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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.

This month we talk about...



MEN AND DEPRESSION



ESSENTIAL MINERAL: ZINC



GROWING PAINS



SCALY SKIN PATCHES

Memory and forgetfulness: what's normal and what's not?

Occasional forgetfulness is often considered a normal part of aging; usually it's just little things like sometimes forgetting where we've put our keys, or getting 'brain fog' over directions that should be familiar. How can we tell if our memory is normal or not?

Having an illness, taking certain medications, stress and poor sleep can cause some problems with memory, concentration and thought processes – this can happen at any age, but we're more likely to develop health problems as we age, which can contribute to forgetfulness.

Memory loss that is distressing, becoming worse, or which has an impact on our day-to-day lives is not normal. This could be the first sign of a more serious condition like dementia, which should have proper medical assessment and management.

It's important to know which memory problems are normal, and which might be a sign of a serious condition. The following table can help you to recognise and identify common instances of forgetfulness, to help you decide whether to seek help and advice from your doctor.

Normal forgetfulness	Possible signs of dementia or similar conditions
Occasionally misplacing items	Forgetting the locations of items that don't move
Needing a moment to remember the exact date	Being sure it's a different year, or unable to identify the season
Occasional word-finding difficulty	Serious new communication difficulties
Normal fluctuations in mood	Unexplained, unusual behaviour
Forgetting to renew a licence or pay a bill	Becoming unable to remember household expenses
Forgetting less familiar names	Not recognising family members

HOW TO HELP YOUR MEMORY

Mild memory problems can sometimes be managed with simple techniques:

- If you have trouble finding items, having a 'place for everything and everything in its place' can help. A hook for keys, a designated drawer for medications, a shelf for hats, gloves, and spectacles – can all cut down on time searching.
- Make notes! Use a calendar, post-it notes, shopping lists, anything you can do to make sure you keep appointments and remember to get that loaf of bread.
- Staying mentally active by learning new skills or taking part in hobbies or classes, can help with focus and attention and support memory function – using your brain really does keep it working.

- Sleep well! Tiredness and poor sleep are closely linked to forgetfulness and thought processing difficulties. Stress and emotional upheaval can also make memory worse.
- Attend your medical check-ups, especially if you have pre-existing conditions. Staying well is essential for body and mind, and it's useful to be able to mention any concerns to your doctor or nurse. It's possible that your doctor may recommend a change in medication if they think it might help to improve your forgetfulness.

If you have any concerns about your memory, thought processes or concentration, we can give you advice, review existing conditions and medications, and plan investigations or treatment when necessary.

Roast pumpkin, spinach and chickpea salad

Toasted nuts and seeds, and a lemony dressing add crunch and flavour to this tasty salad – plus it provides a healthy amount of zinc!

INGREDIENTS

700g butternut pumpkin, peeled, chopped into 2-3cm chunks
 400g can chickpeas, drained and rinsed
 2 tsp olive oil
 2 tsp grated lemon rind
 ¼ cup pistachios or cashew nuts
 2 Tbsp pumpkin seeds
 1 small red onion, sliced thinly
 150g baby spinach leaves
 100g feta, crumbled
 2 Tbsp finely chopped parsley

Lemon and honey dressing

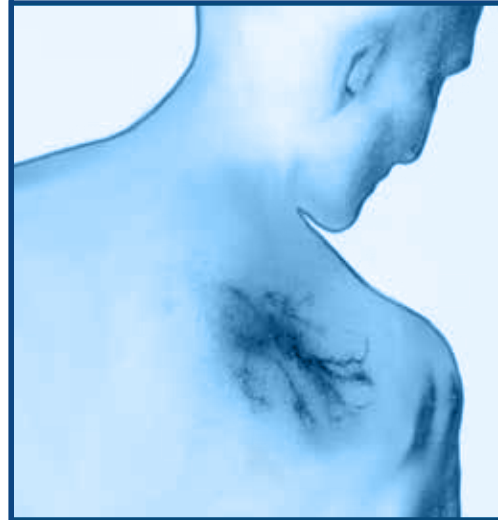
1 Tbsp olive oil
 3 Tbsp lemon juice
 1 tsp honey
 Combine ingredients in a jar with a pinch of salt and shake well.



METHOD

1. Preheat oven to 220°C.
2. Combine pumpkin and chickpeas with oil and lemon rind, season. Arrange on a lined baking tray.
3. Roast about 20 minutes until golden and tender, add nuts and pumpkin seeds for the last two minutes.
4. In a large bowl combine pumpkin, chickpeas, nuts and seeds, toss gently with onion, spinach leaves and dressing.
5. Serve salad sprinkled with feta and parsley.

Up to **1 in 3** people risk developing **shingles** in their lifetime



Some say **shingles** pain can feel like “**shocks**” shooting through **your body**

Speak to your doctor for more information on shingles

WWW.KNOWSHINGLES.COM.AU

Zinc: an essential mineral

Zinc is one of the trace minerals we need in our diet to stay healthy. We only require zinc in small amounts, but it has many important functions in our bodies.

