



AUGUST - SEPTEMBER 2025 EDITION

FREE TO TAKE HOME!



Screen Time for Children



Febrile Fits in Children



Managing Hay Fever



Managing Asthma

● PRACTICE DOCTORS

Dr Peter Louie

MBBS(WA), BSc, FRACGP
Family Medicine, Acupuncture, Diving
Medicals & Skin Checks

Dr Wang-Jet Yee

MBBS(WA), FRACGP
Family Medicine, Minor Surgery &
Proactive Skin Checks

Dr Marcela Pantoja de Galvez

MBBS, AMC, FRACGP
Family Medicine, Women's Health &
Acupuncture. Speaks Spanish.

Dr Sean Thomas

MBBCh, BAO, LRCPI, LRCSI, NUI
Family Medicine, Interest in Cardiology
& Rheumatology

Dr Jonathan Lim

MBBS, DCH, FRACGP, MSPMED
Family Medicine & Sports Medicine

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MBBS(Sri Lanka), MD(Sri Lanka), FRACGP

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BMedSci, MBBS, Grad Dip OHS, FRACGP, CIME,
FAFOEM
General & Occupational Medicine

Dr Dilshad Dhaliwal

MBBS, DCH, FRACGP
Other languages spoken for Dr Dhaliwal:
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MBBS, FRACGP, Bachsc
Family Medicine, Preventive Medicine, Spots
Medicine & Chronic Health Disease

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MBBS
Family Medicine & General Medicine

Dr Sanam Nikdehghan (GP

Registrar)
MBBS

Dr Lotte Schulz (GP Registrar)

MBBS

Dr Emily Anderson (GP Registrar)

MBBS

● PRACTICE STAFF

Practice Manager:

Rachael Bradley

Nurses:

Julie, Pat, Natasha, Kerry, Nava,
Victoria & Kate

Reception Staff:

Joanne, Ioli, Ada, Rosa, Cristina,
Karen, Kay, Louisa, Teyah, Kate,
Tayla, Rebekah, Anna, Chanelle &
Mari

● SURGERY HOURS

Monday to Friday 7am – 7pm | Saturday 8am – 1pm

● BILLING

- Private Practice
- Standard Appointments \$90 with a rebate of \$42.85
- Long Consultations \$150 with a rebate of \$82.90
- Weekend Consultations \$95 with a rebate of \$42.85
(there is no bulk billing on this day including children 12 and under)
- We Bulk Bill all concessions Card Holders and Under 16 year old's Monday-Friday before 5pm ONLY.
- Please kindly note there is no Bulk Billing after 5pm weekends or weekends for Concession Card Holders and Under 16 year old's.

● AFTER HOURS & EMERGENCY

The Practice provides 24 hour care for patients together with an Accredited Locum Service, who will provide you with home visits.

Emergency.....000

Locum Service 1300 644 483

SJOG Murdoch.....9366 1111

Fiona Stanley Hospital 6152 2222

● ONLINE APPOINTMENT BOOKINGS

Please add or Download the App today

South Street Medical Centre offers online appointment bookings from our website, via the HotDoc application.

Visit www.southstreetmedicalcentre.com.au and click on the "book online" button.

● PROACTIVE SKIN CHECKS AVAILABLE AT SSMC

Performed by Dr Peter Louie.

● OCCMEDIC CORPORATE & INDUSTRIAL HEALTH AT SSMC

Performing Workers Compensations, Motor Vehicle Claims and Pre Employment Medicals.

Same day appointments available – Performed by Dr Yure Pavic – Occupational Physician

● OTHER SERVICES AVAILABLE AT SSMC INCLUDE

- Physiotherapy
- Vision Care
- Active Podiatry
- Chiropractor
- Pathology

Email Communication. Email is not a secure form of communication and we do not use this to communicate personal information to patients without their consent. Whilst we make every effort to keep your information secure it is important for patients to be aware of the risks associated with electronic communication, in that the information could potentially be comprised and accessed by someone other than the intended recipient. Patients must be aware that any communication they direct to the surgery via email is also NOT secure and confidentially cannot be guaranteed. Patients communicating through email do so at their own risk.

If you do choose to contact the surgery via email this will be considered as patient consent to reply via email.

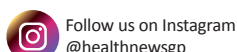
We endeavour to reply to all emails within 2 working business days. Our emails are checked on a regular basis, however they are not constantly monitored. If you have an issue that requires urgent attention, we request that you contact the practice via telephone on 9337 7888.



YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.
www.healthnews.net.au



Screen Time for Children: Finding a Healthy Balance

In today's digital world, screens are everywhere—from televisions and tablets to smartphones and computers. While technology offers educational and entertainment benefits, managing screen time for children is essential to support their overall health and development.

