GLEN FORREST MEDICAL CENTRE

4 Hardey Road
Glen Forrest 6071

P: 9298 8555
F: 9298 8030
W: www.gfmc.com.au

Dr Frank Kotai
MBBS (WA)

Dr Guido Hanly
MBBS (WA)

Dr Toni Law
MBBS (WA) FRACGP MPH&TM DCH DRANZCOG

Dr Juliette Buchanan
MBBS FRACGP FARGP DCH Grad Dip FM

Dr Alina Harriss
MBBS

Dr Mark Daykin
MB ChB(UK) MRCGP (UK) FRACGP

Dr Siobhain Brennan
BSc (Hon), PhD, MBBS, DCH, FRACGP

Dr Erin O'Donnell-Taylor
(on maternity leave until Jun 2019)
MB BS (WA)

CLINIC STAFF

Nursing: Sinead, Karen, Cheryl, Fiona, Roz and Ann-Marie.

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-12.00 noon

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 surgey 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.

Predicting the future **of Alzheimer's**

What if scientists could tell you whether or not you would get Alzheimer's disease? It seems like a far-off fantasy, but that is the reality thanks to a new blood test.

Alzheimer's disease is a neurodegenerative condition that involves the death and degeneration of brain cells and their connections. It's the most feared disease after cancer, with 160,000 Australians currently diagnosed with Alzheimer's and it's expected that 170,000 New Zealanders will be suffering from it by 2050.

Typically, it starts off as a slow process, with the most common initial symptom being short-term memory loss. As the disease advances, sufferers can then experience disorientation, motivational loss, behavioural issues, language difficulties, and poor self-care. Eventually, the disease takes hold of bodily functions and speech, before the sufferer usually dies between three and nine years after diagnosis.

Detection up to this point has been time-consuming and expensive. Lumbar punctures, spinal fluid analysis, and PET scans are all standard detection methods, but they can't predict the progression of the disease, nor provide any leads to further treatment or screening. However, now, thanks to Australian and Japanese scientists, a more straightforward detection process awaits in the wings.

A blood test, which has the potential to identify those at risk of Alzheimer's three decades before severe symptoms present themselves, may be able to revolutionise current Alzheimer's research and treatment methods. Those at risk merely give a sample of blood and have it tested for the presence of a type of peptide in the blood.

The peptide that researchers are looking for confirms the presence of a protein called amyloid beta which builds up in those who have Alzheimer's.

Current research on blood tests using techniques fronted by Japanese researcher Dr. Kiochi Tanaka, have been successful. As a result, the future is looking bright for speeding up clinical trials, providing routine screening for the condition, and eventually working toward treatment methods that clear the amyloid beta protein. However, because it's in its infancy stages, there is still a way to go until the test is commonplace.

Study co-author Professor Colin Masters from the University of Melbourne said the testing is highly specialised and involves a sensitive mass spectrometry technique to measure low levels of peptide. It was first trialled on two groups: 121 in a Japanese group, and 252 in an Australian group. The trial groups included those who were healthy, were diagnosed with Alzheimer's and had mild cognitive decline. The accuracy of determining who was at risk of developing Alzheimer's was over 90 percent.

Over the next 12 months, the research team will be screening participants for clinical trials, but hope that before long, the blood test as a detection method could be streamlined and made efficient for clinical practice throughout the world.

Research for the second-most feared disease has been progressing slowly for some years, but this blood test may just mark the beginning of something significant in the Alzheimer's field, and a rapid increase in additional studies taking place.

The critical two: what your teen needs

You may be aware of what a baby needs to be healthy, but do you know what your teenager should be eating?

When your teenager was a baby, it was easy to keep them satisfied. They drank breast milk or formula, and you knew they were getting all the nutrients and nourishment they needed. However, as they got older, it may have become harder to get them to eat what you give them and stay away from foods that are high in fat and sugar.

This is especially true during teenage years. If your teen is busy with sports and schooling, it becomes all too easy to pick up a bag of chips from the shop on the way to school or opt for an energy drink for a quick pick-me-up, as opposed to water. However, as a parent, it's crucial that you help them to receive as many vitamins and minerals as possible, with two of the most important being calcium and iron.

Why calcium?

Teenagers are growing, and it's not uncommon to see particularly males go through accelerated growth between the ages of 12 and 15. During this time, when the skeleton is experiencing significant changes, it's crucial to include as much calcium in their diet as possible. Opt for calcium-rich foods like canned fish, beans, nuts, leafy greens, and wholegrain bread.