Zinc is essential for supporting our immune system; we need it to help fight infection. It's also important for normal growth and development, wound healing, maintaining our eyesight and sense of taste and smell.

When we don't get enough zinc, we call that zinc deficiency, and can begin to experience health problems. Symptoms of a zinc deficiency include:

- hair loss
- loss of appetite, changes in taste
- problems with sexual function, particularly in men
- worsening eyesight
- wound healing problems

These symptoms can also indicate other problems; therefore it's best to get a medical assessment to determine whether you might have a zinc deficiency.

HOW MUCH ZINC DO WE NEED?

Zinc is found in high concentrations throughout our bodies, however we can't make or store it, so it's essential to

consume it daily. The amount we require daily differs according to age, sex, and nutritional needs.

In Australia the recommended dietary intake (RDI) of zinc per day for adults is 8mg for women and 14mg for men. Men have a higher requirement than women because it plays a crucial role in the regulation of male sex hormones, especially testosterone.

The recommended intake is slightly higher during pregnancy to help the baby develop normally, and also when breastfeeding.

Zinc is available in supplements, but taking too much could cause side effects and interfere with other nutrients you need – it's best to check with a healthcare professional before taking supplements.

WHERE CAN WE GET ZINC?

Red meat and certain types of seafood such as oysters, crab and mussels are excellent sources of zinc. Dairy products are also high in zinc. Some dairy alternatives and cereals are fortified with zinc, among other nutrients.

There are also good plant-based sources; these include cashew nuts, pumpkin seeds, chickpeas, lentils, kidney beans, and whole grain oats. The absorption of zinc from plant sources is less reliable

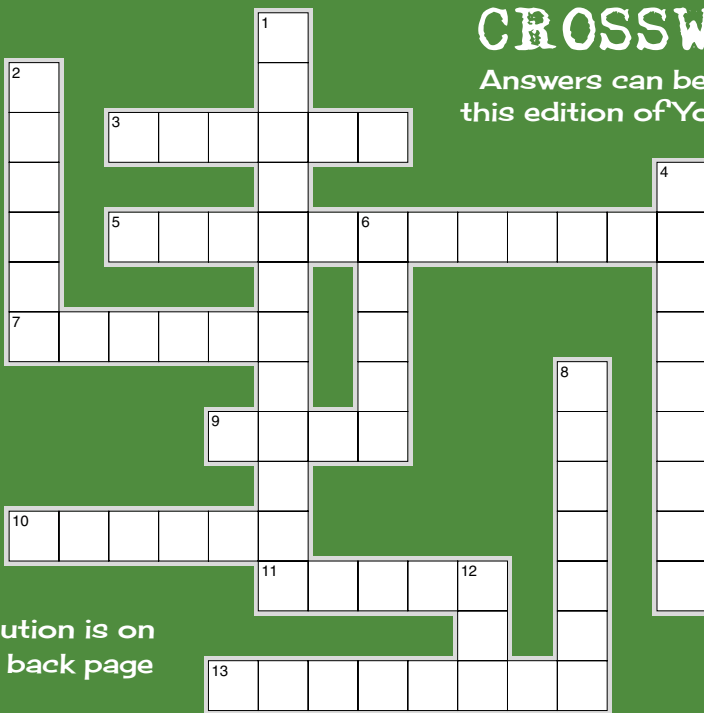
than from animal foods, so those on strict plant-based diets may need to consider this when planning a balanced diet.

Eating a healthy balanced diet that includes zinc-rich foods should meet most people's requirements, but if you're concerned about your intake please mention it so we can discuss your concerns.

 chicken	 spinach	 chickpeas	 pork
 cocoa powder	food sources of zinc (Zn)		 pumpkin seeds
 crabs			 mushrooms
 cashews	 oysters	 beef	 wheat germ

CROSSWORD

Answers can be found in this edition of *Your Doctor*.



Solution is on the back page

ACROSS

3. Distress and shock
5. A male sex hormone
7. Shame about something regarded as socially unacceptable
9. A trace mineral found in oysters
10. A wound, especially an area of skin that's broken or infected
11. Relating to the sun
13. The body's ability to resist a disease

DOWN

1. Variations
2. Mental, emotional, or physical strain
4. Plural for keratosis
6. Someone who shows endurance and doesn't complain
8. To add further ingredients to food or drink to add nutrients
12. Short for recommended dietary intake

What are those scaly patches on my skin?

Actinic keratosis, sometimes called solar keratosis, is the name for a scaly or crusty patch on the skin caused by years of sun exposure. Keratoses is the plural of keratosis.

Actinic keratoses are most common on skin that has the most exposure to the sun – those parts that aren't commonly covered by clothes like the hands and forearms, face and neck.

