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**CLINIC STAFF**

**Nursing:** Sinead, Karen, Fiona, Roz,  
Halina and Anna

**Reception:** Ellen, Janet, Virginia, Kirsten,  
Sue, Julie, Michele, Rachel

**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.

## This month we talk about...



**LIVING  
WITH LUPUS**



**ANXIETY IN  
CHILDREN**



**WHEN IS A SORE  
THROAT SERIOUS?**



**SPINACH  
SPIN-OFFS**

## Can you bruise your bones?

The answer is yes. You can bruise your skin, muscles and bones – bone bruises are the most serious.

### WHAT IS A BRUISE?

Bruises form after bumps or injuries which don't break the skin, but cause small blood vessels to break and release blood. This blood pools under the skin, which is visible as a patch of discoloration. A bruise may also be referred to as a 'contusion', and a bigger build-up of blood under the skin is called a 'haematoma'.

New bruises usually look red or purplish. As the blood clots, it stops the bleeding and becomes darker. After a few days the body reabsorbs the blood and the bruise begins to fade to yellow or greenish. Some bruises take longer than others to fade, depending on your age and health.

### WHY DO BONE BRUISES HAPPEN?

When we think of bones the familiar image of a skeleton often comes to mind, so it's easy to forget that they're actually living, changing parts of the body. They're strong, but can be damaged or broken. The bones closest to your skin's surface are more likely to get bruised, such as knees, elbows and heels.

Bruising the bone takes some force, so it's usually the result of a fall or sports injury. People who play high-impact sports, or who have jobs where they might fall and injure themselves are most at risk.

### HOW DO I KNOW I HAVE BONE BRUISE?

You may have stiffness, swelling, tenderness or pain that lasts longer than a normal bruise, and difficulties using the affected joint.

Sometimes, bone bruises are entirely within the middle part of the bone, so normal bruise discolouration might take a while to appear. If you've had an injury that's bruised a bone, it's likely that you've also damaged some of the soft tissues around it, so you may have more than one type of bruise.

### WHAT CAN I DO ABOUT A BONE BRUISE?

A bone bruise will usually mean that you have to take it easy, and avoid putting stress on the affected part. If any lower joints are injured it can help to keep them elevated. Applying ice can help reduce blood flow and swelling – don't put ice directly onto the skin – wrap it in a towel or use a specially designed cool pack.

It's important to make sure that it's not a sign of a more serious injury, as broken bones also cause severe bruising. Bone bruises can take from a few days to several months to heal depending on the severity. It's important to get medical advice if the pain is difficult to manage, or it isn't healing as expected.

Avoiding injuries is the best way to prevent bone bruises, so if you take part in high-risk activities make sure you use the right safety equipment and follow procedures.

**Our bones are constantly being remodelled, with old bone being resorbed and replaced with new bone tissue. It takes about 10 years for most of the bone in your body to be renewed.**



# WORD SEARCH

A W X H Y L A C S A M L V K A U V G N I A P R W  
 A P E D D K M S P L K A U T O I M M U N E H B Q  
 P R C P L A E D G D C P X S C N I E N S B E T F  
 C Z I O V F T Q C O N T U S I O N B N N M T W L  
 L R Y D Q E S J J S R O R N E T H A J I L R P U  
 D G Y U T N S R S N B H U P S T J I Q M A A O Q  
 F S L A Y G R E L L A Y R G K Y Q B X A M U O B  
 T C L U Z Q Z H Z Q C C B L E D K O W T V M S O  
 T O V P P F S S E R T S L T L B D H W I I A T N  
 F P T D S U M Z U N E S O F E P V P O V Q Y Z E  
 P N F S X D S F V E R W O C T Z F X V E Q T O U  
 B A N X I E T Y V H I S D W O M N H C A N I P S  
 C S W E L L I N G D A N K W N B E S I N W Q B G  
 P Q J I A L I A I G P O Y R W R N T O U J K S G  
 B Q B W J Y L S Z S W I J H P W P Q Y A E E P K  
 W L W W E X E U X A P S A C B S R H C Y O B A X  
 X H K W H A F V C T U E N O I T C E F N I T H U  
 C P F H S U A B F R M L Z X A W W K R G I D G T  
 Y T A E G L V U I A U U C O L L A G E N H W E B  
 Y T U C I I E V T D H I J V W M H Y H R R W N P  
 U N V E R B C O D D S I P N G T P E R S O B N L  
 H P K Y M Z M E C M T J O T I W U Q Q T M B I I  
 R X J E S A F M M H E U G I T A F D B W S Q K Y  
 W C I T E N E G J F C V O E S I U R B K K L S U

