



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 Sarah Colby

MBBS(Hons), DRANZCOG

Dr Rodney Peh

CLINIC STAFF

Nursing: Sinead, Koz, 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

SEPTEMBER 2022



CURIOUS ABOUT
COLLAGEN?



EXERCISE &
PROSTATE CANCER



ALCOHOL &
PREGNANCY



SLEEPING WITH
DEMENTIA

Compliments of your GP

How to stay heart healthy

Heart disease is the number one killer worldwide, but we can help reduce our risk of developing or worsening heart disease by making healthy lifestyle choices.

There are lots of different known risk factors for heart disease – some are non-modifiable, meaning that there's little or nothing we can do to change them. These include our family history of heart disease, our age, ethnicity, and some underlying health conditions.

However, heart disease is a condition with a lot of modifiable risk factors – these are the things that we have some control over, which can have a huge impact on how likely we are to develop heart disease. Some modifiable risk factors for heart disease include:

- **Being overweight and obese**
Your weight does not necessarily indicate how fit you are, but studies have found that being overweight is a risk factor for heart disease.
- **Diabetes**
Type 2 diabetes can often be prevented by following a healthy lifestyle. Many of the risk factors for heart disease are the same as those that make people more likely to develop type 2 diabetes. Diabetics who manage their condition well can still reduce their risk of heart disease compared to those with poorly-controlled diabetes.
- **High blood pressure**
High blood pressure is strongly linked to heart disease and other cardiovascular conditions like stroke and can cause long-term damage and strain on blood vessels.
- **A sedentary lifestyle**
Simply being inactive, whether you're slim or overweight, otherwise healthy or not, increases your risk of heart disease.

Regular physical activity combined with a healthy diet can be protective factors against many diseases



- **Smoking**
Smoking contributes to heart disease in several different ways – it causes changes in the lining and elasticity of your blood vessels; alters the balance of oxygen in your body, and makes clots more likely to form in your blood.
- **High cholesterol**
Heart attacks are primarily caused by narrowing or blockages in the blood vessels that 'feed' the heart muscle. Cholesterol is a type of fatty substance that occurs naturally in your body – but when there's too much in your bloodstream it can cause waxy build-ups on the inside of blood vessels, narrowing them and reducing blood flow. Cholesterol is a type of fat found in animal products, but not in plant-based foods.
- **Poor diet**
A poor diet can increase your risk of high cholesterol, obesity, type 2 diabetes, as well as other factors that contribute to heart disease.

It's never too late to make healthy changes, and we know that following a healthy lifestyle can also improve the outlook for people with existing cardiovascular disease. People with existing conditions can also make positive changes in the way their disease affects them, just by making healthier choices.

It's particularly important for people with existing conditions, or who are at high risk of heart disease, to follow the treatments recommended by their doctor, and to attend regular check-ups and follow-up appointments. If you're concerned about any of your risk factors, it's okay to ask.

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

Is there a safe limit of alcohol during pregnancy?

Drinking alcohol during pregnancy is the leading preventable cause of birth defects.

Alcohol use in pregnancy increases the risk of miscarriage and stillbirth, and can cause serious and permanent damage to the body and brain of a developing foetus. This results in a range of different physical and mental problems for the baby that can last a lifetime. It's known as Foetal Alcohol Spectrum Disorder (FASD). Some people may have very minimal signs of FASD, others can be profoundly affected.

Signs of FASD

- Developmental delay – babies born with FASD can vary widely in the way they follow developmental milestones. This is due to a combination of physical problems such as with coordination, and changes in foetal brain development causing mental health problems and learning disabilities.
- Visible signs – there can be some visible physical characteristics associated with FASD – babies born with FASD are usually small for their age. Adults with FASD are usually shorter and have a smaller head circumference than average. Babies with FASD are typically described as having smaller than average eyes and a thin upper lip without a defined philtrum (the vertical ridge under the nose).
- Delayed speech, various communication and language problems.



9 September
International Foetal
Alcohol Spectrum
Disorder Awareness
Day (FASDAY)

- Learning disabilities – developmental problems in the central nervous system of babies with FASD are linked to a range of behavioural, learning, and cognitive changes.
- Balance and coordination problems, abnormal reflexes and movement disorders.
- Poor hearing and vision – FASD affects hearing and vision because of the way it impacts the developing brain, and by other physical traits of FASD that can affect the eyes and ears.

The risks associated with alcohol are so great that health authorities now recommend that there is no 'safe' amount

of alcohol that you can have while pregnant. Alcohol in the blood passes directly through the placenta, so basically, if you're drinking alcohol, so is your baby.

Alcohol should be avoided at any stage in pregnancy, so it's also a good idea to cut it out while you're trying to conceive. If you drank alcohol and found out afterwards that you were pregnant, the most important thing is to stop as soon as you realise – and ask your prenatal care team if you have any specific concerns.