Why iron?

Iron is vital for both teenage boys and girls, but it's particularly important for girls. Iron levels can drop dramatically during a girl's period, so iron-rich food becomes even more critical. Be sure to include eggs, lean meat, chicken, fish, seafood, cereals, beans, and nuts into their diet. If they are more likely to pick up foods high in sugar and fat from the shop as opposed to packing a lunch, it may be a good idea to set some time aside to pack a lunch for them. While this is far from promoting independence, it does ensure they are getting beneficial foods to help them in the long run.

It's hard to know whether your teenager is getting enough vitamins and minerals. After all, they are growing up and are starting to make food decisions for themselves. However, you can do your part by ensuring the cupboards are filled with nutritious and delicious snacks and meal choices that are rich in essential nutrients for growth.

Clever Crossword

Answers to clues can be found in this edition of Your Doctor.

ACROSS

2. Type of support a caregiver can give. (9)

4. Adults need between seven and ____ hours sleep per night. (4)

6. The two most important vitamins and nutrients for teenagers are iron and _____. (7)

10. One in ten kiwis follow this type of diet. (10)

11. Type of injury a caregiver may develop from lifting patients. (4)

12. Common initial symptom of Alzheimer's disease. (6,4)

DOWN

1. Eating red meat may increase a woman's risk of developing this type of cancer. (5)

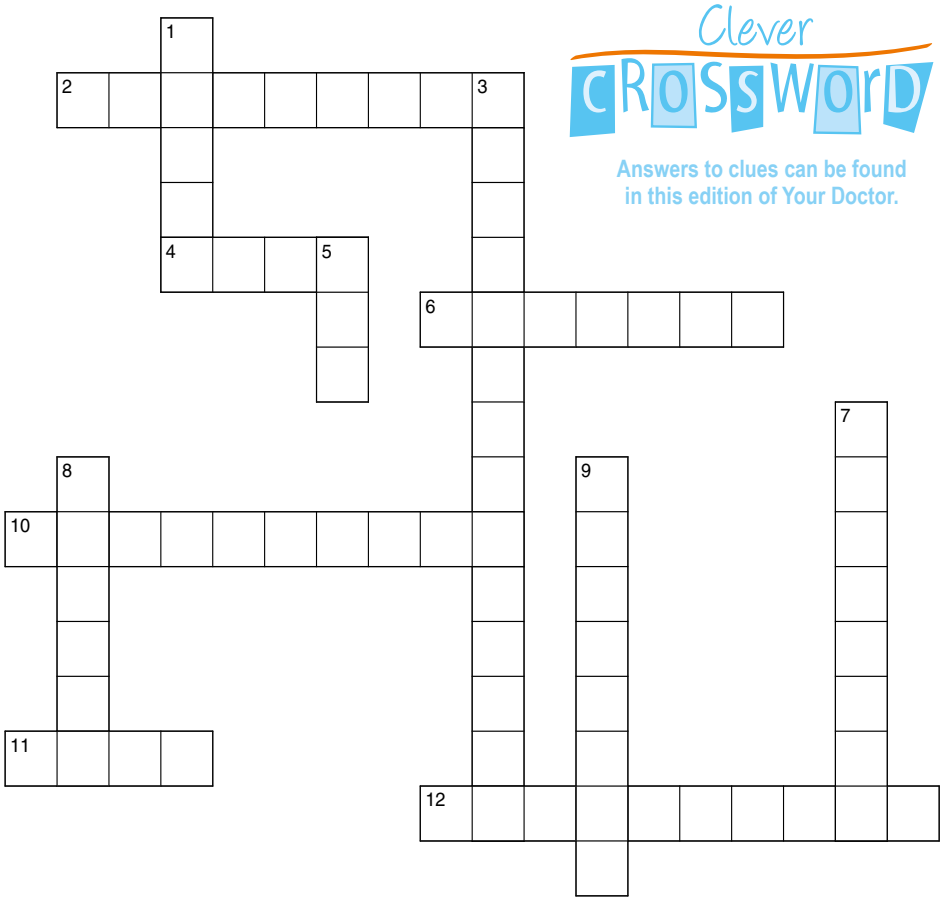
3. A current detection method for Alzheimer's disease. (6,8)

5. An iron-rich food. (3)

7. A health problem that an eye exam may reveal. (8)

8. One type of tissue at the back of the eye. (6)

9. If you have high levels of this hormone it may be suppressing your immune system. (8)



Keep an eye **on your eyes**

The eyes are more than windows to the soul. With advances in eye health technology, they can also give a unique look into your health.

