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MBBS FRACGP

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MB ChB(UK) MRCGP (UK) FRACGP

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MBBS (WA)

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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 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**



**SEPTEMBER 2019**

## Battling bad breath

Bad breath, or halitosis, affects about 2.4 percent of the adult population, but there are ways you can combat the condition.

Halitosis is usually caused by sulphur-producing bacteria that live on the surface of your tongue and throat. When they break down proteins very fast, they can release bad-smelling compounds. While halitosis is not dangerous or infectious, it can cause self-esteem issues and unpopularity.

### What causes bad breath?

Halitosis can have many causes, which unfortunately means that there is no single treatment for it. Common causes are smoking, dry mouth, and poor oral hygiene. Less frequently, halitosis can be the result of post-nasal discharge, kidney failure, and sinusitis. Some people may experience short-term halitosis after eating foods such as cauliflower, onion, or garlic.

### What are the signs of bad breath?

Halitosis can't always be identified by the sufferer, and is sometimes only obvious to the people around them. However there are

some common symptoms which go hand-in-hand with halitosis: post-nasal drip, constant throat clearing, a burning sensation on your tongue, bad morning breath, a sour or metallic taste, and thick saliva. A white coating on your tongue and a dry mouth are also good indicators.

### Prevention and treatment

In many cases, you can prevent or treat halitosis by drinking plenty of fluids, avoiding certain foods, and sticking to a thorough oral hygiene routine. Some mouthwashes, toothpastes, and lozenges may also help. If you have a white coating on your tongue, invest in a tongue cleaner and use it from the back of your tongue, where the smell is strongest, to the front.

If you think you have halitosis and home treatment is not helping, talk to your local doctor, chemist, or dentist, to identify the cause and work on a solution.

## A fashionable future for family planning

There are many different contraceptive options for both men and women, but what if they could be both functional and fashionable?

Instead of taking a daily pill, or relying on other contraceptive methods, your family planning could be as simple as putting on your watch in the morning.

Researchers are developing contraceptive patches which stick to small items of jewellery, making contraception easy to use and stylish. Patches that administer medication through the skin have been around since 1979, and are commonly used for motion sickness, easing menopause symptoms, and helping to cease smoking.

The contraceptive patches consist of three layers which form the backing for the jewellery. The first layer adheres to the jewellery, and the third layer adheres to your skin. The middle layer is the solid contraceptive drug which releases hormones through the third layer into your skin, so it can move into your bloodstream and circulate throughout your body.

While this technology was first designed for developing countries with limited access to health care, developers saw global potential for the idea. Because wearing jewellery is routine for many women, jewellery-worn contraceptives can be easier to remember, and have the additional advantage of being more discreet than some conventional methods.

Medication developers have taken into account the average length of time jewellery might be worn in a day; studies so far have found that hormonal contraceptive cover is still assured when the jewellery is removed for eight hours of sleep.

Testing and research is underway to ensure the patches are what the market wants; and that they are safe, effective, and easy to use. Jewellery-worn hormonal contraceptives are yet to undergo human testing, but the technology holds huge potential, and market release looks promising in the near future.

# Turmeric: the spice of life

This colourful spice adds flavour and colour to your meals, but what else could turmeric do for you?

Turmeric has long been considered one of the most beneficial foods in the world, and now shows promising results from many high-quality studies on its health benefits. The roots of the turmeric plant are used fresh, or dried and ground into a powder; both forms have been used in Asia as a medicine and a spice for thousands of years.

One of the compounds that make turmeric so nutritious, and also gives it the orange-yellow colour, is curcumin. Curcumin boasts anti-inflammatory and antioxidant effects, improves brain function, shows promise in cancer prevention, and much more.

## Brain and heart health

Curcumin can increase the levels of growth hormone in your brain, helping your neurons form new connections. This shows promise for improved learning and memory, and in the prevention of depression.

Curcumin can play a part in heart health by improving the lining of the blood vessels which helps regulate blood pressure, clotting, and inflammation.

## Anti-inflammatory compound

Inflammation is an essential function that helps your body repair damage and fight bacteria. However, extensive or chronic inflammation can cause serious health problems. It's believed that chronic inflammation may contribute to some illnesses, such as cancer, heart disease, stroke, diabetes, arthritis, and Alzheimer's.

Curcumin is powerful in fighting chronic inflammation. Studies show that it can match the effectiveness of some anti-inflammatory drugs.

