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Dr Emily Frost

CLINIC STAFF

Nursing: Sinead, Karen, Roz, Halina, Anna and Anne

Reception: Janet, Virginia, Kirsten, Sue, Julie, Lisa, Stephanie, Zoe, Ellen

Practice Manager: Maria

SURGERY HOURS AND SERVICES

Consultations are by appointment.

Monday to Thursday

8.00am-1pm 2.00pm-6.00pm

Friday

8.00am-1.00pm 2.00pm-5.00pm

Saturday

8.30am-11.30am

GP After Hours – Mount Lawley

Ph 9370 4200

Monday to Friday 7.00pm–11.00pm

Saturday 2.00pm–10.00pm

Sunday and Pub Hols 10.00am–10.00pm

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

Compliments of your GP

APRIL 2022



THE SEEDY SIDE OF PUMPKIN



WHAT CAUSES SMELLY URINE?



WHOOPIING COUGH



KEEPING AN EYE ON GLAUCOMA

IBS – don't ignore your gut feelings

Irritable bowel syndrome (IBS) affects the colon (large bowel). It is a common condition that affects around 3 out of every 10 people and is more frequently diagnosed in women.

What isn't clear is the exact cause of IBS, and while the condition itself isn't dangerous, it can be very uncomfortable and distressing.

What are symptoms of IBS?

Abdominal pain or discomfort is the most common symptom and a key factor when making a diagnosis.

Other symptoms include diarrhoea (runny poo) or constipation (hard poo), or even interchanging between the two. Passing more wind than usual and stomach bloating are also associated with IBS.

People suffering from IBS report that pain is often relieved after passing wind or faeces.

It's important to know that signs of IBS are like those of more serious conditions, so it's important to see your GP if you have any concerns about changes in your bowel habits. These can include changes to the frequency and consistency of your bowel movements, blood in your poo, new pain when you move your bowels, or any symptoms which don't feel right or you're finding hard to manage.

What can trigger IBS?

It is known there are certain things that can trigger symptoms in those who experience IBS. These triggers are related to diet, infection, stress, and some medications.

While it might be noticeable that certain foods make symptoms worse, trigger foods can differ from person to person.

Symptoms may also be triggered by a recent infection such as gastroenteritis, increased

stress, or as a result of some antibiotics, antacids and pain medicines.

How is IBS diagnosed?

To diagnose IBS, your doctor will ask about your symptoms and the way they affect you. There may be other causes for these, some of which could be more serious or need to be investigated and treated in a different way. It's important to see us if you have concerns about your bowel habits or have any problematic symptoms.

How is IBS treated?

There's no specific treatment to 'cure' or prevent IBS, but it may be possible to identify and avoid triggers to help reduce your symptoms.

To find out whether your symptoms are triggered by certain foods, a short-term special eating plan may be helpful. The aim is to cut out all the foods known to cause IBS flare-ups and then gradually reintroduce them one-by-one to see if there's a particular food which makes your IBS symptoms return. This type of restrictive diet isn't recommended for long-term and should be supervised by your doctor or dietitian to ensure you don't miss out on any nutrients necessary for good health.

Although IBS can often be well-managed by a healthy lifestyle and diet, if you notice that stress or anxiety make your symptoms worse, there are other strategies that can help. You might find relief through relaxation and gentle exercise, and behavioural and psychological therapies.

Your doctor can correctly diagnose IBS, provide you with advice on identifying triggers, and help with management planning for your IBS.



Our newsletter is free! You can take a copy with you.

Toasted savoury pumpkin seeds (pepitas)

These tasty seeds can be sprinkled on to many savoury dishes for extra flavour and crunch; or they make a 'more-ish' energy-filled snack. Here are two versions to try.

Tamari pepitas

1 cup hulled pumpkin seeds
2 tsp of *Tamari
Pinch of cayenne powder
(if you like it spicy)
* Tamari is a sauce made from fermented soybeans. It has a thicker consistency and a richer flavour than soy sauce.

Spicy pepitas

1 cup hulled pumpkin seeds
1 small dried chilli - finely chopped
1 clove garlic - crushed
½ tsp salt
½ tsp sugar

Method (for both)

1. Toss the pumpkin seeds in a dry non-stick frying pan on medium heat. Keep tossing them until they're just starting to brown evenly. This only takes a few minutes.
2. Add the remaining ingredients into the pan and mix with the seeds.
3. Continue to cook and stir until most of the seeds take on a medium brown colour and are fully coated – once this happens, take off the heat and leave to cool. They can be stored in an airtight jar for several weeks.



The seedy side of pumpkins



Pumpkins and other types of squash are a seasonal treat, but pumpkin seeds can be packaged and enjoyed year-round. Pumpkin seeds, also known as pepitas, are small in size but big in vitamins, minerals, and important nutrients.

Pumpkin seeds are low in carbohydrates but high in good fats and fibre, which makes them a great plant-based source of nutrients. The main nutrients found in shelled pumpkin seeds include:

PROTEIN

Pumpkin seeds are a great plant-based source of healthy proteins.

