

Dr Frank Kotai

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Dr Alina Harriss

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Dr Siobhain Brennan

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

Dr Erin O'Donnell-Taylor

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Dr Sarah Colby

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CLINIC STAFF

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

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-11.30am

GP After Hours – Mount Lawley

Ph 9370 4200

Monday to Friday 7pm–11pm

Saturday 2pm–10pm

Sunday 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 11pm for the practice duty doctor.

YOUR DOCTOR

**FREE!!
TAKE ME HOME**



JULY 2019

Should we teach happiness in school?

At least 20 percent of youth experience clinical depression by the time they leave high school. Should schools be prioritising mental wellness as well as mathematics?

Even though the general population has access to better education, healthcare, living situations, possessions, and technology, depression is still ten times more common today than it was 50 years ago.

What's more, the average Australian and American is still no more satisfied with their life than they were in that same period. If you were to ask someone from Britain or Germany, many would go as far as to say they are less satisfied with life now. With vast improvements in the world as a whole, it's clear to see the environment is not so much to blame as learned skill sets – or lack of ones that could matter for mental health. Depression could very well be a consequence in today's children of not teaching them how to be happy.

That's where positive education comes in – it involves all those must-learn skills of schooling years, as well as skill sets for happiness. Most parents want their children to be happy, well-balanced, confident, satisfied, and kind, but many children may not learn those attributes in a conventional school environment. Instead, most children

go to school to learn literacy and numeracy, skills to further their careers, how to succeed, and how to obey rules. There's no denying these are all valuable and crucial life skills, but they often don't include how to cope with life, and be a happy and optimistic person.

Research from the Positive Psychology framework shows that pessimists are more likely to die of a heart attack than optimists. External factors such as wealth, health, marriage, and religion only account for a mere 15 percent piece of the overall happiness pie, but meaningfulness and engagement bring more satisfaction. There is substantial evidence from controlled studies that show skills for happiness promote resilience, engagement, creativity, and positive emotion in children. These traits, in turn, promote learning, which is the traditional goal of education.

Learning positivity is not going to overtake literacy and numeracy in the classroom, but there's no reason why it can't go hand in hand. Take time today to talk to your child. Ask how their day was and encourage them to open up. You could be laying the foundation for a more resilient and confident adult in the future.

Taking care of earwax

Earwax can sometimes be a troublesome bodily secretion, but it's vital for your ear health. Learn how to take care of it.

Earwax, or cerumen, is waxy oil that protects your ears from debris, dust, water and other foreign matter. Normally, earwax makes its way out of the ear canal naturally and is then washed away. However, when it doesn't, it can be problematic.

Some people produce more earwax than average, which can result in blockages and hardening that affects hearing and causes irritation. However, the most common cause of blockage is using the wrong methods for removal, such as cotton buds, which can push the wax deeper. This can also cause damage or infection.

Signs of blockage include partial hearing loss, earache, ringing or buzzing, or a feeling that your ears are full. If this has caused an ear infection you may notice additional symptoms,

such as pain, odour, dizziness, coughing, and fever. See your GP for advice, as some of these can be signs of other problems.

Always use safe and approved methods to take care of earwax build-up. Digging the wax out yourself is not one of them. You can try using over-the-counter drops to soften it, or an ear irrigation kit may be worth considering. This process involves syringing room temperature water into your ear, then tipping your head to allow drainage. You should not use this method if you have had a medical procedure, or ear injury.

Even though earwax is a natural part of ear health and will rarely require intervention, infections and obstructions can occur. If you have any discomfort or symptoms, the safest option is to see your GP.

WORD SEARCH

- STEVIA
- COLIC
- RESILIENCE
- CIRCULATION
- SYRINGING
- MUSHROOM
- HEALTH
- HYPERTENSION
- DEPRESSION
- CREATIVITY
- PRIMARY
- CERUMEN
- GENDER
- SYMPTOMS
- OBESITY
- OPTIMIST
- RAYNAUDS
- COLD
- SECRETION
- GLUCOSE
- INFECTION



Garlic Mushrooms and Ricotta on Toast

- 2 cups mushrooms, sliced
- 2 garlic cloves, crushed
- 2 Tbsp cooking oil
- 1 lemon, juice and zest
- 2-3 thick slices of your favourite bread
- 3 dollops of ricotta cheese
- ½ tsp paprika (optional)
- Small handful micro greens (or herbs)
- Salt and pepper to taste

Put oil in a pan and heat to medium. Add mushrooms and garlic. Cook for about 5 minutes.

Meanwhile, toast the bread.

Add lemon juice and paprika to the ricotta and spread on the toast. Place on serving dish.

Add zest to the mushrooms, and place on top of the ricotta. Sprinkle with micro greens (or herbs). Enjoy!



Don't be in the dark about mushrooms

Sunlight-exposed mushrooms can provide your entire daily vitamin D requirement in one serving.

Given that about one third of Australians are vitamin D deficient, there's no better time to add mushrooms to your diet. Your body requires vitamin D for healthy bones and teeth, and to keep your immune system strong. Approximately three mushrooms can give you as much vitamin D as your body needs for the day.

Mushrooms exposed to sunlight for 30-60 minutes will naturally produce vitamin D; however, leaving them out for this long may dry them out. To solve that problem, farmers expose their mushrooms after harvesting to quick bursts of UV light. The mushrooms don't succumb to the elements, but they still generate vitamin D.

