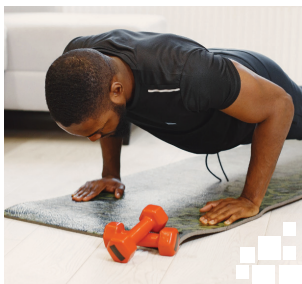




Winter Wellness Tips



Staying Active Indoors



Healthy Skin in Winter



Spotlight on Men's Health

● 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

Dr Eashani Valemurugan

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

Dr Yure Pavic

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

Dr Dilshad Dhaliwal

MBBS, DCH, FRACGP
Other languages spoken for Dr Dhaliwal:
Bahasa Malaysia, Hindi, Punjabi

Dr Annette Camer-Pesci

MBBS, FRACGP, Bachsc
Family Medicine, Preventive Medicine, Spots
Medicine & Chronic Health Disease

Dr Rob Seeley

MBBS
Family Medicine & General Medicine

Dr Sanam Nikdehghan (GP

Registrar)
MBBS

Dr Lotte Schulz (GP Registrar)

MBBS

Dr Deepaah Sivanandan (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.

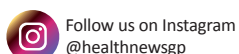


YOUR NEXT APPOINTMENT:

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.

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Winter Wellness Tips: Stay Healthy This Season

As the temperatures drop, it's important to prioritise your health and well-being. Here are some simple winter wellness tips to help you stay energised and illness-free during the colder months.

Boost your immunity by eating a balanced diet rich in fruits, vegetables, and whole grains. Citrus fruits, garlic, ginger, and leafy greens are excellent for supporting your immune system. Consider a vitamin D supplement, as winter sun exposure is limited and deficiency is common.

Stay active, even when it's chilly outside. Regular exercise helps maintain energy levels and supports both physical and mental health. Try indoor workouts, brisk walks, or join a local fitness class to stay motivated.


Keep warm and dry to prevent colds and flu. Dress in layers, wear a hat and scarf, and ensure your home is adequately heated and ventilated.

Stay hydrated by drinking water regularly, even if you feel less thirsty in cooler weather. Herbal teas are a great way to warm up and stay hydrated.

Finally, prioritise rest and sleep. A consistent sleep routine helps your body recover and fight off illness. With a little care, you can stay healthy and happy all winter long.



Understanding Seasonally Adjusted Disorder (SAD)



Seasonally Adjusted Depression, more commonly known as Seasonal Affective Disorder (SAD), is a type of depression that typically occurs during the colder, darker months of the year. As daylight hours shorten in winter, some people experience changes in mood, energy, and sleep patterns.

Common symptoms of SAD include persistent low mood, fatigue, difficulty concentrating, increased appetite (especially for carbohydrates), and a tendency to oversleep. These symptoms usually begin in late autumn and improve in spring as sunlight increases.

The exact cause of SAD isn't fully understood, but it's believed to be linked to reduced sunlight exposure, which can disrupt your body's internal clock (circadian rhythm) and affect serotonin and melatonin levels—chemicals that influence mood and sleep.

Treatment options include light therapy, which involves sitting near a special light box for 20–30 minutes a day, as well as exercise, counselling, and in some cases, medication.

If you notice these symptoms each winter, don't ignore them. Speak to your GP or mental health professional. With the right support and treatment, SAD can be effectively managed, helping you feel more like yourself all year round.



Staying Active Indoors During Winter

When cold or rainy weather makes it hard to exercise outside, staying active indoors is a great way to maintain your physical and mental health. You don't need a gym membership or fancy equipment—just a little space and motivation.

Start with simple bodyweight exercises like squats, lunges, push-ups, and planks. These can be done in short sessions throughout the day. Stretching or yoga is also excellent for flexibility, balance, and stress relief.

Consider following online fitness videos or apps that offer guided workouts ranging from 5 to 30 minutes. Dancing, stair climbing, or even housework like vacuuming can increase your heart rate.

Make it fun - put on music, involve the family, or set small daily goals to stay motivated. Staying active indoors helps boost mood, improve sleep, and strengthen immunity, especially during winter, when energy can naturally dip.

Healthy Skin in Winter

Winter weather can be harsh on your skin. Cold air, low humidity, and indoor heating contribute to dryness, irritation, and flaking. But with the right care, you can keep your skin healthy and comfortable throughout the season.

