



# GLEN FORREST MEDICAL CENTRE

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MBBS (WA)

**Dr Sarah Colby**  
MBBS(Hons), DRANZCOG

## 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 surgey 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



AUGUST 2019

## Are you tired of sleep problems?

Sleep deprivation is a common problem, affecting many people at some point in their lives, but what are the long term effects?

We spend around a third of our lives asleep, and it is just as important as exercise and food. Many people think the body shuts down when sleeping, but this is not the case. During sleep you are actively restoring, repairing, and strengthening your body. It's also vital for efficient brain functioning.

The amount of sleep required depends on several factors, but the average adult requires between seven to nine hours a night. Babies, children, and teenagers need between nine to seventeen hours, depending on age.

### Why we lose sleep

People struggle to sleep for many reasons; it may be stress, illness, worry, work, or family obligations. Sleep disorders such as sleep apnoea, restless leg syndrome, or snoring, are common and cause ongoing concerns.

### Signs of sleep deprivation

Sleep deprivation occurs when you get less sleep than you need to feel awake, energetic and alert. You might find you're forgetful, unmotivated, clumsy, moody and irritable; making everyday tasks and learning a struggle. Other signs can be increased appetite and cravings for carbohydrates.

Daytime sleepiness is a common symptom of "sleep debt," where, over time, a shortfall of sleep has accumulated. The good news is you can improve your health by paying back your sleep debt. You may have to work hard at increasing the hours you normally need, until the missing time is made up.

### How lack of sleep affects your health

You might think that losing out on sleep will just make you tired, but if it is ongoing it can affect your health significantly.

Not getting enough sleep increases the risk of respiratory and heart diseases, diabetes, and weight gain. Mental wellness is also affected, and depression is more likely.

Your immunity can suffer; making it harder to fight infection, this is why you need more sleep when you're recovering from illness or injury.

The good news is you can improve your health by paying back your "sleep debt"

Sleep deprivation also disrupts your focus, emotions, reasoning, alertness and judgement. Many tragic accidents happen when overly tired people are in charge of machinery and vehicles.

### What can you do to get more shut-eye?

There are many self-help methods to help you sleep; see the suggestions below for some tried-and-true tips. Trying just one to start with may make all the difference.

If these methods don't work, then getting to the root of the problem is crucial. See a medical professional to diagnose the cause. Treatment can include therapy to change behaviour and thought patterns, medication, or mechanical and physical sleep aids.

We need sleep and it's crucial to get enough of it in order to function well. The sooner you solve the issue, the sooner you will wake up refreshed, happier, and healthier.

## TOP TIPS TO HELP YOU SLEEP

- Go to bed when you're tired, and keep sleep and wake-up times consistent
- Avoid eating for two to three hours before bedtime
- Exercise during the day - even 10 minutes can positively affect sleep
- Avoid sleep 'thieves', like alcohol and caffeine
- Turn off electronics and limit your use before bedtime
- Meditation and breathing techniques can help with relaxation

Try the Lemon & Ricotta Dip recipe inside.

# Can an orange a day keep the doctor away?

Everyone knows the age-old adage of “An apple a day keeps the doctor away”, but what about citrus fruit?

The beautiful arrangements of oranges, lemons, limes, mandarins, and grapefruit in your supermarket may be appealing, but these citrus fruits have more to offer than mere looks.

They're a lunch box staple, a beverage, and a pick-me-up when you're feeling a little under the weather. Furthermore, they're plentiful in Australia throughout most of the year. The studies on how citrus fruits can benefit your health will surprise you.

## Vitamins and minerals

Citrus fruits offer an abundance of B and C vitamins; one orange alone can provide as much vitamin C as you need in a day. They also contain minerals such as potassium, phosphorus, magnesium and copper; all of which play important roles in your body processes.

## Fibre

They don't lack in the fibre department either; one large orange offers around 18 percent of your recommended daily requirement.

Fibre is crucial for improving your digestive health, and lowering your cholesterol.

## Preventing disease

These fabulous fruits are rich in plant compounds that provide anti-inflammatory and anti-oxidant effects. They may reduce the risk of heart disease, possibly boost your brain function, and lower the chance of kidney stones. If that's not enough to convince you, then the widely accepted studies on their protective effects against cancer, might.

## Weight loss

If you're trying to lose weight, then citrus fruit may help. Their fibre and water content help to fill you up, and they are low in calories. A 2015 study, conducted over 24 years, showed a link between consuming citrus fruits and weight loss.

Citrus peel extracts are used in many perfumes – especially tropical, summery scents.

## Are there any downsides to citrus fruits?

As with any food and beverages, ensure you consume citrus fruit in moderation. Their acid content can erode tooth enamel, which increases your risk of cavities. Also, consuming citrus in juice form can lead to increased sugar intake. Grapefruit can also have adverse effects with some medications.

