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CLINIC STAFF

Nursing: Sinead, 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

OCTOBER 2022



LACTOSE INTOLERANCE



LIVING WITH ARTHRITIS



DAYTIME WETTING



SPOTLIGHT ON SHINGLES

Compliments of your GP

Understanding and caring for your hearing

Hearing is one of our five primary senses, and an integral part of the way most of us experience the world around us.

How do we hear?

Your external ears pick up sounds in the environment which travel through your ear canal to your eardrum, which vibrates with sound waves. These vibrations enter your middle ear, containing the three smallest bones in your body – which transmit sound to your inner ear, or cochlea. This contains thousands of tiny hearing receptor cells. The auditory nerve passes the information to your brain, which works out what these sound waves mean.

Hearing loss

Your ear is a complex organ which can be easily damaged. Hearing loss can be caused by:

- Trauma – such as a head injury.
- Infection – a bad ear infection can cause long-term problems.
- Loud noise – sounds like a gunshot, or prolonged exposure to loud noise.
- Aging – hearing loss is more common as you age.
- Drugs – some medication can cause hearing problems in some people.

The first signs of hearing loss can be subtle and might only be noticeable in certain situations, such as struggling to have a conversation in places with a lot of background noise. You may find that you need to turn up the volume on television or speakers, or keep asking people to repeat themselves.

Protecting your hearing

Sound is measured in decibels (dB). Normal conversation is about 60dB and a noisy restaurant can reach 90dB. In general, sounds above 85dB are harmful, depending on how long and how often you're exposed to them. For example, a 100dB chainsaw or motorbike takes only 15 minutes to cause damage. Noise above 120dB can cause immediate harm to your ears – loud music through earphones can reach 130dB!

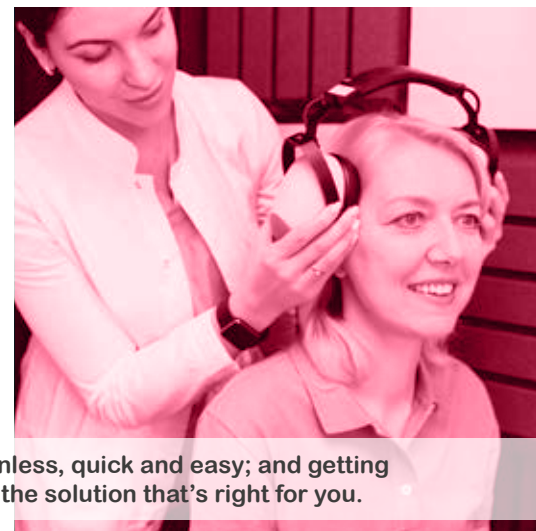
National Week of Deaf People (NWDP) is on 19–25 September

For details go online:
deaustralia.org.au/nwdp

You can't always prevent hearing loss, but there are actions you can take to limit damage. Avoiding lengthy exposure to loud noises is one of the most important things you can do. If it's unavoidable, like if you work in loud environments, use good ear protection. Listening to music, especially through headphones or earphones should be at the lowest enjoyable volume.

Living with hearing loss

Some people are born with hearing loss, for others it may develop over time. There are a number of adaptations that people with limited or no hearing use to help them in a world that is mostly set up for people who can hear. Hearing aids, assistive listening devices, sign language, lip-reading, and other non-verbal cues can all support communication for people with hearing impairment. Public and work spaces are under pressure to become more accessible for all, and technology is enabling innovative solutions. For example, apps that pick up on sounds like a public address system or a doorbell, and trigger vibration or visual alerts. If you think you're developing hearing issues it's important to seek help as soon as possible, as early management can prevent serious problems.



Having your hearing checked is painless, quick and easy; and getting professional advice will help find the solution that's right for you.

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

What is arthritis and how is it managed?

Arthritis is the name used for number of inflammatory conditions that affect your joints.