The benefits don't end there; mushrooms also provide protein, fibre, and a rich blend of B group vitamins, folate, minerals and antioxidants. Not only are they full of essential nutrients, but they are also very low in sodium, saturated fat and kilojoules.

Although technically a type of fungus, mushrooms are commonly known as a vegetable, and come in many varieties. Their versatility and delicious rich, savoury flavour makes them a popular choice to eat on their own or as added flavour to a meal.

Mushrooms are loaded with all-round health benefits and great taste; include them raw or cooked as part of your balanced diet and your body will love you for it.

FIVE COMMON EDIBLE MUSHROOMS



White Button



Cremini



Porcini



Portobello



Shiitake

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

1. Your age group

- Under 35 years 0 points
35 – 44 years 2 points
45 – 54 years 4 points
55 – 64 years 6 points
65 years or over 8 points

2. Your gender

- Female 0 points
Male 3 points

3. Your ethnicity/country of birth:

3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
Yes 2 points

3b. Where were you born?

- Australia 0 points
Asia (including the Indian sub-continent), Middle East, North Africa, Southern 2 points
Other 0 points

4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No 0 points
Yes 3 points

5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No 0 points
Yes 6 points

6. Are you currently taking medication for high blood pressure?

- No 0 points
Yes 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No 0 points
Yes 2 points

8. How often do you eat vegetables or fruit?

- Every day 0 points
Not every day 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes 0 points
No 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurement (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men

Less than 90cm

90 – 100cm

More than 100cm

Women

Less than 80cm

80 – 90cm

More than 90cm

0 points

4 points

7 points

For all others:

Men

Less than 102cm

102 – 110cm

More than 110cm

Women

Less than 88cm

88 – 100cm

More than 100cm

0 points

4 points

7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6-11: Intermediate risk

For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

Stevia: the sweet alternative

Sugar used to be the only way to sweeten food, but now there's a new player in the game: stevia.

Unlike most other sugar substitutes, stevia is derived from a plant. It is native to South America, and comes from the Asteraceae family, related to ragweed and daisy. There's a lot that researchers don't yet know about stevia, but several species of it have been used for sweetening food for hundreds of years.

South American people have been using stevia for centuries. They called it kaa-hee (or sweet herb), and used it as a traditional form of medicine for stomach problems, colic, burns, and even contraception. It was also common for them to chew on the leaf to satisfy their sweet tooth.

The stevia plant was discovered by Europeans in the late 1800's; not long after that commercial farming began, and today it's cultivated around the world. Stevia is a popular choice as an alternative to calorie-laden sugar, and is available in various forms, including tablets, granules, and powder.

Can it help with weight loss?

The goal of sugar substitutes is to help reduce your sugar intake and lose weight by consuming fewer kilojoules, (or calories). Given that stevia is around 200 times sweeter than sugar, but has no calories, it should be an obvious choice. However, studies have not proved that replacing sugar with sweeteners can lead to weight loss.

Is it healthy?

Other studies suggest stevia might have extra health benefits, but there are mixed outcomes. Initial results showed that stevia could help to treat hypertension (high blood pressure), obesity, and diabetes. However, some studies suggest the opposite, and more thorough research is required.

Is it safe?

The safety of stevia has been tested scientifically for more than 25 years. According to the Federal Food and Drug Administration, high-purity stevia plant extracts known as steviol glycosides, are safe for use in food, but unrefined stevia extracts and stevia leaf are not.

There are also concerns that chemicals in stevia could cause some cancers, genetic mutations, and adverse reactions with prescription drugs. If you are using any prescription medication, especially those relating to problems with cholesterol, blood pressure, inflammation, cancer, fertility, calcium, or viruses, proceed with caution.

Because stevia is relatively new to the food market, and research is still ongoing, there is no solid evidence to suggest it will or won't be a safer and healthier alternative to other sugar substitutes. Consult your doctor before consuming stevia in large quantities.



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.

'Tis the season for Raynaud's

With the arrival of the wintry weather, many people may notice the return of Raynaud's disease.

Have you ever noticed your fingers or toes turning white and numb with cold, and tingling when they warm up? This can be a symptom of Raynaud's (pronounced ray-knows) disease; caused when the small arteries supplying blood to your skin become narrow and limit blood circulation.

Doctors don't fully know what causes Raynaud's, but believe blood vessels in the hands and feet overreact to cold temperatures. For some people stress can bring on an attack. In some cases, it can also affect your lips, ears, nose, and nipples. As you warm up it can take around 15 minutes for healthy blood flow to resume.

Raynaud's disease affects more women than men, and tends to be prevalent in people who live in cold climates. The treatment can depend on whether you have primary

or secondary Raynaud's, and how much it affects your quality of life.

Primary Raynaud's is mild, can resolve on its own, and is not associated with any other health problems. Secondary Raynaud's, although not as common, can be serious, and is caused by an underlying medical condition.

If you have a disease of the arteries, connective tissue disease, carpal tunnel syndrome, take certain medications, or smoke, you are more at risk of secondary Raynaud's. Repetitive actions, such as typing, can also cause it. Rare cases can result in tissue damage, leading to skin ulcers, or gangrene.

Primary Raynaud's sufferers can live a normal life, but if you have severe Raynaud's, and develop an infection or sore on an affected area, see your GP immediately. You can reduce the risk of attacks by staying warm, and keeping your hands and feet away from cold places.

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.

Take me home to complete our **PUZZLE** – check inside!