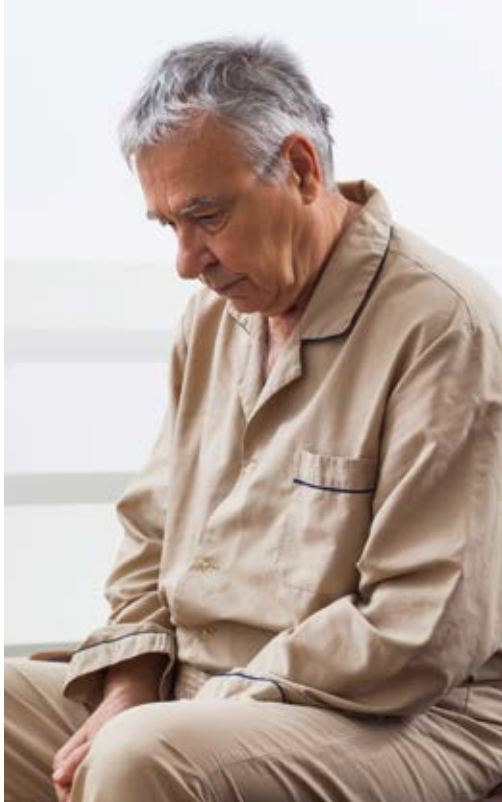
If you're struggling to cut out alcohol or you're concerned about how much you're drinking, ask your GP – they will understand and help without judging you.

Improving sleep for people with dementia

Sleeping problems are very common in people with dementia, and can have a serious effect on the health and wellbeing not only of the person suffering dementia, but on their loved ones and carers too.

Some of the most common causes are:

- Not being tired – physical activity can become reduced in some people as it gets harder to get out and about, and even to move at all in the later stages.
- Needing the toilet – continence can become a problem, and 'accidents' in the night can contribute to poor sleep, as well as other issues.
- Pain – we're more likely to suffer dementia as we age, and that also goes for other health conditions, including those that cause chronic pain.
- Changes in mood or cognition – dementia can trigger changes in the body that can really disturb patterns of sleep and wakefulness.
- Environmental factors – a person with dementia might struggle to control or describe something that is affecting their sleep, like a room that's too hot or cold, or an uncomfortable bed.



Things you can try to help

- Regular toilet breaks – if waking up a lot through the night to go to the toilet is a problem, setting an alarm to have one regular toilet break in the night can help manage continence and set a better pattern to minimise sleep disturbance. Avoiding drinking too much in the evening can help too.
- Exercise – any amount of fresh air and exercise can help to set good patterns of sleep and wakefulness.
- Manage pain – sometimes just changing medication times can help.
- Good sleep hygiene – a good bedtime routine with some relaxation time and a warm drink can help.
- A comfortable environment – making sure that the room is a nice place to sleep, and avoiding big changes to the environment if possible.

Whatever the cause, if sleep disturbance is a problem, it's important to get some professional help, and we are here if you need support.

'A little support makes a big difference' campaign encourages support for people living with dementia. For details visit at www.dementia.org.au/dementia-action-week

Curious about collagen?

Collagen is the most abundant protein in your body. It's particularly important as a building block for your connective tissue – this is the stuff that makes your body supple, resilient and stretchy where it needs to be.

Collagen is an essential component of our bones, skin, muscles, and cartilage. It's found in meat and fish which contain connective tissue, but we can also get the basic ingredients to make collagen in our own bodies by eating a healthy varied diet, including plant-based.

You produce less collagen as you age, which is one of the reasons why your skin changes, becoming less elastic and more lined. However, collagen production is affected more by your lifestyle. Collagen decreases due to overexposure to sun, smoking, a poor diet (too much sugar, processed food, and alcohol), and lack of sleep and exercise. The use of collagen supplements is on the rise, with claims they can improve bone and joint health, and reduce the signs of aging – but do we really need to take extra collagen?



Do collagen supplements, creams and lotions work?

Research on the benefits of extra collagen in the diet has found that it may improve joint mobility and decrease joint pain, or slow the collagen loss that comes with aging. However, more comprehensive human studies are needed to support these results. What is certain is that most people make enough collagen naturally by following a healthy diet and lifestyle.