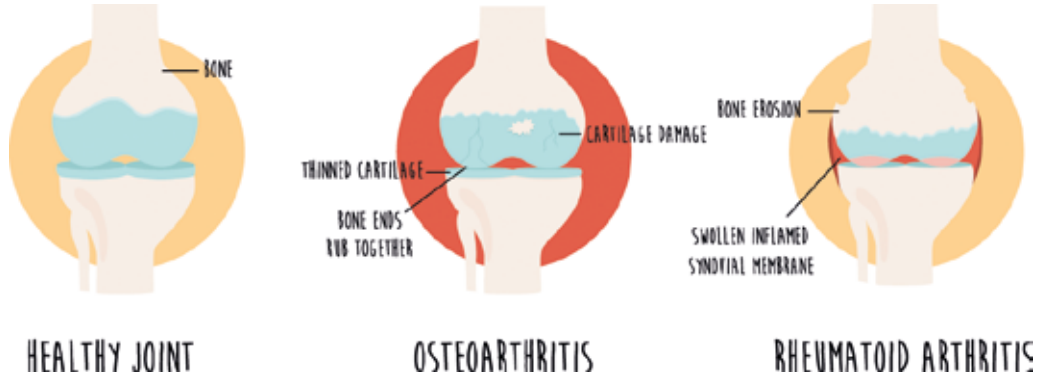
There are over 100 different types of arthritis and symptoms can differ; however most people experience swelling, pain, stiffness, and reduced mobility in their joints. Any joint can be affected, but it's more common in fingers, hands, hips, knees, elbows and shoulders. It's possible to get arthritis in just one or two joints, especially when linked to injury.

Arthritis can have a serious effect on all aspects of your life: the knock-on issues can include depression, weakness, fatigue, obesity, and other conditions related to reduced mobility.

It's estimated that arthritis affects approximately 15% of Australians - the most common type is osteoarthritis, followed by rheumatoid arthritis.

Osteoarthritis usually develops gradually, causing the tissues in your joint to wear down over years. It affects your whole joint including bone, cartilage, muscles and ligaments.

It's commonly thought to be caused by 'wear and tear' on your joints; however it doesn't have a specific cause. It is known that excess weight, previous injury and repetitive joint movements can increase your risk of osteoarthritis, and it's more common as you age.



Learning about the type of arthritis you have and working with your healthcare team will help you manage your symptoms well.

Rheumatoid arthritis is an autoimmune disease. It happens when your immune system attacks the lining of your joints, causing inflammation and swelling. Joints can be difficult to move and over time bones become damaged and deformed. Sometimes, it can cause problems to other parts of your body. If you suspect rheumatoid arthritis, see your doctor as soon as possible to help avoid complications.

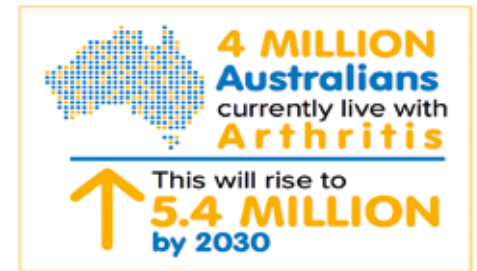
Managing your arthritis

Arthritis can't be reversed, but it can be managed effectively with regular input from your healthcare team. Your treatment plan will be tailored to the type of arthritis you have to help you achieve the best outcome.

Autoimmune conditions can be improved with the use of some medications, and there's a range of treatment for managing

pain and inflammation. Regular exercise, healthy eating, and physical therapies can all help to treat symptoms and slow down further damage to your joints. Products are available to help with the mobility and dexterity problems associated with arthritis.

The aim of management in severe arthritis is to maintain a good quality of life, which may require various treatments, home and lifestyle adaptations.



WORD SEARCH

Find each of the words in the puzzle and then try to find where they are used within this newsletter. How many can you find?