FAT

Not all fats are equal so don't be put off; the kinds of natural oils found in pumpkin seeds are essential for carrying nutrients and for a healthy diet.

PHOSPHORUS

This mineral has many functions, such as keeping your bones and teeth healthy, filtering waste and repairing tissue and cells.

MANGANESE

Has numerous roles in your body, including maintaining healthy collagen, arteries and nerves.

MAGNESIUM

One of the best natural sources of magnesium – a mineral that can often be lacking in the Western diet. It also has many roles in your body: bones, blood, arteries, digestive system, nerves, kidneys, liver, hormones and brain all rely on magnesium for proper function.

IRON

Pumpkin seeds can contribute a useful amount of iron to your diet.

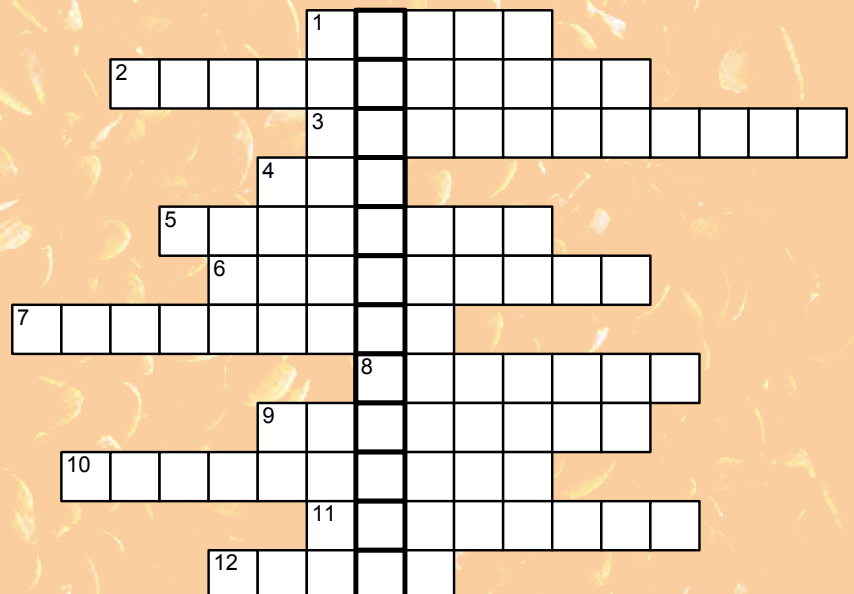
FIBRE

Essential for a healthy digestive system; some forms of fibre can also help you achieve a healthy balance of fats in the bloodstream. Pumpkin seeds are readily available from shops and are usually shelled, but you can also get them unshelled. Toasting your pumpkin seeds means that they're crisp and tasty, and cooking them makes some nutrients easier to absorb. They're versatile – making a healthy addition to salads and baking. Products such as pumpkin seed oil and butter can be found on shop shelves, but these seeds are more commonly eaten as a tasty snack.

HIDDEN WORD

Find the hidden word in the bold squares by filling the answers of the clues in the puzzle. Answer is on the back page.

1. Of or relating to the eyes.
2. A drop below normal levels of water in the body.
3. Of or relating to breathing or the organs of the body that are used in breathing.
4. A condition of of the digestive tract called Irritable bowel syndrome.
5. A disease in which pressure inside the eye causes gradual loss of vision.
6. A substance that provides nourishment essential for life and growth.
7. Another name for Whooping cough.
8. Pumpkin seeds are a plant-based source of this macronutrient.
9. Any of the tubes that carry blood from the heart to all parts of the body.
10. Capable of causing infection.
11. A protein found in skin, bone, and other connective tissues.
12. Waste liquid that collects in the bladder before leaving the body.



Find out more about whooping cough

Whooping cough, usually pronounced 'hooping' cough, is a bacterial infection that affects your respiratory system. It can cause you to: feel generally unwell, develop chest pain, shortness of breath and a severe cough.

Symptoms

The first symptom people usually notice is feeling generally unwell, with cold or flu-like symptoms. This can include a fever, sneezing and a runny nose. This develops into a cough with a characteristic 'whoop' sound when taking a breath in after a fit of coughing. The cough can be extremely severe – sometimes people with this condition cough so much that they vomit, faint, or have even been known to fracture ribs from the force of the cough.

Catching whooping cough

Whooping cough is also known as pertussis, and can be vaccinated against as part of a routine childhood immunisation

schedule. Pertussis is extremely contagious and quickly passes around schools and workplaces, or other places where people spend time in confined spaces. It's spread by coughs and sneezes; however even people who carry the bacteria without any symptoms can spread whooping cough.

Preventing whooping cough

The best way to avoid catching whooping cough is to get vaccinated. If you have symptoms you should stay off work or school so that you don't spread the infection. If you have whooping cough you are contagious from the first cold or flu-like symptoms, and continue to be contagious for around three weeks after developing the cough. Early medical treatment shortens that contagious period and helps prevent spread, as well as reducing the risk of serious illness.