*Turmeric is one of the most beneficial foods in the world*

## Antioxidant benefits

We often hear about antioxidants, but what exactly are they? Antioxidants are molecules in our bodies that fight damage caused by unstable molecules (known as free radicals). We need a balance of free radicals and antioxidants. When this balance is disrupted, our health can suffer.

Curcumin is an exceptionally powerful antioxidant that neutralises free radicals to slow down the aging process, and prevent disease.

## Cancer treatment prospects

Intensive studies have shown that curcumin can help reduce the growth of malignant cells in some forms of cancer. Research is in its infancy, but the results are promising.

To reap the health benefits, it's important to know that it's not as easy as stocking up on the spice, or heading out for a turmeric latte. The curcumin content in turmeric is a mere three percent, and is also difficult for your body to absorb, so curcumin supplements may be the most effective approach.

Not all curcumin supplements are created equal though, and more evidence on the reported benefits is needed. Some contain other ingredients such as piperine (a compound in black pepper), which can help aid absorption by up to 2,000 percent. Consuming curcumin with a fatty meal could also help, as it is fat soluble.

There's no denying that turmeric is a delicious and healthy addition to your diet, but too much can sometimes cause stomach irritation, so remember, everything in moderation. Talk to your GP about whether curcumin supplements would be suitable for you.

# WORD SEARCH

- HALITOSIS
- HAEMORRHOIDS
- CONSTIPATION
- PILES
- VEGAN
- VEGETARIAN
- CONTRACEPTIVE
- MIGRAINE
- TURMERIC
- CURCUMIN
- CHRONIC
- BRAIN
- HORMONES
- PROTEIN
- INFLAMMATION
- LEGUMES
- GRAINS
- NUTS
- BACTERIA
- SALIVA
- VEINS
- CLOT
- AURA
- NAUSEA
- STRESS
- TENSION
- NEURONS
- PIPERINE
- DIET

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# Going vegetarian: what you need to know

Nearly 12 percent of the Australian population now have an entirely, or nearly meat-free diet. Could having the right information help you consider it?

Whether people are choosing vegetarianism for health, weight loss, environmental or animal welfare reasons, the trend is set to increase, according to the Australian research company Roy Morgan. The report also found that over 50 percent of Australians say they are eating less red meat.

However, there is still a lot of misinformation about whether a vegetarian or vegan diet is healthy or safe. Read on to discover the answers to some frequently asked questions.

## Will I get enough protein?

Both meat and plant-based food can be excellent sources of protein. In fact, plant-based protein typically contains less saturated fat and more fibre than meat protein. Legumes, whole grains, seeds, nuts, and soy products are all good sources. However, vegetarians do need to eat more plant-based protein as some can be harder to process than animal derived protein.

## Is everything vegetarian healthy?

Vegetarian food is not automatically healthy. Although it doesn't contain animal products, it could have added sugar, salt, and fat instead. Read the nutritional information and if in doubt opt for fewer processed goods, and more fruit and vegetables.

## Are vegetarian diets suitable for children and pregnant women?

Pregnant women, breast feeding mothers, and children can get all the nutrients they need from vegetarian, or vegan food. The key is to consume enough calories from a diet containing an adequate amount and variety of nutrients.

Pregnant women may need additional iron in their diet, but they can get this from iron-rich plants. Adding foods high in vitamin C can also improve iron absorption.

## Can you have strong bones without dairy?

Calcium, protein, and vitamin D are all crucial nutrients for bones, but they don't have to come from dairy products or meat. Nutrient-rich foods such as broccoli, bok choy, spinach, tofu, seeds and nuts can all help with bone health. You can also choose calcium-fortified products.

Regardless of your diet, weight-bearing exercises like running, walking, yoga, and strength training can also help grow and maintain strong bones.

Whatever your dietary requirements, it's important to make educated choices about the foods you consume. Talk to your GP or dietician about how to find a diet that's right for you.



## Warming, Spicy Lentil & Sweet Potato Dhal

This dhal is gorgeous and golden thanks to a generous helping of turmeric. Once the aromas fill the air you'll find it's not just a pretty face, but also healthy and delicious. It's a one pot meal, so it's a breeze to make and great for lunch, dinner or a side dish.