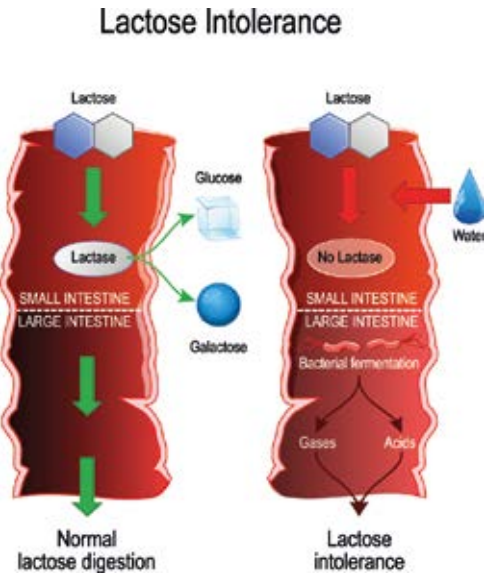
- ARTHRITIS
- AUTOIMMUNE
- BLADDER
- BLISTERS
- BONE
- CARTILAGE
- COCHLEA
- CONSTIPATION
- DAIRY
- DECIBELS
- DIARRHOEA
- EAR
- ENZYME
- EXERCISE
- FATIGUE
- HEARING
- INFLAMMATION
- INJURY
- LACTASE
- LACTOSE
- LIFESTYLE
- MILK
- NAUSEA
- NERVE
- SHINGLES
- TRAUMA
- TREATMENT
- VACCINE
- VIRUS
- WEIGHT

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

The lowdown on lactose intolerance

If you experience discomfort after consuming dairy products, there may be many reasons why. It's advisable to be well informed so you don't unnecessarily avoid essential nutrients.

Lactose intolerance is the name for a condition where you are unable to digest lactose, the main sugar found in milk. Our bodies need to make an enzyme called lactase to break down lactose – but some people can't make enough. Lactose that isn't properly digested can cause unpleasant symptoms.



Do I have lactose intolerance?

The effects of lactose intolerance are mostly gastrointestinal and can range from mild to severe. They usually include feeling bloated or passing more gas than usual, stomach cramps, diarrhoea and nausea. However, as these signs could also indicate other conditions it's important to consult your doctor if these symptoms occur regularly.

An easy way to find if lactose is causing your gut issues is to cut dairy products out of your diet for a few days, monitor your symptoms, and then gradually reintroduce milk and see if your symptoms return.

Any big changes to the diet of young children should be done carefully, and if you suspect dairy intolerance in babies, get expert help as soon as possible.

Managing lactose intolerance

Not all dairy products contain the same amount of lactose; yoghurts are usually well tolerated as the lactose in the milk has already been broken down by 'friendly' bacteria. Lactose-free dairy milk is also available, and some types of cheese are low in lactose. Gradually reintroducing small amounts of different dairy-based foods can help you work out which products are suitable for you.

If you're advised to avoid dairy products, there are lots of nutritious alternatives and it's possible to have a completely healthy diet without any dairy.

Tabbouleh

Tabbouleh is a bulgur salad filled with fresh tomatoes, onions, and cucumber, and flavoured with mint and lemon. Serve as a delicious lunch or light dinner, or add some chicken or fish for a more substantial meal.

Makes 4 servings



Ingredients

- 1 cup bulghur wheat
- 1 2/3 cups boiling water
- 1/2 tsp salt
- Finely grated zest and juice of 1 lemon
- 2 Tbsp olive oil
- 1 small red onion, diced
- 1 cup finely chopped fresh parsley
- 1/4 cup finely chopped fresh mint
- 3-4 medium tomatoes, chopped
- 1/2 telegraph cucumber, diced
- 1/4 cup chopped roasted cashews or almonds

Instructions

Place bulghur wheat into a large bowl with salt and cover with boiling water. Cover bowl, and set aside to soak for 30 minutes. Drain any excess liquid and leave to cool.

Mix cooled bulghur wheat with lemon zest and juice, oil, onion, parsley, mint, tomatoes, and cucumber and toss to combine. Scatter with nuts just before serving.

Tip: Substitute the nuts with a mix of roasted sunflower seeds and pumpkin seeds.

