



Dr Frank Kotai

MBBS (WA) DA

Dr Guido Hanly

MBBS (WA) FRACGP

Dr Toni Law

MBBS (WA) FRACGP MPH&TM DCH DRANZCOG

Dr Juliette Buchanan

MBBS FRACGP FARGP DCH Grad Dip FM

Dr Alina Harriss

MBBS FRACGP

Dr Mark Daykin

MB ChB (UK) MRCP (UK) FRACGP

Dr Siobhain Brennan

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

Dr Sarah Colby (on maternity leave)

MBBS(Hons), DRANZCOG

Dr Kris Scully

MBBChBAO(Hons), FRACGP, DCH

CLINIC STAFF

Nursing: Sinead, Karen, Roz, Halina, Anna and Anne

Reception: Ellen, Janet, Virginia, Kirsten, Sue, Julie, Lisa, Stephanie and Asha

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 2021

FREE!

This month we talk about...



THE RUN DOWN ON CARDIO



DELICIOUS BLUEBERRIES



DANDRUFF FAQs



A DISEASE DETECTING PILL?

How food affects our mood

It's no surprise that what we eat affects the way we feel. But this goes beyond the short-term burst of energy we feel after something sweet, or feeling drowsy after a large meal. In fact, it seems like some foods can have a longer-term impact on our mental health.

Large-scale studies have found lower levels of depression among people who eat healthy, 'traditional' diets when compared to those on typical modern western diets. Traditional diets focus on whole foods – fresh fruit and vegetables, whole grains and lean, unprocessed protein sources. The Mediterranean diet and the traditional Japanese diets are good examples; high in fish, vegetables and whole grains, they're associated with long, healthy lives. Put simply; the more processed foods, added sugars and high-fat products we eat, the worse our brain chemistry becomes.

WHAT ARE THE EFFECTS OF A POOR DIET?

There are different ways that our diet seems to act upon the complex body processes that affect our brains. A poor diet can contribute to:

- **Inflammation** – overactive inflammatory processes are thought to contribute to various conditions including autoimmune diseases, cardiovascular disease and some cancers.
- **Oxidative stress** – our ability to manage and remove certain harmful 'free radicals' – these occur naturally in our bodies, but high levels have been linked to certain diseases, such as cancer.
- **Gut microbiome** – the make-up of the gut bacteria closely affects the way we absorb and use nutrients, move food through the gut and even create some vitamins.
- **Neuroplasticity** – our brain's ability to develop connections and respond to changes. Reduced neuroplasticity is closely linked to depression and stress.

WHAT CAN WE DO ABOUT IT?

Five key recommendations have emerged from research into the effects of nutrition on mental health. These are:

1. Follow 'traditional' dietary patterns, such as the Mediterranean or Japanese diet, which are high in essential nutrients and low in 'empty calories'.
2. Include high fibre, high nutrient value foods by eating more fruits and vegetables, legumes, wholegrain cereals, nuts and seeds.
3. Eat more foods that are rich in omega-3 polyunsaturated fatty acids; these include some nuts and seeds, oily fish, and some unrefined plant oils.
4. Replace unhealthy foods with wholesome nutritious foods; as well as improving overall health, this is a good tactic for those of us who struggle with snacks!
5. Limit your intake of processed-foods, 'fast' foods, commercial bakery goods, and sweets.

CAN A HEALTHY DIET 'FIX' MENTAL HEALTH PROBLEMS?

Remember, the processes behind mental health are complex and there are many reasons people can suffer from psychiatric disorders. A healthy diet may help to reduce your risk of mental illness, and will certainly have a positive effect on other disease risk – and physical illness is closely linked to mental illness. It is not, however, a quick fix, and if you need help and support you can get advice from your GP.



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

WORD SEARCH

- ANTHOCYANINS
- ANTIOXIDANTS
- BLUEBERRIES
- CAPSULE
- CARDIO
- CELLS
- COGNITION
- DANDRUFF
- DEPRESSION
- DERMATITIS
- DIGESTIVE
- ENDOSCOPY
- FIBRE
- GULLET
- GUT
- INTESTINE
- ITCHY
- KILOJOULE
- LEGUMES
- MANGANESE
- MICROBIOME
- NEUROPLASTICITY
- NUTRIENTS
- POLYPS
- POLYUNSATURATED
- POTASSIUM
- PSYCHIATRIC
- STOMACH
- TREADMILL
- ULCERS

Blueberries: truly delicious and nutritious!

