



Dr Frank Kotai

MBBS (WA) DA

Dr Guido Hanly

MBBS (WA) FRACGP

Dr Toni Law

MBBS (WA) FRACGP MPH&TM DCH DRANZCOG

Dr Juliette Buchanan

MBBS FRACGP FARGP DCH Grad Dip FM

Dr Alina Harriss

MBBS FRACGP

Dr Mark Daykin

MB ChB(UK) MRCGP (UK) FRACGP

Dr Siobhain Brennan

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

Dr Erin O'Donnell-Taylor

MBBS (WA)

Dr Sarah Colby

MBBS(Hons), DRANZCOG

(on maternity leave until July 2020)

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**



OCTOBER 2019

Managing mastitis

At least one in five breastfeeding women in Australia will experience mastitis. What can you do to reduce the risk or manage the infection?

Mastitis, characterised by inflammation of the breast tissue, is common during the first six months post-childbirth. It can develop due to milk duct blockage, or even from cracked nipples, which allow bacteria to enter breast tissue.

Mastitis presents itself as sore, red, and swollen breasts, tender lumps, and flu-like symptoms.

If you notice symptoms of mastitis, continue to breast feed or express to empty the breasts; alternate between each breast for feeding and try different positions, which can help drain milk better from different ducts. Massaging the area while feeding can help drain any blocked ducts.

Put your feet up, wear loose clothing to reduce pressure, apply warmth to the infected tissue before you express, and follow it up with a cold compress afterwards. The heat can relieve blocked ducts, while the cold can ease pain.

If you start to feel unwell or you're not better after one day, see your doctor. Untreated mastitis can cause a breast abscess, and you may require medication.

You're more at risk of mastitis if you stop feeding too quickly, have a baby with tongue-tie or who doesn't latch on to your breast properly, or if your breasts get too full. Tight bras and previous infections may also increase your risk.

Self-care can go a long way to easing the pain and discomfort of mastitis. If you need support or assistance with physical and emotional health, talk to a GP, nurse, or a trusted healthcare professional.

What is Polio?

October 24 marks World Polio Day, but how much do you know about this contagious disease?

Polio (poliomyelitis), caused by poliovirus, spreads through contact with the saliva or faeces of an infected person.

The virus attacks your nervous system and infects your bowel. Symptoms include fever, fatigue, vomiting, and headaches. Some people can carry poliovirus without any symptoms, but for many, polio can lead to paralysis, meningitis, profound disability, and death.

Following a wide vaccination programme, there have been no recorded cases in Australia since 1972 or in New Zealand since 1962, but Polio is still a threat. There

are at least three countries where polio is still prevalent, which puts any nation at risk of importing it.

Anyone can be at risk, but particularly the young or those who are not immunised. You can prevent the disease with vaccination.

Doctors diagnose polio by checking your symptoms, performing a blood test, and asking about your recent travel. If the disease is confirmed, the doctor may have to notify the health department. There is no cure for polio, but doctors may recommend physiotherapy and intensive care.

If you plan on travelling to countries where people could have polio, see your GP. Make sure your immunisations are up to date before you travel.

Strong, lean and healthy

Do you think strength training isn't suitable for you? Find out why it's actually an essential part of an exercise plan for everybody.

Strength training is not just for body builders; as well as building strength it can help burn calories, reduce body fat, improve tone and lean muscle mass, and increase overall wellbeing.



How does strength training help manage weight?

Lean muscle mass reduces with age, and fat can take its place if you don't strengthen your muscles. Building muscle indirectly increases your metabolism, as muscle burns a higher percentage of calories than fat, even at rest.

Develop strong bones

Many of us don't know that strong muscles lead to strong bones. The pulling and pushing on bone from strength training and other weight bearing exercise puts stress on the bone which responds by building new cells. Strong bones can help reduce your risk of osteoporosis, and strong muscles can improve balance and stability, therefore lessening the risk of injury from falling.

Help with chronic conditions

Strength training can also help reduce the symptoms of many conditions such as back pain, arthritis, depression and diabetes. Being stronger can increase your energy and improve your ability to do everyday activities, which can help keep you mobile and independent.

Do I really have to go to the gym and lift weights?

Strength training isn't all about lifting weights at the gym. Although free weights and weight machines are commonly used, you can also use resistance bands and balls, and your own body weight. Leg squats, pull-ups, push-ups, yoga, and Pilates are all low impact activities that use bodyweight resistance, and can be performed easily at home.