### Ingredients

- 1 tbsp coconut or olive oil
- 1 red onion, finely chopped
- 1 garlic clove, crushed
- Thumb-sized piece ginger, peeled and finely chopped
- 1 red chilli, deseeded and finely chopped
- 1 ½ tsp ground turmeric
- 1 ½ tsp ground cumin
- 1 tsp coriander
- 2 sweet potatoes (about 400g), peeled and cut into approx. 2cm chunks
- 600ml vegetable stock
- 250g red split lentils
- 80g bag of baby spinach
- Handful of coriander leaves, plain unsweetened yoghurt to serve

### Method

1. Heat 1 tbsp oil in a wide, heavy-based pan with a tight-fitting lid.
2. Add onion and cook over a low heat for 10 mins, stirring occasionally until softened.
3. Add garlic, ginger and chilli, cook for 1 min, then turmeric, cumin and coriander, and cook for 1 min more.
4. Turn up the heat to medium, add sweet potatoes and stir everything together.
5. Add lentils, vegetable stock and a couple of pinches of salt.
6. Bring to the boil, reduce the heat, cover and simmer for 20 mins.
7. Stir in the spinach until it wilts.
8. Serve topped with coriander leaves and a dollop of yoghurt.

*Scoop up the glorious flavours with your favourite flat bread and enjoy!*





# What type of headache do I have?

Headaches are one of the most common health problems that medical professionals treat, but did you know the diagnosis can differ from one person to the next?

Headaches can be painful, irritating, and debilitating. Sometimes, you can make it through the day without a problem, but other times you have to crawl into bed and block out the world.

There are many different kinds and causes of headaches, two of the most common are tension headaches and migraines. Both can range from mild to severe, and can be experienced on one or both sides of the head; however there are some differences that can help determine which kind of headache you have.

## Tension headaches

Tension headaches are the most common and can make you feel like your head is tight or under pressure; they don't usually get worse with exertion. The pain may be associated with tenderness of the muscles of the head, neck, and shoulders, and can last for a few hours, or even up to a week.

## Migraines

Migraines are usually described as a throbbing sensation, and physical exertion can make the pain worse. The throbbing is believed to be related to blood flow changes in the brain causing irritation and swelling of the blood vessels.

Unlike tension headaches, migraines can cause nausea, vomiting and sensitivity to light, smell, and sound. Migraines can be with or without aura; a migraine aura can be any of a collection of neurological symptoms such as numbness, speaking difficulties, vision changes, and tingling, which signal the onset of a migraine.

## What causes headaches?

Tension or stress is more likely to cause a tension headache, but there are many triggers for migraines. Certain foods, smells, weather changes, hormones, and a lack of sleep can all cause them.

## Diagnosis and treatment

There are no migraine-specific tests, but your GP may run tests to rule out other conditions. It can be helpful to monitor your headache activity by noting your diet, events, symptoms and medication, before and during your headache.

Determining the cause of your headaches or migraines may involve a process of elimination. Sometimes, it can be as simple as cutting out an ingredient from your diet. While there is no overall cure, doctors will often recommend medication or therapeutic intervention.

If you are suffering from severe, ongoing headaches, or are experiencing head pain with unusual symptoms and a high fever, see your GP immediately. They can rule out underlying conditions before helping you to manage the pain.

## 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.

# Healing your haemorrhoids

Haemorrhoids are common, with nearly three out of four adults experiencing them at some point, yet many people suffer in silence.

Haemorrhoids can be irritating, inconvenient, and worst of all, painful. They are swollen veins, also known as piles, which occur in the lower rectum and anus. A lack of understanding and education can mean recurrent episodes and needless suffering from this largely preventable and manageable condition.

## Symptoms of haemorrhoids

Internal haemorrhoids are in your rectum, and external ones are under the skin around your anus. Some people don't experience any symptoms from having piles, but others have pain, itching, discomfort, and some bright red bleeding from the anus or rectum. Painful lumps near the anus are also common.

Occasionally, a clot can form in a haemorrhoid (known as a thrombosed haemorrhoid), which can be extremely painful, and may require drainage or lancing.

While some rectal bleeding is common with haemorrhoids, excessive blood loss and

changes in bowel movements can be symptoms of other more serious conditions. See your GP immediately if you have concerns. If you are experiencing severe pain, copious rectal bleeding, dizziness, or faintness, seek emergency help.

## Causes of haemorrhoids

Haemorrhoids occur for many reasons and often these are unknown. They may result from pressure on the rectal veins which can be caused by excessive straining during bowel movements, sitting on the toilet for long periods, constipation, and pregnancy.

Anal intercourse, a low-fibre diet, obesity, and diarrhoea can also all contribute to the risk. The likelihood of developing piles increases as you age, due to weakening of the tissues that support rectal veins.

Haemorrhoids are preventable in many cases with a few lifestyle changes. Increase your fibre and fluid intake, exercise more, try not to strain during bowel movements, and use the toilet as soon as you feel the urge to do so. See your doctor if these methods aren't helping.

**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.