Whether in pancakes, yoghurt, muffins or jam, blueberries are an amazing fruit, absolutely bursting with goodness.

Blueberries are native to North America but are now grown around the world, including Australia. They grow from shrubs; the farmed ‘highbush’ varieties produce the larger fruits that you find in shops, but wild ‘lowbush’ shrubs tend to have smaller, more nutrient-rich berries.

Blueberries have long been known as a ‘superfood’ due to their high levels of nutrients and antioxidants, but what are the real benefits of including them in your diet?

As they are relatively low in sugar and high in fibre they have a low glycaemic Index, which makes them a source of slow-release energy – good for maintaining steady blood sugar levels, and great for gut health.

Blueberries contain high quantities of Vitamin C and Vitamin K. Vitamin C is important for skin health and immune function, and Vitamin K is mostly involved in blood clotting. They also have vitamins A, B, and E, and a range of minerals.

They’re also rich in antioxidants, the molecules that fight harmful free radicals in your body. Free radicals occur naturally in your body, but high levels have been linked to cancer, heart disease and diabetes. Eating food with high levels of antioxidants helps your body maintain that all important healthy balance.

One group of antioxidants in blueberries is known as anthocyanins – these give blueberries and similar berries their natural blue colouring. Anthocyanins have been linked to all sorts of benefits, such as improved cognition and memory, as well as reducing cardiovascular disease and diabetes.

Some studies have shown that eating blueberries regularly can have an anti-inflammatory effect. This can protect your brain cells, improve blood flow and reduce blood pressure.

Alongside all these health benefits, they’re a delicious and versatile fruit. They last well when fresh, and can be flash-frozen to retain many of their nutrients – you can find them fresh or frozen in most supermarkets. This means it’s easier than ever to throw some in your next smoothie or on top of your porridge, and enjoy the fruity boost of a truly healthy food.



Toss a handful into your salad

SIMPLE WAYS TO INCLUDE MORE BLUEBERRIES IN YOUR DIET



Add to a cheese platter



Make a tangy sauce to accompany meat dishes

Capsule endoscopy – can swallowing a ‘pill’ detect disease?

Capsule endoscopy is also known as pill-camera or wireless endoscopy. It's been available for some time now, but new advances in technology have made this medical investigation more accurate and convenient than ever before.

Usually, to examine the inside of your digestive tract, a thin tube ‘camera’ has to be passed through your mouth or anus, and manoeuvred through your upper or lower gastrointestinal (GI) system. During the procedure the practitioner watches the relayed images on screen. Although it's an effective and safe way to detect some diseases and disorders of the GI system, a traditional endoscopy has two drawbacks – firstly that it can feel very invasive and intrusive, and secondly that most of the small intestine can't be visualised.

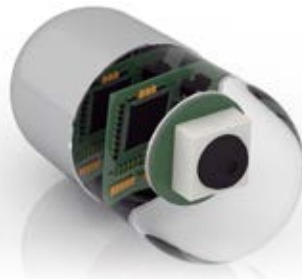
A capsule endoscopy bypasses these drawbacks – it's a small device which can be swallowed. The capsule is disposable and will pass out of your body naturally in your bowel movement.

It passes through the entire gastrointestinal tract taking photos as it goes. These images are relayed – at a rate of two images per second – to a device carried by the patient, and transmitted to a computer. It gives doctors a good view of its journey through the entire digestive system.

Being able to visualise the inside of the gut is an essential tool for identifying some serious diseases like cancers, inflammatory bowel conditions, ulcers, and internal bleeding.

Although capsule endoscopies have been in use for more than 20 years now, recent developments in this technology means it's becoming more widely available and providing better results, with clear images of the entire bowel as well as the gullet, stomach, and ducts of the GI system.

Although the capsule endoscopy has some benefits over and above a traditional tube endoscopy, one significant benefit of a traditional endoscopy is that the practitioner is able to use the tube to take biopsies and even treat some issues as they find them, such as removing polyps or cauterising small bleeding points.



Dandruff FAQ's

Have you ever experienced an itchy scalp and noticed little white flakes after you've scratched your head? You're not alone; dandruff is very common, and thought to affect around 50 percent of the population at some point in their lives.

HOW AND WHY DOES IT HAPPEN?

Our skin cells have a natural lifecycle, and are shed at regular intervals. Usually, this happens without us even noticing. Sometimes, however, those shedding cells can ‘clump’ together, creating scaly patches which flake off and are visible as whitish flecks in the hair.