The eye is a real window into what's happening in your body. It's a convenient way for a doctor to get a clear view of your blood vessels, nerves, and connecting tissue without surgery.

Getting regular eye exams is important, even if you think your vision is fine. Eye exams allow an eye care professional to monitor your eyes for common vision problems and signs of disease. Although there aren't early warning signs for the most common eye diseases, by identifying diseases early, you have the best treatment options and the best chance of preserving good vision.

A comprehensive exam will often include eye dilation. After checking your vision sharpness, the doctor will place drops in your eyes to dilate (widen) the dark centre of your eyes, called the pupil. This allows more light into your eyes, just like opening a door lets light into a dark room. Then the doctor can examine the inside of the eye.

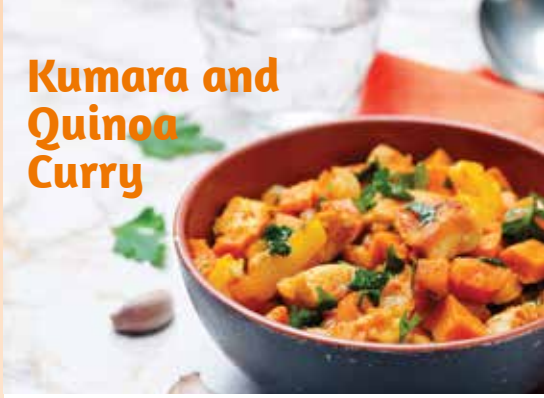
A special magnifying lens is needed to examine the tissues at the back of the eye. These tissues include the retina (light-sensitive tissue), the macula (central part of the retina for sharp vision), and the optic nerve (carries visual messages from the eye to the brain). Damage to these areas may be a sign of an eye disease.

The eyes can also reflect illness that begins in other tissue far from the eyes themselves. Eye exams may reveal health problems like diabetes, high blood pressure, autoimmune disorders, sexually transmitted diseases, and cancers.

For example, eye doctors often detect diabetes by observing damage to the retina and blood vessels in the eye. The disease may show up in eye tissue before a blood glucose (sugar) test reveals it. Early detection can prevent not only vision loss but other serious complications.

Often there are things you can do to keep your good vision, if a problem is found early. So, whilst a regular eye exam can catch issues early, there's a lot you can do to keep your eyes healthy. These include not smoking, eating a healthy diet (especially dark leafy greens like spinach or kale), and maintaining a healthy weight. Also, know your family's eye health problems. Certain diseases can run in families. And make sure to wear sunglasses to block harmful sun rays and protective eyewear for activities like sports and home improvement projects.

Kumara and Quinoa Curry



INGREDIENTS

1cup quinoa
1tbsp coconut oil
3 cloves garlic, crushed
1tbsp fresh ginger, crushed
1 onion, chopped
3 tsp turmeric powder
1 tsp ground cumin
1 tsp chilli, or more to taste
1 can coconut milk
2 cans diced tomatoes
2 orange kumara, diced
1 potato, diced (or another kumara)
1 lime, juiced
Baby spinach, chopped (or other green leafy vegetables)
Salt and pepper

METHOD

Cook quinoa as per packet instructions.

Meanwhile, heat oil in a pan over medium heat. Add garlic, ginger and onion and cook for 3 minutes.

Add all other ingredients except the spinach and lime. Simmer, covered, for approx 25 minutes (or until kumara and potato is cooked). Stir in spinach and lime juice, and cook for 1 minute. Add salt and pepper to taste.

Add cooked quinoa and stir to combine.

A **dietary dilemma** for women

If you're a woman and a regular consumer of red meat, you may want to consider making some dietary changes.

In recent years, studies have shown links between red meat and Alzheimer's disease, heart failure, and accelerated aging. However, a new study conducted in the UK shows that red meat may also increase a woman's risk of developing colon cancer.

Data was collected from 32,147 women who were selected as part of a Women's Cohort Study in Scotland, Wales, and England. They were tracked for 17 years and during this time, 462 cases of colorectal cancer were discovered, 119 of which were distal colon cancer.

The distal colon includes both the descending colon (left side of the colon) and the sigmoid colon (s-shaped section that connects to the rectum). The study showed that there may be a reduced risk in cancer of the distal colon for women who did not consume red meat, and an increased risk for those who did.