How do I start?

Before you get started, make sure that strength training is right for you. Check with your doctor first if you're over 40, have any chronic health problems, or if it has been some time since you last exercised.

It is advisable to work with an exercise professional to help you choose the right level and weight, and to learn the correct training techniques. It's also important to warm up beforehand and have rest days in between workouts.

Strength training doesn't require hours of weight lifting every day; with a balanced and regular routine you will see improvement in your strength, muscle mass and overall health.

C L E V E R

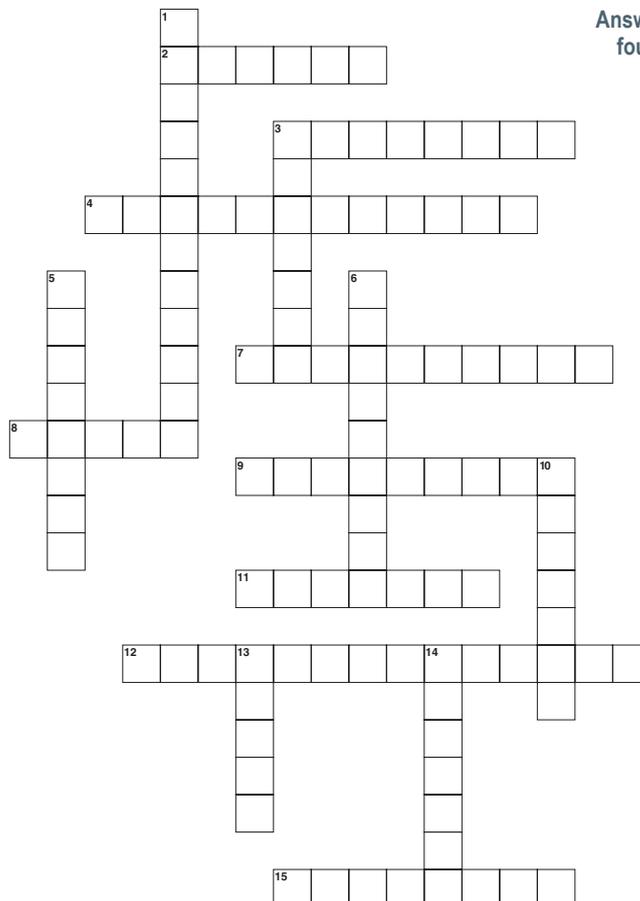
C R O S S W O R D

ACROSS

2. Clear liquid secreted into the mouth by the salivary glands
3. Able to bend, supple
4. Having unusually high blood pressure
7. Sadness and despair
8. An infection or disease
9. Unable to move
11. To be overweight
12. Relating to the heart and the blood vessels
15. To make somebody resistant to a disease by inoculation.

DOWN

1. A disease in which the bones become very porous and break easily
3. Tiredness
5. Inflammation of the breast
6. Aggravations
10. Able to be dissolved
13. A narrow tubular channel through which fluid passes
14. Engorged or enlarged.



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

Solution is on the back page.



All about oats

You may think of oats as just a filling breakfast, but they are also widely recognised for their many nutritional and health benefits.

Oats are an everyday Australian staple; they're usually eaten in the form of rolled oats or oatmeal, but are also an integral part of muesli, baked goods, and health bars. Australia is a world leader in oat production, responsible for delivering high-quality milling oats to the international market.

Health benefits

Conclusions from research carried out over several years' link regular oat consumption with lower cholesterol, and a lower risk of coronary heart disease and colorectal (bowel) cancer.

Nutrition

Oats provide a range of important vitamins and minerals. These include iron, phosphorus, potassium, zinc, copper, selenium, manganese, magnesium, and B vitamins. Oats are also a good source of protein and fibre.

Fibre

Choosing foods high in fibre helps digestion and prevents constipation. The Heart Foundation recommends that adults should aim to eat 30 grams daily. One cup of oats contains 7.5 grams of fibre, while still being

less than 300 calories. A high fibre diet may also help reduce the risk of obesity, type 2 diabetes, and heart disease.

Fibre and colorectal cancer

Studies from Britain and the Netherlands involving almost two million participants, found that people who increase their daily intake of soluble fibre by 10 grams reduce their lifetime risk of colorectal cancer by ten percent.