Overall, citrus fruits are nourishing, versatile and convenient to eat. Add them to your regular diet and enjoy the sweet burst of flavour and subsequent health benefits.



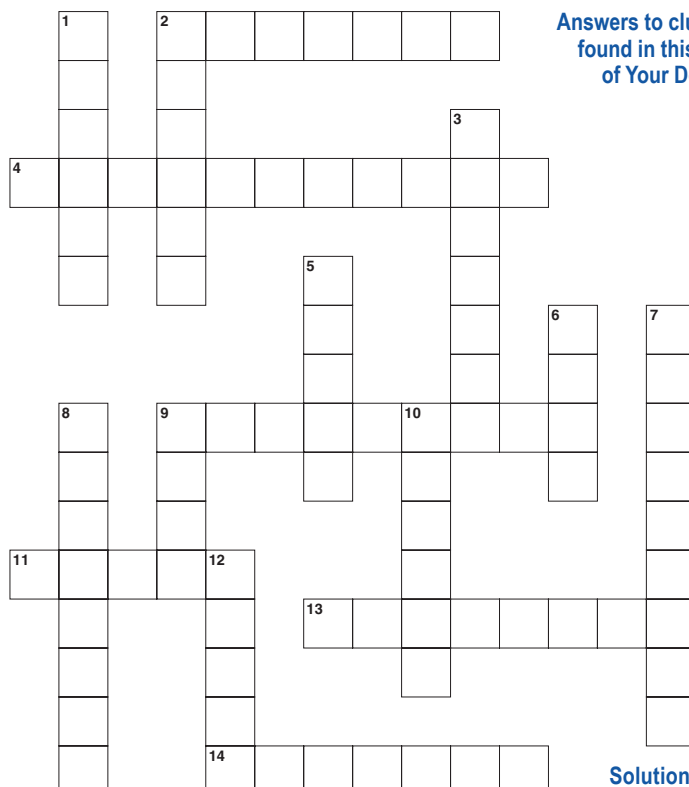
## C L E V E R C R O S S W O R D

### ACROSS

2. A long-term and prolonged illness or condition.
4. The state of being without or denied something.
9. Male sex hormones.
11. Tiny openings in the skin.
13. Supple, pliable.
14. The stage when somebody becomes capable of sexual reproduction.

### DOWN

1. Mental, emotional, or physical strain or tension.
2. The plant group that includes oranges, lemons, limes, grapefruit, and pomelos.
3. The way or position in which somebody holds his or her body, especially when standing.
5. Plant matter that is found in grains, fruits, and vegetables, and aids digestion.
6. A swelling, lump or sac that develops in the skin.
7. Correct positioning.
8. Inability to fall asleep or to remain asleep.
9. A skin disease of the oil glands resulting in pimples.
10. The sex of a person.
12. A state of unconsciousness in people and animals, during which the body rests and restores itself.



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

Solution is on the back page.





## Lemon and ricotta dip

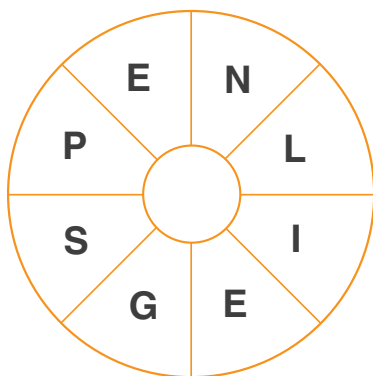
- 2 lemons, juiced
- 1 cup ricotta
- 3 Tbsp mayonnaise
- 1 Tbsp mint, finely chopped
- 2 Tbsp chives, finely chopped
- 1 clove garlic, crushed
- 1 tsp Worcestershire sauce
- ¼ tsp cayenne pepper
- Salt and pepper to taste
- Selection of raw vegetables for dipping

### Method

Combine all the ingredients. Spoon into a serving dish and serve with sliced vegetables.

## WORD WHEEL

Find as many words as you can using the letters in the word wheel. Can you find the word that uses all of the letters?




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## What do you know about **acne**?

Around 85 percent of Australians between 15 and 24 will get acne in their life. However, there's more to this skin disease than meets the eye.

Acne is the most common skin disease, and one that doesn't discriminate between gender and age, although it does affect teenagers more. If other people in your family have had it, you may be more likely to develop it too.

### What causes acne?

Acne occurs when your oil glands produce more oil and pores become blocked, resulting in blackheads and pimples. Bacteria multiply in these blocked pores, which can make the swelling, redness and soreness worse.

### Where on the body can it appear?

Pimples and blackheads can appear on almost every part of your body, but occur more in areas with large numbers of oil glands. Your face, upper back, shoulders, chest, and neck are all more likely to get them than anywhere else.

### What role do hormones play?

Boys are often more susceptible due to their high levels of androgens, (male sex hormones), particularly during puberty and as young adults. Once they reach their mid-20s, it often starts to clear up.