What is the treatment?

Shingles is caused by a virus so it can't be cured with antibiotics. However it's still important to see your doctor, as early treatment can help to shorten the length of the infection and reduce the risk of complications.

For most people, treatment for shingles mainly involves relieving the symptoms. It's also important to get plenty of rest to assist recovery.

A shingles vaccine is available and particularly recommended for older people, and some people with immune system problems, or their close contacts.

The shingles vaccine is very safe and is your best protection against the likelihood of developing this painful condition.

An allergy is different to intolerance and can cause rash, swelling of the lips and tongue and difficulty breathing. Seek medical help urgently if you suspect an allergic reaction.

Spotlight on Shingles

Shingles is caused by the same virus as chickenpox. After you recover from chicken pox, the virus stays in your body in a dormant state, which can sometimes reactivate, causing a rash and illness known as shingles.

What causes shingles?

It isn't clear what makes the virus reactivate, but it is more common in people with conditions that affect their immune system, and people who are having treatment that affects their immune system. Generally, your risk also increases with age. Shingles may accompany other illnesses or periods of stress, or sometimes there isn't any obvious cause at all.

What does shingles look like?

The first sign of shingles is usually a tingling or burning pain under your skin. This is followed by a rash, which begins as small blisters and develops into sores. After around a week to ten days, the sores crust over, creating little scabs. The shingles virus is carried along a nerve, so the rash usually follows along the path of the affected nerve. It can develop on any part

of your body, but is most commonly seen on one side of your trunk, or sometimes your face.

Shingles can also appear as a single patch, or can be more widespread; it's rare that shingles is reactivated in more than one nerve at the same time, but it could happen.

Is shingles painful?

Shingles causes a specific type of pain because it affects a single nerve. Nerve pain is sometimes described as tingling, stabbing, 'electric', sometimes itchy, and can be severe. Some people can also have symptoms of a more generalised viral illness with shingles, like the flu.

Is shingles contagious?

As shingles is a reactivation of the chicken pox virus when it's already in your body, it's not possible to catch shingles from someone else. However, it is possible to catch chicken pox from someone with shingles, especially people who are vulnerable to chicken pox, so it's advisable to stay away from other people until the sores scab over.

Childhood struggles with daytime wetting

Daytime wetting can be distressing for your child; especially if they've previously been dry. Understanding why it happens can help to find ways to manage it, or to know when to seek professional advice.

The medical term for daytime wetting is diurnal enuresis. It basically means lack of bladder control during waking hours – especially in children considered old enough to have control, about the age of five and over.

Why does it happen?

Diurnal enuresis can have a few different causes, including:

- Your child is simply getting engrossed in what they're doing and puts off going to the toilet until it's too late.
- The bladder is not working normally. An overactive bladder causes the bladder muscles to contract even if it isn't full, triggering the need to urinate frequently and urgently. Children can leak urine when they feel this urge.
- Incomplete bladder emptying – when children don't completely empty their bladder they can sometimes leak urine.



There may be another condition causing a problem, like a urinary tract infection. Constipation can also affect bladder control.

How to help

It may be possible to identify and manage an underlying cause – something as simple as reminding your child to go to the toilet at regular intervals, or before they get too desperate. If not, there are a few ways to try and manage daytime wetting.

- Look for patterns – if it's around the same time every day, or linked to certain foods and drinks, ensuring your child visits the toilet at that time can help them get into the habit of remembering.
- Manage timing of drinks – children should keep drinking plenty of water, but just tweaking the timing can help. Particularly if there are certain times of the day when it's easier for them to get to a toilet.
- Check that everything's okay – there may be a physical issue that needs to be addressed.

Every child is different, and it's common to have 'accidents' even after toilet training. If it's becoming a problem, especially for children who've started school, ask your doctor for help.

Daytime wetting is NOT an attention-seeking behaviour, nor is it caused by naughtiness or laziness.

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:		

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.

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.

Our newsletter is free! Take a copy with you.