In April this year, researchers from the University of Leeds completed an analysis on that initial study and published it in the International Journal of Cancer. It was titled 'Common dietary patterns and risk of cancers of the colon and rectum' and involved research into various food products and their connection with distal colon cancer. Out of poultry, fish, vegetarian and red meat diets, higher rates of distal colon cancer were discovered in those whose diet included red meat.

While further analysis and more extensive studies are required to prove the connection, it is thought that reducing your red meat intake, or cutting it out altogether, may reduce your risk of developing this form of cancer.

Australia is a country of meat eaters, outranking even the United States on consumption. New Zealanders, on the other hand, are eating less meat than ever before, with one in 10 Kiwis choosing to follow a vegetarian lifestyle. While both countries have improvements to make, this study could go a long way to reducing the risk of colon cancer and helping both Australians and New Zealanders to make better food choices.

Given that bowel cancer, made up of colon and rectal cancers, is the third most diagnosed cancer in Australia, and the most commonly reported cancer in New Zealand, it's crucial to make lifestyle changes to reduce your risk. If you require more information or advice, consult your doctor.

Tell the bugs to **back off**

How well prepared is your body to tackle bugs and germs? Learn how you can boost your immunity naturally.

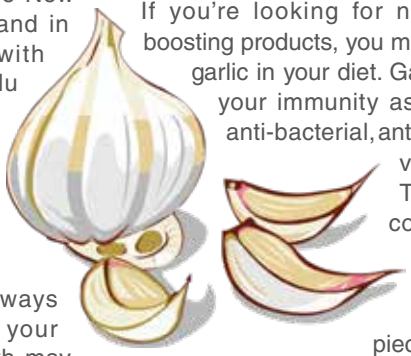
Each year, 10 to 20 percent of the New Zealand population get the flu, and in Australia, GPs are swamped with over 300,000 consultations for flu symptoms every year. If your body isn't well equipped to handle influenza or even the common cold, then you may find yourself fighting a losing battle against bugs and germs, year after year.

Your immune system should always be at the top of its game, but your lifestyle choices and overall health may dramatically alter its capabilities to protect you from illness. If you're tired of catching every bug that seems to be going around, consider any of these approaches to strengthen your immune system.

Sleep

Adults need between seven and nine hours of sleep per night, and if you're not getting that, you may be putting your immune system at risk. There are many reasons why sleep may evade you, including stress and caffeine. However, when you are sleep deprived or stressed, your body produces more of the hormone called cortisol. The longer your cortisol levels remain high, the more suppressed your immunity becomes.

Give garlic a go



If you're looking for natural immunity boosting products, you may wish to include garlic in your diet. Garlic can enhance your immunity as well as provide anti-bacterial, anti-fungal, and anti-viral properties. The best way to consume garlic for immunity is raw. You can crush or chop it, swallow pieces with a drink of water, or sprinkle it over food.

Put a stop on sugar

If you've got a sweet tooth, it might be time to cut back on treats for the sake of your immunity. Refined sugars with no nutritional value deplete your nutrient supplies when it's metabolised in your system. When these stores are empty, your immune system has a real battle on its hands as it tries to fight off colds and the flu.

Spring and winter are prime times for colds and influenza to make the rounds. If your immune system isn't ready to fight, there's no time like the present to get it battle-ready.

Take care of yourself while caring for others

It can be a labour of love, and sometimes a job of necessity. A total of 2,145,197 people in Australia provided unpaid care for someone with a serious health condition in 2016. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health.

Many of us will end up becoming a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves. Such caregiving can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also include managing medicines, doctor visits, health insurance, and money. Caregivers often give emotional support as well.

Studies have shown that some people can thrive when caring for others. Caregiving may help to strengthen connections to a loved one. Some find joy or fulfilment in looking after others. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role without any training. They're expected to meet many complex demands without much help. Most caregivers hold down a full-time job in addition to the hours of unpaid help they give to someone else.

Studies have linked informal care-giving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety. And they're more likely to have problems with memory and paying attention. Caregivers may even suffer from physical health problems related to care-giving tasks, such as back or muscle injuries from lifting patients.

Caregivers need to know it's not only acceptable, but recommended that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests.

Speak to your doctor if you, or someone you know, needs some support with the additional demands of providing care.

CROSSWORD SOLUTION

ACROSS 2. EMOTIONAL 4. NINE 6. CALCIUM 10. VEGETARIAN 11. BACK 12. MEMORY LOSS

DOWN 1. COLON 3. LUMBAR PUNCTURE 5. EGG 7. DIABETES 8. RETINA 9. CORTISOL

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 informations is only available to authorised members of staff.

Take me home to complete our PUZZLE – check inside!