successful. The report showed that 80% of the children who received the therapy were consistently able to tolerate peanuts 4 years later, as compared with only 4% of the children who were on the placebo.

Although further, larger trials are needed, the results represent a significant leap forward for the treatment of this serious condition, and could also lead to breakthroughs in the treatments of other severe allergies, providing hope for thousands of families.





## MOROCCAN CHICKEN SALAD

### Spice rub

- 1 tsp ground ginger
- 1 tsp cumin
- ½ tsp ground pepper
- ½ tsp salt
- ½ tsp cinnamon
- ½ tsp cayenne or paprika
- ½ tsp allspice

### Dressing

- ¼ C orange juice
- Zest of half an orange
- 2 T cider vinegar
- ¼ C olive oil
- 1 tsp sugar

- 2 chicken breast fillets
- 1 C Israeli couscous
- 1 can Chickpeas, drained
- 1 bag fresh baby spinach (or other green leaves)
- 1 C almonds, toasted
- 1 cup dried apricots, chopped

### Method

Combine spice rub ingredients. Massage into chicken and leave to rest while preheating the oven to 180°C. Place on baking paper and cook for 25 minutes or until cooked through. Remove from oven and allow to rest for 10 minutes before slicing.

While the chicken is in the oven, prepare the couscous as per packet instructions. Drain and rinse in cold water.

Shake all the dressing ingredients together.

Gently toss all the ingredients in a bowl.

Serve and enjoy!

## Time to get off the couch!

Getting out and doing exercise after years of doing none at all can be daunting. But it doesn't have to be. The key is to start slowly, and there is lots of help out there for you.

So you know you need to lose weight and do more exercise, and you want to be fitter, but the thought of putting on some trainers and going out for a run leaves you in a cold sweat. You don't even know where to start. If this is you, then an app developed by the NHS in the UK may be just the encouragement you need to swap your slippers for some running shoes.

The free app, called 'Couch to 5K' (C25K), is specifically designed for those who do little or no cardiovascular exercise, and believe they are unable to. The programme aims to get you from doing no exercise at all to running 5 kilometres – all within 9 weeks. A voice on the app guides you through each session, starting gently and slowly, and increasing on a weekly basis so that you learn to run safely and effectively. It's just like having a tiny personal trainer in your pocket. And this isn't the only option, there are a tonne of C25K-type apps now available, so you can choose the one that suits you best – just search for C25K in your app store.

The secret to the success of this type of programme is that it is achievable. Because each challenge comes in bite-sized chunks,

you can easily complete them. What's more, you will also gain a great sense of satisfaction as you pass each milestone, and you will soon see the benefits.

Not only does it get you fitter and healthier, it can also help with weight loss, stress relief and body image; reduce lethargy and increase energy levels. You won't be alone either – the NHS app, for example, has a forum on their website that includes plenty of advice from others on the same journey as you, so you can share your experiences and receive support.

The programmes are for everyone, young and old alike. And, the best part – running is free! All you need is a good pair of trainers and some comfy clothes.

A regular running plan can help you feel better physically, mentally and emotionally; and chances are once you complete the programme, you won't look back. And remember, even if you're slower than a tortoise, you're still faster than everyone still sitting on the couch.

Please consult your physician if you are experiencing any health issues that may affect your ability to do this form of exercise.



## What to do if you are stung in the sea

Swimming in the sea is one of the pleasures of summertime, however, very occasionally something might unexpectedly sting us.

The most common stings come from jellyfish or sea urchins; and fortunately, for most of us, these are a painful annoyance rather than truly dangerous.

Very rarely a sting can be serious – either due to the animal encountered or because the individual is allergic to the sting. If the sting comes from an exceptionally large jellyfish, there are numerous stings, or the affected person suffers any signs of a severe reaction such as difficulty breathing, a rapid heart rate or swelling of the face or mouth, then emergency help should be sought.

For most of us, however, simple first aid measures can help reduce the pain of the sting. For both jellyfish and urchin stings, vinegar is known to be very beneficial. Sea urchin spines tend to get embedded in the skin; and trying to pull them out can often break them, leaving a portion hidden under the surface. Bathing the area with vinegar dissolves the spines, meaning they are

completely removed. Although it can take several tries to completely get rid of the sting, it is usually the most effective method.

A study in 2017 found that vinegar was also one of the most successful ways to reduce the pain of jellyfish stings. Warm packs and anti-inflammatory medication such as ibuprofen can also help reduce pain and swelling.