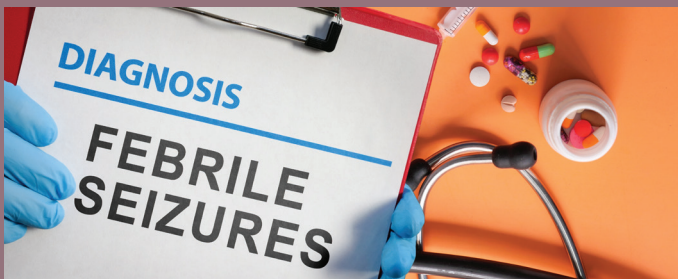
Excessive screen time has been linked to problems such as poor sleep, reduced physical activity, and behavioural issues. It can also affect attention span, social skills, and even mental health. The Australian Government's guidelines recommend no more than one hour of screen time per day for children aged 2 to 5, and encourage parents of older children to set clear boundaries around use.

To promote a healthy balance, encourage a mix of screen-free activities like outdoor play, reading, arts and crafts, and family games. These not only support physical development but also help build creativity and connection.

Lead by example—children often mimic adult behaviour. If they see you engaging with them without a phone in hand, they're more likely to do the same. Also, establish tech-free zones or times, such as during meals or before bedtime, to encourage healthy routines.

Not all screen time is equal. Educational programs, video calls with loved ones, and creative apps can be valuable. The key is to be intentional and engaged—watch together, talk about what they're seeing, and stay involved.

With the right balance, screens can be part of a healthy lifestyle that supports learning, fun, and family connection.



Understanding Febrile Fits in Children

Febrile fits, also known as febrile seizures, are convulsions triggered by a sudden rise in body temperature, usually due to a fever. They are most common in children aged between 6 months and 5 years and can be alarming for parents, especially when experienced for the first time.

A typical febrile fit may involve twitching or jerking of the limbs, loss of consciousness, rolling of the eyes, and stiffening of the body. Most febrile seizures are short, lasting less than five minutes, and do not cause long-term harm. They are not a sign of epilepsy and rarely lead to ongoing health issues.

Febrile fits are usually caused by viral infections such as the flu, ear infections, or roseola. The seizure is not due to how high the fever gets, but rather how quickly the temperature rises.

If a child has a febrile fit, remain calm. Lay the child on their side, away from sharp objects, and do not put anything in their mouth. Once the seizure stops, seek medical advice, especially if it's the child's first episode or the seizure lasts longer than five minutes.

To help prevent febrile seizures, monitor your child's temperature when they're unwell and treat fevers early with paracetamol or ibuprofen as directed. While febrile fits can be frightening, they are generally harmless and children usually outgrow them by age six.

Always consult a healthcare professional if you're concerned about your child's health or if seizures recur.



Early Symptoms of Gout

Gout is a form of arthritis caused by a build-up of uric acid in the blood, leading to the formation of sharp crystals in the joints. It often comes on suddenly and can be extremely painful, especially during a flare-up. Recognising the early symptoms is important for prompt treatment and long-term management.

The most common early symptom of gout is intense joint pain, often in the big toe. This pain usually starts suddenly, often at night, and may be so severe that even a bedsheets touching the joint feels unbearable. Other joints such as the ankles, knees, wrists, and fingers can also be affected.

Alongside pain, you may notice swelling, redness, and warmth in the affected joint. The area can become very tender and may feel stiff or difficult to move. Some people also experience a mild fever or feel generally unwell during an attack.

Gout symptoms often come in waves, with flare-ups lasting several days followed by periods of no symptoms. If left untreated, attacks can become more frequent and lead to joint damage.

If you suspect gout, see your doctor for diagnosis and treatment. Early intervention can help reduce pain and prevent future complications.



Tips for Managing Hay Fever

Hay fever, or allergic rhinitis, is a common condition triggered by pollen from trees, grasses, and weeds—especially during spring and early summer. Symptoms include sneezing, a runny or blocked nose, itchy eyes, and throat irritation. While hay fever isn't dangerous, it can significantly affect daily life and sleep quality if left unmanaged.

To minimise symptoms, limit outdoor activities on high pollen days, particularly in the morning and evening when pollen levels peak. Check daily pollen forecasts and keep windows and doors closed during peak times. Using an air purifier indoors can also help reduce allergens in the home.

When outdoors, wearing sunglasses may protect your eyes from pollen. Showering and changing clothes after being outside can help remove pollen from your skin and hair.

Over-the-counter antihistamines, nasal sprays, and eye drops can provide effective symptom relief. For persistent or severe cases, speak with your GP about prescription options or longer-term treatments such as allergy immunotherapy.