Whooping cough can affect anyone, of any age, but those most likely to catch it are: babies who are too young to have

The best way to avoid catching whooping cough is to get vaccinated."

been vaccinated yet, people who are unvaccinated or haven't had a booster for more than 10 years, and people living in very close contact with anyone who already has the infection. Babies are most at risk of developing severe symptoms and complications, and can become seriously unwell very quickly. As babies may not have the same symptoms as older children and adults, it isn't always easy to tell that they have whooping cough, but any breathing distress in babies should be treated as a medical emergency.

Treating whooping cough

If you're concerned about a cough and other chest infection symptoms you should consult your GP. Anyone with coughs and infectious respiratory diseases should avoid public settings and start off with a telephone or online consult, unless it is a medical emergency.

Like with many infections, the usual advice for a mild case is plenty of fluids, rest, and taking simple painkillers to manage discomfort or bring down a mild fever.

AS MANY AS 1 IN 5 AUSTRALIANS WILL SUFFER FROM IBS DURING THEIR LIFETIME, YET MANY PEOPLE WILL SUFFER IN SILENCE FOR YEARS BEFORE SEEKING HELP.

Find out about IBS at
www.healthdirect.gov.au/irritable-bowel-syndrome-ibs

Keeping an eye on glaucoma

Glaucoma is a serious condition that affects the health of your eyes and can even lead to loss of sight.

What is glaucoma?

Glaucoma is the name given to a group of related conditions which affect the health of your optic nerve – the pathway by which your eye sends signals to the brain. It usually happens when pressure within your eye builds up and damages the nerve.

There are four types of glaucoma:

OPEN ANGLE

This is the stage where fluid build-up occurs and pressure is rising, but hasn't caused any damage.

ANGLE CLOSURE

This happens when normal fluid movement around the eye stops and creates high pressure, which can cause acute vision loss and eye pain.

NORMAL PRESSURE

This describes damage to the optic nerve that doesn't result from high pressure within your eye.

SECONDARY

When glaucoma occurs as a result of another condition, particularly an injury that affects your eye.

Most people with glaucoma don't have any obvious symptoms until their eyesight begins to be affected, which happens when there's already been irreversible damage to the optic nerve.



Who is at risk of glaucoma?

Our risk of glaucoma increases as you age, so regular eye tests are particularly important as you get older.

Having a family history of glaucoma means you're at high risk; you should make sure your optician knows you have glaucoma in the family, and have regular check-ups – as often as the optician recommends.

If you have high blood pressure, diabetes, or have long-term steroid treatment you are also at higher risk of glaucoma.

People at high risk may be advised to have eye tests more frequently than those without.

Managing glaucoma

Glaucoma can't usually be prevented, but managing your risk factors can help reduce your risk.

Having regular eye tests means that any developing glaucoma may be discovered early; which can help prevent vision loss. If you do develop glaucoma, your optician and doctor will be able to advise you on management – this may take the form of eye drops or even surgery. Glaucoma management focuses on preventing deterioration, as existing damage cannot currently be repaired.

Sudden total or partial loss of sight should be treated as a medical emergency. Other changes in vision, sudden severe eye pain and unexplained headaches should be assessed urgently.

Smelly matters: what causes different urine odours?

The smell of our pee can sometimes give us clues about our general health. If you notice something a little different about the smell of your urine, you might be wondering what it means.

Here are a few of the most common changes in urine smell, and what they may indicate.

STRONG-SMELLING

This is usually just dehydration – if it's similar to your usual urine smell, but significantly stronger, it may just be that you need to drink more water. Being dehydrated usually makes urine darker in colour too.

FISHY OR UNPLEASANT

These odours can often mean a urinary tract infection (UTI), especially if accompanied by a stinging sensation when you pee. Drinking lots of fluids can help, but some UTIs need to be treated, so if it doesn't settle with fluids, or you're worried about any symptoms, see your GP.

SWEET-SMELLING

Occasionally, sweet-smelling urine can be associated with diabetes – especially if you find you're thirsty all the time, and drinking and peeing a lot more than usual. This should be assessed by your GP.

OTHER UNUSUAL SMELLS

Some of the foods we eat can affect the smell of our urine too – asparagus is a common culprit! Taking some vitamin supplements can also change the odour, and sometimes the colour of urine – particularly the B vitamins. Some other medications can also cause changes; ask your doctor if you notice any changes that coincide with your medication.

If you have any worries about smelly urine, consult your doctor; especially if you have other accompanying symptoms – lower tummy or back pain, flu-like symptoms, unexpected weight loss or fatigue. If you have blood or pus in your urine, see your doctor straight away.

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.

Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To get the most out of your next visit, use the area below to note what you'd like to know and take this list with you to your next appointment so you don't forget what it was you wanted to ask..

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

HIDDEN WORD

The hidden word is PRESCRIPTION.

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

Our newsletter is free! Take a copy with you.