IS IT SKIN CANCER?

Actinic keratosis is not skin cancer, but it is linked to skin cancer – for two reasons. Firstly, the sun exposure that causes actinic keratosis can also cause separate skin lesions which may be cancerous. Secondly, a small proportion of actinic keratoses develop into cancer.

It's important to see us if you think you have actinic keratoses, because early treatment reduces the risk of them developing into cancers, and because they can look similar to other skin lesions, including cancer.

WHO IS MOST AT RISK?

The people who are prone to have skin damage from the sun are the most likely to develop them. This includes: people who have pale skin that tends to burn rather than tan, routinely work outside, live in very hot, sunny places, and have a history of repeated sunburn.

However, absolutely anyone can develop actinic keratoses, so everyone – of every skin colour and level of sun exposure, should be vigilant about skin care in the sun.

PREVENTING ACTINIC KERATOSES

Actinic keratoses are caused by sun exposure. They don't usually appear until we're at least in our forties, but the damage that leads to some skin conditions can begin at any age. Protecting our skin from the sun is the way to prevent these lesions and other

skin conditions relating to sun exposure.

Be extra careful with children – their skin is particularly sensitive to the sun, and they should have the absolute minimum sun exposure. Sunburn in babies can be very serious and should be assessed by a suitable health professional.

KEEP YOUR SKIN SAFE FROM THE SUN

- Cover up as much as possible – with clothes, hats, sunshades, and sunscreen.
- Keep out of the sun during the hottest parts of the day.
- Protective clothes, hats and shades on pushchairs are absolutely essential, and high factor sunscreen designed for children's sensitive skin is a must.



Growing pains

Growing pains are common and are not harmful, but it's always worrying to see your child upset and in pain.

Growing pains are the way we describe aches and pains in children which have no other clear cause. They're usually associated with periods of growth and development and are most common between the ages of 3 and 5, and 8 and 11, sometimes continuing into the teenage years.

Growing pains usually affect the legs; especially the calves, the fronts of the thighs or behind the knees. They may come and go and aren't necessarily linked to exercise or rest, and they shouldn't affect the joints. They're usually felt most in the late afternoons or evenings, and may sometimes affect your child's sleep.

It's not always clear what causes growing pains, and why some children get them and others don't.

WHAT CAN BE DONE TO HELP?

If your child's pain persists or causes changes in the way they walk or behave; or if there are other symptoms that you're concerned about, you should get them assessed by your doctor. Ruling out any other causes for the pain can give you peace of mind, and getting help with ways to manage the problem is helpful.

If there isn't any underlying cause to be treated, growing pains should be able to be managed at home – massage or gentle exercise, warm baths, hot water bottles or cold compresses might help to ease the pain, or at least take the child's mind off it! Simple over-the-counter painkillers designed and dosed specially for children can help.

If your child is experiencing pain, it's always okay to get them checked. Reassurance and comfort is often the key to managing pain in children.

Men and depression

There's a lot of pressure on men to be 'strong' and stoic, and not to show emotions or ask for help. However, depression in men is a major problem, and one that needs to be talked about.

IS IT DEPRESSION?

It's normal to have fluctuations in mood – occasional days where you're down, in a bad mood, or even tearful. When these days are frequent enough to affect your life, it's a problem. When your mood affects your ability to enjoy yourself and do the things you want and need to do; or if it's affecting your behaviour and relationships, then it's time to get help.

Symptoms of depression are varied, but often include feelings of sadness, despair, and hopelessness. There may also be: anger, lack of interest, concentration and memory problems, sleep disturbance; and even physical symptoms like weight loss or gain, headaches and stomach pain.

WHO IS AT RISK?

Absolutely anyone – whatever sex or gender, age, ethnic or socio-economic background – can experience depression.

Our understanding of who is at risk of depression is skewed by social stigma – there may be groups of people who are unable or unwilling to be diagnosed or treated, even though they may be experiencing deep trauma. We can count the number of people who seek help for depression; it's harder to count the number of people who suffer in silence.

WHAT TO DO IF YOU THINK YOU MIGHT BE DEPRESSED

If you're concerned about your mental health, get help from your GP or a professional mental health organisation. If you have friends and family you can talk to, that's wonderful, but the importance of professional help cannot be stressed enough – there's a lot of support available and it can make a difference. Treatment for mental health conditions saves lives.

There is still some shame around mental illness, especially among men, but there's strength in knowing when to ask for help. Being able to get help and manage your condition can show other men that it's okay to get support, and maybe even inspire others to get help before it's too late.



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:

CROSSWORD SOLUTION

ACROSS
3. TRAUMA 5. TESTOSTERONE 7. STIGMA
9. ZINC 10. LESION 11. SOLAR 13. IMMUNITY
DOWN
1. FLUCTUATIONS 2. STRESS 4. KERATOSES
6. STOIC 8. FORTIFY 12. RDI

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 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.