Women are also affected by hormones; and often notice acne worsens before menstruation, during contraceptive pill changes, and in times of high stress. Acne can also be aggravated by weight problems, pregnancy, or a condition such as polycystic ovarian syndrome.

Additionally, women are more likely to suffer from acne into their 30s and 40s. This adult acne appears to be linked to both hormones and stress.

At any age, you can see your GP about acne, especially if it's affecting your enjoyment of life. Your GP may prescribe treatment, or refer you to a skin specialist. The sooner you see a medical professional, the quicker you can get on top of it and feel better both inside and out.

# 6 acne myth busters

## • Picking and popping pimples makes them better

Stop! Squeezing pimples leads to deeper inflammation and infection. This can result in acne scars.



## • Eating chocolate and junk food causes acne

No – these foods don't cause acne. A good diet is important but won't stop you getting acne.



## • Washing more will prevent acne

Acne isn't caused by dirt. Washing too much or scrubbing can irritate skin and make acne worse.



## • Masturbation and too much or too little sex makes acne worse

Not true – there is no connection with masturbation, or the amount of sex you have.



## • Sunlight will improve acne

A tan may help hide acne, but the sun can dry skin out and make it worse. The risks of skin damage and cancer far outweigh any benefits.



## • Acne is contagious

Acne cannot be 'caught' or spread from one person to another.

**BUSTED!**

## Four surprising facts about health

1. Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike.
2. You are about one centimetre taller in the morning than in the evening!
3. When we touch something, we send messages to our brain at around 200 km/h.
4. There are more bacteria in your mouth than there are people in the world.



# The benefits of being flexible

Most people know they should stretch their muscles before they exercise, but what happens if you stretch all the time?

If you make a conscious effort to stretch all your muscles throughout the day, not just before or after you exercise, you may discover some surprising benefits.

## Fewer injuries

Stretching can decrease the risk of muscle-related injuries during physical activity. You'll develop strength, flexibility, and muscle balance. Balancing your muscles enables your body to withstand more physical stress, and is achieved by stretching all of your muscles correctly.

## More strength

As you become more flexible it's important to build your strength as well. This ensures your muscles will have the correct amount of



tension so they can provide enough strength to support you, and all your movements. This means you will become fitter in whatever you do.

## Less pain

Do you experience stiffness and aching muscles after carrying out activities or physical tasks you don't normally do? If you make an effort to open and lengthen your muscles, you may be able to reduce that discomfort.

## Better balance

Better balance and improved posture are also surprising benefits that may help you in every area of your life. With regular stretching, your body may correct any imbalances in your alignment. Your range of motion will improve, helping with everyday movements such as sitting and standing.

## A positive mind

Finally, stretching can even pave the way for a positive state of mind. You may find it easier to unwind and relax with a body that's free of aches and pains.

Getting rid of tension and loosening your muscles can have some amazing benefits. However, be wary of starting any stretching exercises if you suffer from an injury or chronic condition. Talk to your doctor if you have any health concerns.

## 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](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.

# Hair today, gone tomorrow

An ingrown hair is a downward-growing hair that has lost its way. Do you know how to spot one and what to do about it?

Every now and again, hair growth can go astray. Instead of growing upward as it should, a hair can grow downward, trapping itself under the skin. In some cases it can produce a cyst which may become a problem.

## Why do we get ingrown hairs?

Ingrown hairs occur for many reasons. You might have curly or thick hair that twists under the skin, dry skin that traps hair follicles, or your hair removal methods are to blame. Waxing, shaving, and plucking can all make your hair grow back differently.

## Preventing ingrown hairs

You can reduce the risk of ingrown hairs by using soothing shaving cream and a sharp razor, moisturising well, and shaving in the direction of the hair growth. However,

you may still get the odd ingrown hair, and sometimes this can develop into a cyst.

## What is a cyst?

A cyst is a fluid-filled lump that can be large or small, and hard or soft. It can be deep under the skin, or near the surface with a white or yellow head. In many cases, these cysts are painless and will go away on their own; but if they get infected, they can be very sore, red, swollen and itchy. At this stage treatment may be needed.

If a cyst is affecting your health, or it doesn't clear up on its own within two weeks, see your doctor. Not every lump will be a cyst and not every healing process will go as planned. Going forward, small changes in your hair and skin care routine may be able to reduce the prevalence of ingrown hairs and cysts.

ACROSS 2. CHRONIC 4. DEPRIVATION 9. ANDROGENS 11. PORES  
DOWN 1. STRESS 2. CITRUS 3. POSTURE 5. FIBRE 6. CYST  
7. ALIGNMENT 8. INSONMIA 9. ACNE 10. GENDER 12. SLEEP  
13. FLEXIBLE 14. PUBERTY

CROSSWORD SOLUTION

**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.