There isn't always a clear cause; it can be anything from dry skin to a reaction to hair products. Sometimes, however, it is related to other conditions like seborrheic dermatitis or scalp psoriasis.

IS IT CAUSED BY POOR HYGIENE?

This is a myth – dandruff isn't caused by poor hygiene.

WILL YOUR HAIR GET THINNER?

Mild cases of dandruff shouldn't make your hair fall out any more than it naturally does, or affect the thickness of it. On the other hand, scratching an itchy scalp a lot can weaken the hair and make the hair shafts snap more or fall out.

DO YOU NEED TO SEE A DOCTOR?

This depends on what's causing it – most cases of mild dandruff can be managed by using anti-dandruff shampoos. Some people find that washing their hair more or less often can affect it, and can work out how to manage it with simple solutions.

If you're finding it difficult to manage, or it's causing particular problems like extreme itchiness, hair loss, or a bleeding scalp, consult your doctor. These can sometimes be signs of other skin conditions which may need different treatment to dandruff, so it's best to get medical advice and care.

Almost half of all Australians have health conditions that could be prevented.

Look after your mind and body by eating well, being active, getting vaccinated and avoiding risky behaviours.



Blueberry and chia seed pudding

This recipe makes two creamy, delicious bowls of goodness. Perfect for a healthy dessert or breakfast!

INGREDIENTS

- ½ cup fresh or frozen blueberries
- 1 cup of milk (or soy, cashew, or almond milk)
- 2-4 tsp maple syrup
- ½ tsp vanilla extract
- 6 Tbsp chia seeds

Topping suggestions

Shredded coconut, mixed fresh berries, mint leaves, nuts, grated chocolate.

DIRECTIONS

1. Place blueberries, milk, maple syrup and vanilla in a blender on high for 10 seconds.
2. Transfer mixture into a bowl and add chia seeds. Stir well.
3. Let chia seeds rest for about 10 minutes to absorb the liquid and expand. Then stir again with a whisk to ensure seeds are not clumped.
4. Divide mixture into small jars or bowls and place in the fridge for four hours or overnight.
5. Add your toppings and enjoy!



Cardiovascular exercise

Cardiovascular exercise is also known as 'cardio' or aerobic exercise – it's the type of exercise which triggers a rise in heart rate and gets you breathing harder and working your joints and muscles. It differs from weight training as it's a more sustained, full-body workout.

WHAT ARE THE HEALTH BENEFITS?

Cardiovascular exercise has a whole host of health benefits, including:

- **Cardiovascular health:** exercise which gets your heart and lungs working harder helps to improve your heart and lung health and prevent serious conditions like stroke and heart disease.
- **Improved circulation:** exercise which gets your blood pumping, and which involves your whole body supports circulatory system health.
- **Weight control:** if you need to lose weight, cardiovascular exercise combined with a healthy diet and sensible kilojoule intake is a great way to do it.
- **Bone health:** weight-bearing exercise that uses your own body weight, not just equipment – strengthens bones and the muscles that support your joints.

HOW DO I START?

We all start at different levels – some of us are lucky enough to find cardiovascular exercise easy and enjoyable from the beginning, whereas others of us have to work hard to get to a point where we

feel good when we exercise. Our starting level of fitness and any pre-existing health conditions may affect the amount of exercise we can do at first.

Cardiovascular exercises are adaptable; they can be tailored to people of any age, ability, and those with some mobility restrictions. If you have any underlying health issues which might restrict your ability to exercise safely, you should consult a health professional before beginning any exercise regime.

WHAT SHOULD I DO?

Cardiovascular exercise can be as simple as going for a brisk walk, run or bike ride. The aim is to push your body enough to raise your heart rate and make you breathe harder. It's even more beneficial if you can add a range of activities that include strength, balance and flexibility.

If you do go to the gym; the cardiovascular machines are the ones that keep you moving – the exercise bikes, treadmills, cross trainers and steppers. It's great if you are able to combine those with some weight training too.

However, you don't need a gym membership to do cardio, as long as your body is working harder than normal then that's a great start. Try to be active every day – remember doing any physical activity is better than doing none. It's important to listen to your own body and start slowly, or cut back if you have any problems.

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.

To find out the recommended activity levels for your age, check the guidelines at www.health.gov.au/health-topics/physical-activity-and-exercise

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.

Our newsletter is free! Take a copy with you.