ALLERGY  
 ANXIETY  
 AUTOIMMUNE  
 BACTERIA  
 BLOOD  
 BONE  
 BRUISE  
 COLLAGEN  
 CONTUSION  
 DISEASE  
 FATIGUE  
 FLU  
 FOLATE  
 GENETIC  
 HAEMATOMA  
 ICE  
 INFECTION  
 LESIONS  
 LUPUS  
 PAIN  
 PHOBIA  
 SCALY  
 SKELETON  
 SKIN  
 SPINACH  
 STRESS  
 SWELLING  
 TRAUMA  
 VIRUS  
 VITAMINS

## Sore throats can be serious

### WHY DO WE GET SORE THROATS?

Sore throats are usually caused by viral infections, like a cold, the flu or glandular fever. They can also be caused by a bacterial infection, sometimes called a 'strep' throat.

Other reasons include allergies, reflux allowing stomach acid to irritate the throat, or strain from shouting or yelling. Throats can also be damaged from injuries – think of a child tripping over with a lollipop in their mouth.

### HOW CAN I HELP A SORE THROAT?

Sore throats with minor coughs and colds can usually be managed at home with simple painkillers, fluids, and rest. Some people find that iced water makes swallowing easier, and ice blocks can help to keep fluid intake up. Gargling with salty water can soothe a sore throat, and may help prevent it from getting worse. Throat lozenges can also provide relief, and water with a spoonful of honey is a pleasant-tasting old remedy.

### WHEN SHOULD I BE CONCERNED?

If you have a sore throat accompanied by any of the following symptoms, seek treatment from a doctor as soon as possible:

- high fever, shivering, or you're feeling generally unwell or very tired
- swollen tonsils with visible flecks or spots on them
- earache, headache, joint pain
- skin rash
- you have a high risk of serious complications from viral or bacterial illnesses – this may be because of medical conditions or medication which affects the immune system.

Very swollen throats which are stopping you from swallowing should be treated as a medical emergency.

You can usually expect sore throats to improve after 2 or 3 days; if you're not getting better within this timeframe, it's okay to ask for advice. Throat infections that keep recurring should also be reviewed by a doctor.

Children from Aboriginal and Torres Straight Island, Māori, and Pacific Island descent are at much higher risk of serious complications from throat infections than the rest of the population. These complications can be easily treated if they're caught early, so children from high risk groups should have urgent medical assessment for throat infections.



## Spinach, tomato & cheese bake

*This is a hearty one-dish meal of tomatoes, spinach and pasta, covered with a cheesy vegetable topping, and baked till golden brown.*

### BASE

350g penne pasta  
2x 400g tins of Italian flavoured chopped tomatoes  
1/4 cup tomato paste

### TOPPING

1 tbsp. olive oil  
1 medium onion, chopped  
2 garlic cloves, crushed  
120g bag spinach leaves, chopped  
1 cup fresh wholemeal breadcrumbs  
200g cottage cheese  
1 egg, beaten  
1 1/3 cups tasty cheese

### INSTRUCTIONS

1. Cook pasta until just tender. Drain. Place in large bowl and mix with tomatoes and tomato paste.
2. Heat oil in frying pan, add onion and garlic and cook gently for about 3mins. Transfer to a large bowl, stir in chopped spinach and let cool.
3. Mix breadcrumbs, cottage cheese and 1 cup of tasty cheese, egg, salt and pepper and stir into the onion and spinach mixture.
4. Pour the tomato and pasta mixture into a large baking dish, or divide into smaller ramekins, and spread on the topping mixture. Top with remainder of grated cheese.
5. Bake at 190°C for 20 minutes, or until the top is golden brown.



## Spinach could make your hair grow and your skin glow!

Spinach is well known to be high in iron – just look at Popeye! One thing Popeye isn't known for though is a good head of hair, but actually spinach is a great source of the nutrients that promote both healthy hair and skin.

Spinach is loaded with vitamins and minerals.

- Folate helps normal cellular function and tissue growth, essential for healthy skin and hair.
- Iron is essential for hair growth as well as all-round health and metabolism. What's more, having low iron levels can cause thinning hair.
- Vitamin A helps skin produce sebum, its protective natural oil.
- Vitamin C helps us produce collagen, and is a powerful antioxidant – a substance which helps prevent aging, certain types of damage within the body, and even some serious diseases.
- Vitamin E is well known for improving skin, and is often included in skincare products.

The combined nutrients in spinach promote healthy collagen growth – the substance which keeps skin stretchy and allows it to bounce back into shape instead of sagging, especially as we age, or for those of us with dry skin conditions.