Other commonly cited remedies seem to be less effective. In 2007, researchers tested some of these, and found that urinating on a jellyfish sting may actually increase pain, whilst lemon juice and shaving cream are ineffective. Avoiding the sea after a sting is good advice, as salt water can make it more painful. Dousing the area in water whilst barbs are still present is also not recommended as it may cause more venom to be released.

So, the advice for jellyfish stings is to remove the barb, bathe in vinegar, apply warm packs and take anti-inflammatories if needed. For sea urchin stings, avoid pulling out the spines, but again, use vinegar, hot packs and anti-inflammatories.

# Get your dancing shoes on

A UK study has shown that dance classes are a great way to maintain health and wellbeing in later life.

Think you're too old to dance? Think again. A two-phase research project run by the Royal Academy of Dance (RAD) in the UK in 2013 and 2016, called the 'Dance for Lifelong Wellbeing Project', has shown that there really is no age barrier when it comes to discovering – or rediscovering – the joy of movement. The research revealed that you can dance, whatever your age; and that taking regular dance classes when you're older can really help you stay fit and healthy, in mind as well as body.

We often associate dancing with children and younger adults and, if you're a lot older than this, you may think it's something you can no longer do. But the idea behind the project was to challenge this belief, so the RAD introduced a 12-week dance programme for the over 50s to demonstrate that people of any age can benefit from a good boogie. Of those who took part, 80% were aged 75 or more, another ten were over 90 years old, and the oldest celebrated his 102<sup>nd</sup> birthday while on the programme. Many who took part initially said that they felt too old to take a dance class, or were unsure if they would be able to dance, and were delighted to find out they were wrong. Instead, they experienced a significant increase in their self-esteem and confidence and discovered they really could still hit the dancefloor, even if they had limited mobility or other health restrictions.

The initial project was so successful that a second phase was planned in order to delve deeper into the findings and take the research further, with the results published in 2017. The second phase looked at the effect of dance



on quality of life overall as well as general health and wellbeing. It confirmed that taking up dance classes in later life really can help you enjoy life more, along with improving your physical and mental health. Specifically, general energy levels were increased among the learners; and balance and co-ordination was better, leading to a reduced risk of falling – something senior citizens are particularly vulnerable to. The classes also encouraged a more positive outlook on life, as it was such a social activity and the dancers had a lot of fun. Interestingly, the fact that they had tried something new also made them more confident in trying other new activities.

RAD has now set up regular classes for over 55's to encourage this population to keep moving; and places are in demand. So if you've ever thought you can't dance, you're too old to dance, or that dancing is not for you, think again and give it a try. Advancing in years need not be a reason to avoid doing something you've enjoyed in the past, especially if it keeps you mentally and physically fit and healthy.

## Preventing ingrowing toenails

**Ingrowing toenails can be extremely painful, causing redness, swelling and infection.**

In the most severe cases, an operation which removes all or part of the affected nail may be needed to help clear the infection and relieve pain. This should be a last resort, as complications including chronic pain can follow the procedure. Many ingrowing toenails can be avoided or treated by following some really simple advice.

An ingrowing toenail occurs when the corner of a growing nail (usually on the big toe) 'digs in' to the skin of the corner of the toe, breaking the skin and causing pain as it grows. The damaged skin is then more susceptible to infection, particularly if the area is moist and warm – conditions which bacteria love! This goes some way to explain why ingrowing toenails are more frequent in adolescents, whose feet can be sweaty and may be enclosed in trainers for much of the day.

Preventing this painful condition can be pretty straightforward. Firstly, avoid or reduce time in hot, sweaty shoes – especially if they are tight fitting. Secondly, and perhaps most crucially, take care over cutting toenails. The corner of the toenail should be left 'square', with the tip jutting just beyond the skin. Toenails shouldn't be 'rounded' at the corners, as this means the growing area will dig into the skin as it advances. If a toe starts to become red and sore, soak it in warm water and gently push the skin away from the nail. This can help prevent the problem progressing.

If these measures fail, and especially if there are other medical conditions such as diabetes or problems with immunity, then medical help should be sought. However, using these simple tips should help avoid most problems with ingrowing toenails.

## 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 telephone. New referrals require that the patient be seen by the doctor. Referrals cannot be back-dated. Referrals have a currency of twelve 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. We recommend the following, **Dr C McGrath** requires 30 mins for a "Well Woman's Check" **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.

## 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.