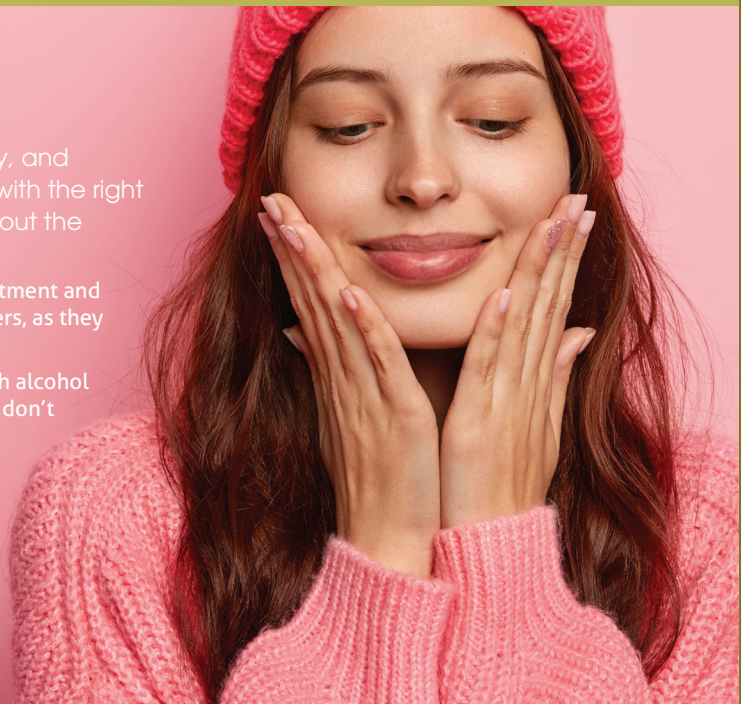
Start by moisturising regularly. Choose a rich, fragrance-free cream or ointment and apply it immediately after showering to lock in moisture. Avoid hot showers, as they strip natural oils from your skin—opt for warm water instead.

Use a gentle cleanser that won't dry out your skin, and avoid products with alcohol or strong fragrances. Exfoliate once a week to remove dead skin cells, but don't overdo it, as over-exfoliating can lead to irritation.

Stay hydrated by drinking plenty of water, and consider using a humidifier indoors to maintain moisture in the air.

Protect your skin from wind and cold by wearing gloves and scarves, and don't forget sunscreen—UV rays are still present in winter and can cause damage even on cloudy days.

By adjusting your skincare routine for the season, you can prevent dryness and keep your skin soft, smooth, and healthy all winter long.



Spotlight on Men's Health

International Men's Health Week takes place from Monday, June 9, to Sunday, June 15, 2025—a timely reminder for men to take charge of their physical and mental wellbeing. Many men delay or avoid seeking medical help, often ignoring symptoms that could indicate serious health issues.

Routine check-ups are essential. Regular screenings for blood pressure, cholesterol, diabetes, and prostate health can detect problems early and improve outcomes. Mental health is just as important—stress, anxiety, and depression often go unspoken, but reaching out for support can make a huge difference.

Staying active, eating a balanced diet, limiting alcohol, and quitting smoking are key to long-term health. Even small lifestyle changes can lead to significant benefits.

Encouraging open conversations about health helps break the stigma and promotes positive habits. Whether booking a GP appointment, joining a fitness group, or simply checking in with a mate, taking action is the first step to better health.

● **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.



HEARTY BEEF AND VEGETABLE STEW

A great winter recipe is Hearty Beef and Vegetable Stew—warm, comforting, and packed with flavour.

Ingredients

- 500g stewing beef, cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, sliced
- 2 potatoes, diced
- 1 parsnip or sweet potato, chopped
- 2 celery stalks, sliced
- 400g can diced tomatoes
- 3 cups beef stock
- 1 tbsp tomato paste
- 1 tsp thyme
- Salt and pepper to taste
- Olive oil

Instructions:

1. Heat oil in a large pot. Brown beef in batches and set aside.
2. In the same pot, sauté onion and garlic until soft.
3. Add tomato paste and cook for 1 minute.
4. Return beef to the pot. Add carrots, potatoes, parsnip, celery, tomatoes, and stock.
5. Add thyme, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer for 1.5 to 2 hours until beef is tender.
7. Serve with crusty bread.

Perfect for cosy nights in!

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