If all this is making you think of taking spinach extract supplements, be aware that although these can provide some of the nutrients, they lack the overall healthy qualities of fresh spinach. Supplements have lower levels of some vitamins, less fibre, and aren't filling in the same way as eating a whole food. Spinach is versatile and readily available, so it's easy to include in your diet.

Spinach also contains lots of vitamin K – the vitamin that controls how well blood clots. Although this is an important nutrient for most people, those who take blood thinners may be advised to avoid or limit spinach. If in doubt see your doctor for advice.

## Living with Lupus

Lupus is an autoimmune disease caused by a person's own immune system attacking parts of their body. The cause is unknown and symptoms can be variable and unpredictable, affecting almost any part of the body. This means that getting a diagnosis of lupus can take a long time, and there are often many other conditions to rule out first.

### TYPES OF LUPUS

There are two main types:

#### Systemic Lupus Erythematosus, or SLE

When we talk about lupus, we're usually referring to SLE. As a 'systemic' disease, SLE can affect any part of the body, though there are a few common symptoms. These can include extreme fatigue, pain, swelling of the joints, and sometimes problems with memory or a feeling of 'brain fog'. Some people with SLE seem to be more likely to develop certain cardiovascular diseases like strokes and heart disease.

**World Lupus Day on May 10 raises awareness about this autoimmune disease.**

#### Cutaneous Lupus

This is an autoimmune skin condition related to lupus. People with cutaneous lupus develop round, red, sometimes thickened and scaly skin lesions. The affected skin can become particularly sensitive to sunlight. Around 1 in 10 people with cutaneous lupus will also develop SLE.

There are two other rarer forms of lupus: neonatal lupus, a temporary form of lupus which affects new-born babies of mothers with lupus, and drug-induced lupus, where certain medications can cause some people to develop lupus-like symptoms.

### LIVING WITH LUPUS

Currently there is no cure for lupus; but the disease and symptoms can often be well-managed, and most people can expect to have a good quality of life.

Autoimmune disease treatment can be complex, and treatment of the underlying disease should be managed by a specialist. Managing the symptoms of lupus depends on each person's individual experience of lupus, as the symptoms can be so varied.

There are some useful support organisations for people with lupus, including local, national, and international groups. Lifelong management of lupus will involve a mix of self-care and professional medical input.

# How to help your child with their anxiety

Feeling anxious about certain situations or events is normal, even necessary. But sometimes, anxiety can become severe enough to have a serious negative impact on a person's life – this can happen to adults and children alike.

Anxiety in childhood can cause children to become withdrawn; often missing school and social interactions at a time when developing social skills and friendships is incredibly important.

## WHY ARE SOME CHILDREN MORE ANXIOUS THAN OTHERS?

Some people are simply more likely to suffer from anxiety than others. There appears to be a genetic element to how resilient children are in different situations, and different responses to stressors can be seen in children as young as six weeks old.

Some events naturally cause more anxiety or fear than others; and a strong emotional response to traumatic events – the death of a much-loved pet, for example, is very normal. Being able to move on and continue normal activities despite difficult events requires emotional resilience, and some people find it harder than others. The good news is, resilience can be learned at any age and there are many resources available to help with this.

## WHAT CAN I DO TO HELP?

Sometimes anxiety can be managed at home with simple techniques including:

- helping your child to recognise when they're anxious
- making sure your child knows that they can ask for help, and who to ask
- finding out about any particular worries or triggers – it can help just to talk about what makes people anxious and why. If they don't want to talk about it, perhaps they could write it down or draw their anxieties.
- practicing simple relaxation exercises like deep breathing or grounding techniques.

## WHEN SHOULD I BE CONCERNED ABOUT MY CHILD'S ANXIETY?

Some forms of anxiety can come and go as a normal part of development – for example, young children may experience some separation anxiety when apart from their parents. If anxiety is manageable, it's considered a normal developmental stage.

Anxiety becomes a problem when it prevents a child from enjoying normal life; when they avoid social settings, and are unable to manage their usual activities at school, home, or out and about. Some of the forms that a child's anxiety can take are phobias, social anxiety, or obsessive-compulsive behaviour.

If your child is suffering with severe, unmanageable anxiety, or if it persists despite simple management techniques, seek professional help and advice. There are lots of resources available, and seeing your doctor is a good place to start.

## 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.

## Discuss your concerns with the doctor

It's a good idea to think about what you'd like to discuss before your visit. This form can help you organise your thoughts. After you make an appointment, take a minute to write down the doctor's name and appointment details. Then use this form to make a list of your concerns.

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

**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.

*Our newsletter is free! Take a copy with you.*