Managing hay fever involves a combination of avoidance strategies and symptom control. With the right approach, you can enjoy the warmer months without letting allergies get in the way of your wellbeing.

Managing Asthma and Respiratory Conditions During Winter

Winter can be a challenging time for people with asthma and other respiratory conditions. Cold air, viral infections, and indoor heating can all trigger symptoms and increase the risk of flare-ups. Proactive management is key to staying healthy and breathing easy during the colder months.

Cold, dry air is a common asthma trigger. Breathing through the nose and wearing a scarf over the mouth and nose can help warm and humidify the air before it reaches the lungs. It's also wise to avoid outdoor exercise on particularly cold or windy days.

Viral infections, such as colds and the flu, are more common in winter and can worsen respiratory symptoms. Getting a yearly flu vaccination is strongly recommended for people with asthma. Practicing good hygiene, including frequent handwashing and avoiding close contact with sick individuals, also helps reduce the risk.

Indoor heating and air quality can affect breathing. Dust, mould, and pet dander tend to accumulate indoors during winter. Regular cleaning, using air purifiers, and ventilating rooms can help improve air quality. Avoid using wood fires or gas heaters that release fumes into the home.

It's essential to follow your asthma action plan, take prescribed medications as directed, and have a reliever inhaler readily available. If symptoms worsen, consult your GP promptly.

By taking simple precautions and staying prepared, individuals with asthma and respiratory conditions can manage their health effectively and reduce the risk of complications during winter.





FRESH SPRING VEGETABLE RISOTTO

Light, creamy, and full of seasonal flavour, this spring risotto makes a perfect dinner as the weather warms up.

Ingredients (Serves 4):

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1½ cups arborio rice
- ½ cup dry white wine (optional)
- 5 cups hot vegetable stock
- 1 cup asparagus, chopped into 2cm pieces
- 1 cup frozen peas
- 1 zucchini, finely diced
- ½ cup grated Parmesan cheese
- 2 tbsp butter
- Zest of 1 lemon
- Salt and pepper, to taste
- Fresh herbs (basil or parsley), for garnish

Instructions:

1. In a large pan, heat olive oil over medium heat. Add onion and garlic, cooking until soft (about 3–4 minutes).
2. Stir in arborio rice and cook for 1–2 minutes until lightly toasted.
3. Pour in the wine (if using) and cook until it's mostly absorbed.
4. Add hot vegetable stock, one ladle at a time, stirring continuously and allowing each ladle to absorb before adding the next.
5. After 15 minutes, stir in asparagus, peas, and zucchini. Continue adding stock and stirring for another 5–7 minutes until vegetables are tender and rice is creamy.
6. Remove from heat and stir in butter, Parmesan, and lemon zest. Season with salt and pepper.
7. Serve warm, garnished with fresh herbs and extra Parmesan if desired.

Enjoy this fresh, comforting meal with a crisp green salad or crusty bread for the perfect spring dinner!

WORD SEARCH

G M H A S T H M A E I B C S P
C O L D P O L E D H Q M F G T
I U U E Q A B L A D E E R C M
O T A T Z V I R A L S D I T X
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ASTHMA
CHILD
COLD
DOCTOR
EXERCISE
FEBRILE
FEVER
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HEALTH
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MOUTH
PAIN
RISOTTO
SCREEN
VIRAL



South Street
Medical Centre

● SPECIAL PRACTICE NOTES

Results.

These are best discussed in a follow-up consultation to ensure proper medical care, review of condition and re-examination. Results over the phone are not recommended because of lack of confidentiality, inability to reassess condition and the potential for misunderstanding.

Referrals.

Doctors in this practice are competent at handling common health problems. When necessary, they can refer you for further investigation. You can discuss this openly with your doctor.

Phone Calls.

Due to a lack of confidentiality, the inability to assess the physical condition and the potential for misunderstanding, patients are discouraged from phoning the surgery to speak to the Doctor. It is preferable that an appointment be made with your preferred Doctor. However, queries may be dealt with by leaving a message explaining your request with the reception staff, who will pass this onto the Doctor/Nurse for further action.

Reminder System.

Our practice is committed to preventative care. Your doctor will seek your permission to be included in our reminder system. We may issue you with a reminder notice from time to time offering you preventative health services appropriate to your care. If you do not wish to be part of this system please let your doctor or the receptionist know. We encourage self-responsibility in your health.

Complaints/Suggestions.

These may either be placed in the suggestion box in the reception area, or directed to Health & Disability Services Complaints Office (HADSCO). GPO Box B61, Perth 6838, Tel 9323 0600.

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. We abide by the 10 National Privacy Principles available at: www.privacy.gov.au/health/index.html

This practice has a no smoking policy.