Blood pressure and cardiovascular disease

Studies have found that a diet including plenty of wholegrains such as oats may be just as effective at lowering blood pressure as taking anti-hypertensive medication. Lower blood pressure can in turn help to reduce the risk of cardiovascular disease.

Cholesterol and coronary artery disease

The conclusion from a number of studies found that eating foods made from unrefined oat sources such as whole or rolled oats, oat bran and oat flour may help reduce the risk of coronary heart disease by lowering high levels of LDL or 'bad' cholesterol without affecting HDL or 'good' cholesterol.

Oats are delicious, nutritious, versatile, and easy to consume as part of a healthy, balanced diet. Why not add them to your shopping list?



Chocolate and Peach Nutty Oat Bars

These chewy, no-bake nutty chocolate bars are delicious and easy to make – perfect for a protein snack on the go!

Ingredients

- ¾ cup peanut butter
- ⅓ cup honey
- 4 Tbsp coconut oil
- 1 tsp vanilla extract
- ¼ tsp salt
- 2¼ cups wholegrain rolled oats
- ½ cup of almonds or walnuts, chopped
- ½ cup dark chocolate chips
- ½ cup chopped dried peaches

Method

Line a 21cm square tin or glass container with baking paper.

Combine the peanut butter, honey and coconut oil in a saucepan, over a low heat until just melted, stirring continuously to avoid burning. Remove from heat. Overheating can cause the honey to separate.

Mix in vanilla and salt, and then add rolled oats, dried fruit and chopped nuts, and mix together.

Set mixture aside for about five minutes to cool slightly before adding chocolate chips, so they keep their shape.

Press mixture firmly and evenly into the container, and chill in the fridge.

Remove mixture from container, place on cutting board, and cut into bars or squares. Store in a sealed container in the fridge for up to a week.

"Oat extracts can also be used to soothe skin conditions, and are popular for their cleansing, softening, and moisturising properties in cosmetics"



Women: be in control of incontinence

Bladder control problems, also known as urinary leakage or incontinence, affect up to 37% of Australian women. What can you do about it?

It's never a nice feeling to suffer from bladder control problems, but it's a reality that many women face. Pregnancy and childbirth, urinary infections, obesity, post-menopausal hormone changes, diabetes, and other factors contribute to the problem. A significant number of women who suffer from urinary leakage do not seek advice from a GP.

Bladder control problems fit into two categories: stress incontinence and urge incontinence. Many women have experienced both types of incontinence.

"You don't have to live with bladder control problems".

Stress incontinence is defined as uncontrolled leakage with exertion. Sneezing, straining, coughing, lifting, and some sports, which bring about leakage without the desire to use the toilet, fall into this category. Urge incontinence is a sudden strong urge to urinate. As a result, you may suffer involuntary urine loss before you get to the toilet.



Bladder control problems can be frustrating, but you don't have to live with them. Pay a visit to your GP if you suspect a urinary infection, and try a few measures at home for mild to moderate incontinence.

Pelvic floor muscle exercises may help to strengthen the muscles that control your bladder. You can also try reducing your alcohol and tea and coffee intake, and be aware of bladder irritants such as artificial sweeteners and sugary drinks. Bladder training, which involves holding urine for a little longer each time you feel the urge, may also help.

Be in control of your continence; try a few simple measures, and see what works for you. Visit your GP or a specialist nurse if things don't improve.

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.

Did you know?

Your mouth produces about one litre of saliva each day!

Your brain is sometimes more active when you're asleep than when you're awake.

The average person has 67 different species of bacteria in their belly button.

You lose about 4kg of skin cells every year!

Your left lung is about 10 percent smaller than your right one.

Human teeth are just as strong as shark teeth.

Scientists estimate that the nose can recognise a trillion different scents!

Humans are the only species known to blush.

CROSSWORD SOLUTION
DOWN
1. OSTEOPOROSIS 3. FATIGUE 5. MASTITIS 6. IRRITANTS
9. PARALYSIS 11. OBESITY 12. CARDIOVASCULAR 15. IMMUNISE
ACROSS
2. SALIVA 3. FLEXIBLE 4. HYPERTENSION 7. DEPRESSION 8. VIRUS
10. SOLUBLE 13. DUCTS 14. SWOLLEN

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.