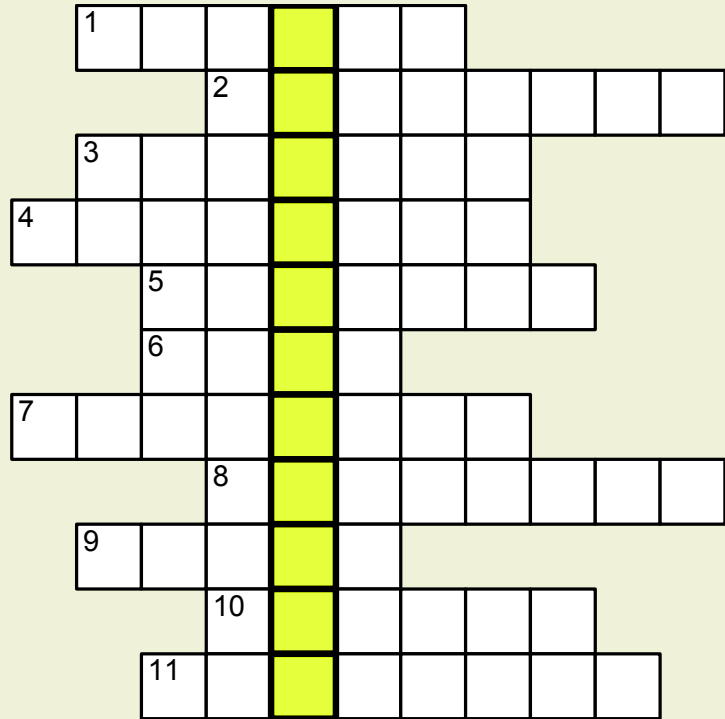
Collagen supplements are available in many forms, and can come in varying quantities. If you're thinking of taking a supplement it's important to know exactly what's in it, as collagen may be combined with other ingredients that might require more caution. Ask your health professional for advice.

Topical preparations – creams and lotions that we put on our skin – that contain collagen are not thought to be very useful, as collagen is not absorbed through the skin.

Adding collagen to your diet through collagen-rich foods or even collagen supplements may have some benefits, but is not necessary for people following a healthy varied diet. To give your body the best chance to make its own collagen, make sure you're getting plenty of protein, dairy or appropriate substitutes, whole grains, nuts, fruit and vegetables.

HIDDEN WORD

Complete the puzzle by answering the clues below to reveal the hidden word.



1. A disease involving abnormal cell growth that can spread to other body parts.
2. The vertical ridge under your nose.
3. A substance found in drinks such as beer, wine, or spirits that can affect your health negatively.
4. The ability to move.
5. Being very overweight.
6. Foetal Alcohol Spectrum Disorder.
7. A gland of the male reproductive system.
8. Brain disorder causing personality changes and impaired memory.
9. A body organ that pumps blood through the vessels of your circulatory system.
10. In humans, the embryo or unborn baby.
11. A protein essential to our bones, skin, muscles, and cartilage.

Broccoli and honey cashew noodles

Whip up this tasty vegetarian meal or side dish in less than 30 minutes. Healthy and easy! Serves 4.

Ingredients

- 250g dried soba noodles
- 1 Tbsp olive oil
- 250g broccoli, cut into small pieces
- 3-4 garlic cloves, crushed
- 80g cashews, roughly chopped
- ½ tsp dried chilli flakes
- 2 Tbsp honey
- 3 Tbsp soy sauce
- 1 lime, cut into quarters

Method

Cook the noodles according to the instructions on the packet. Place in a sieve and rinse with cold water. Drain well.

Meanwhile, heat the oil in a large frying pan or wok over a medium heat and stir-fry the broccoli for 5–6 minutes, until just softened. Add garlic and cashews and fry for 1 minute.

Add chilli flakes, honey and soy sauce. Simmer until the sauce reduces and thickens (about 1 minute).

Add noodles and toss together. Divide into bowls and serve with a squeeze of lime.



Prostate cancer and exercise

Prostate cancer is the most common cancer experienced by men in Australia, with 18,000 new diagnoses every year. When caught early it can often be well-managed, and for many people it can be business as usual both with, and after, prostate cancer.

Is it ok to exercise if you have prostate cancer?

The Prostate Cancer Foundation of Australia (PCFA) recommends that people stay fit and think of exercise as an important part of their treatment, whatever stage of cancer they're at. Exercise can help your body get ready for treatment, and being in the best shape possible can help you recover faster too.

Which type of exercise is best?

Everyone has different levels of ability, so finding the right kind of exercise to suit you means you'll stick at it and enjoy it. Combining cardiovascular exercise – extended activities like walking, jogging, swimming or cycling – with resistance training like weights is incredibly beneficial, but anything helps. If you have other health or mobility conditions alongside prostate cancer, your specialist can help advise you on the best way to stay – or get – fit, and should be able to recommend a way to tailor exercise to your needs.

Ultimately, exercise is good for you – the benefits for both physical and mental health are very clear. But with a cancer diagnosis and during some forms of cancer treatment, it can be the last thing you want to do. The huge benefits of getting out and getting active mean it's important to get some exercise, but sometimes you need to adapt around your changing health needs.

It's great to stay active, to get fresh air and exercise, but it's also important to allow yourself time to rest and to adapt. Everyone has different limits, and it's important to find the right levels of exercise that suit you.

1 - 30
September
Prostate Cancer
Awareness Month

Be proactive. Talk to
your doctor about
PSA Testing

Finding support is very important to help you cope with cancer and there are many prostate cancer peer support groups available.

Visit www.prostate.org.au/support or www.canceraustralia.gov.au.

Help end the pain of prostate cancer.
Register for The Long Run.

thelongrun.org.au



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

CHOLESTEROL

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.