

APRIL - MAY 2026 EDITION

FREE TO TAKE HOME!



Flu Season in Australia



Seasonal Allergies



Boosting Immunity



Importance of Gut 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 Ryan Kang
(GP Registrar) MBBS

Dr Ellen Hayes
(GR Registrar) MBBS

● **PRACTICE STAFF**

Practice Manager:
Rachael Bradley

Nurses:
Julie, Pat, Kerry, Victoria, Kate &
Molly

Reception Staff:
Joanne, Ioli, Ada, Rosa, Cristina,
Karen, Louisa, Tayla, Rebekah, Anna,
Chanelle & Mari

● **SURGERY HOURS**

Monday to Thursday **7am – 7pm** | Friday **7am - 6pm**
Saturday **8am – 1pm**

● **BILLING**

- Private Practice
- Standard Appointments \$90 with a rebate of \$43.90
- Long Consultations \$150 with a rebate of \$84.90
- Weekend Consultations \$95 with a rebate of \$43.90
(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 & Dr Wang-Jet Yee**

● **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:

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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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Flu Season in Australia and the Importance of Vaccination

Influenza (flu) season in Australia typically occurs between May and September, peaking during the colder winter months. The flu is far more than a bad cold — it is a highly contagious viral infection that can lead to serious complications such as pneumonia, worsening of chronic medical conditions, hospitalisation, and even death, particularly among vulnerable groups.

Young children, pregnant women, older adults (65+), Aboriginal and Torres Strait Islander peoples, and those with chronic illnesses such as asthma, diabetes, or heart disease are at greatest risk. However, healthy adults can also experience severe illness and contribute to spreading the virus to others.

Annual vaccination is the most effective way to protect yourself and your community. Because influenza viruses constantly change, the vaccine is updated each year to target the strains most likely to circulate that season. Immunity develops about two weeks after vaccination, which is why health authorities recommend getting vaccinated from April onward, before flu activity increases.

The flu vaccine not only reduces your risk of catching influenza but also lowers the severity of illness if you do become infected. Importantly, widespread vaccination helps protect vulnerable people through community immunity, reducing overall transmission.

In Australia, the flu vaccine is free under the National Immunisation Program for high-risk groups and widely available through GPs, pharmacies, and community clinics.

Alongside vaccination, good hygiene — including handwashing, covering coughs, staying home when sick, and wearing a mask if symptomatic — helps limit spread.

Getting your flu shot each year is a simple, safe step that protects both your health and the wider community. Speak to your GP to book your vaccination.



Managing Seasonal Allergies in Autumn

While many people associate allergies with spring, autumn can also trigger troublesome symptoms. During this season in Australia, falling leaves, increased mould spores, dust mites, and lingering pollen can provoke allergic rhinitis (hay fever) and asthma flare-ups. Common symptoms include sneezing, a runny or blocked nose, itchy eyes, throat irritation, coughing, and fatigue, which can affect sleep, concentration, and daily comfort.

Mould is a major autumn trigger, thriving in damp environments created by cooler temperatures and increased rainfall. Raking leaves, gardening, or spending time around compost can release mould spores into the air. Indoor allergens may also worsen as people spend more time inside with windows closed, allowing dust mites to accumulate.

Practical steps can significantly reduce symptoms. Check daily pollen and mould forecasts where available, and limit outdoor activities on high-count days. Wearing sunglasses and a mask while gardening can help reduce exposure. Showering and changing clothes after being outdoors prevents allergens from spreading inside the home.

Indoors, keep humidity low by ventilating rooms when possible, using exhaust fans, or running a dehumidifier. Wash bedding weekly in hot water to control dust mites, vacuum regularly with a HEPA filter, and consider an air purifier in bedrooms.

Medications such as non-drowsy antihistamines, saline nasal sprays, or corticosteroid nasal sprays can be effective when used correctly. People with persistent or severe symptoms, or those with asthma, should consult their GP for personalised advice and management plans.

With awareness and simple preventive measures, most people can keep autumn allergies under control and enjoy the season more comfortably.



Boosting Immunity Before Winter

As winter approaches in Australia, colds, flu, and other respiratory infections become more common. Strengthening your immune system ahead of the colder months can help reduce your risk of illness and support faster recovery if you do get sick. While no supplement can “supercharge” immunity overnight, consistent healthy habits make a significant difference.

Nutrition plays a key role. Aim for a balanced diet rich in vegetables, fruits, whole grains, lean protein, and healthy fats. Nutrients such as vitamin C, vitamin D, zinc, and iron support immune function. Foods like citrus fruits, berries, leafy greens, nuts, seeds, eggs, fish, and legumes are excellent choices. Staying well hydrated is equally important, even when the weather is cooler.

Quality sleep is one of the most powerful immune boosters. Adults should aim for 7–9 hours per night, as poor sleep can reduce the body’s ability to fight infections. Regular physical activity also supports immune health,

circulation, and mood — even moderate exercise like walking most days is beneficial.

Managing stress is often overlooked. Chronic stress can weaken immune responses, so practices such as mindfulness, relaxation, social connection, and time outdoors are valuable.

Finally, staying up to date with recommended vaccinations, including the annual flu shot, provides targeted protection during winter.

By building these habits in autumn, you give your immune system the best chance to keep you well throughout winter.



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The Importance of Gut Health

Gut health has become a major focus in modern healthcare — and for good reason. Your gut is home to trillions of microorganisms, collectively known as the gut microbiome, which play a vital role in digestion, immunity, metabolism, and even mental wellbeing. A balanced microbiome helps break down food, absorb nutrients, produce essential vitamins, and protect against harmful bacteria.

Poor gut health has been linked to a range of issues, including bloating, constipation, diarrhoea, fatigue, skin conditions, weakened immunity, and mood disturbances such as anxiety and depression. Diet, stress, sleep, medications (especially antibiotics), and lifestyle habits all influence your gut health.

Supporting your gut starts with what you eat. A diet rich in fibre from vegetables, fruits, whole grains, legumes, nuts, and seeds feeds beneficial bacteria. Fermented foods such as yoghurt, kefir, sauerkraut, kimchi, and miso provide natural probiotics that help maintain microbial balance. Limiting ultra-processed foods, excess sugar, and alcohol can also reduce inflammation and support digestive health.

Other helpful habits include staying hydrated, managing stress, exercising regularly, and getting enough sleep.

A healthy gut contributes to overall wellbeing, from stronger immunity to improved energy and mood. By making simple lifestyle and dietary changes, you can nurture your gut microbiome and support long-term health from the inside out.

If you have any concerns about your gut health, speak with your GP.



Enjoying Easter Without Overindulging

Easter is a time for celebration, family gatherings, and, of course, chocolate. While it’s perfectly fine to enjoy festive treats, it’s easy to overindulge, leaving you feeling sluggish, bloated, or guilty afterwards. The key is balance — enjoying your favourite foods mindfully while maintaining healthy habits.

Start by choosing quality over quantity. Instead of grazing on multiple sweets throughout the day, select a small portion of chocolate you truly enjoy and savour it slowly. Eating mindfully — paying attention to taste, texture, and satisfaction — can help prevent the urge to keep reaching for more.

Avoid arriving at celebrations overly hungry, as this often leads to overeating. Having a balanced meal or healthy snack beforehand, such as yoghurt, fruit, or nuts, can stabilise blood sugar and appetite. Staying hydrated is also important, as thirst can sometimes be mistaken for hunger.

Try to keep to a regular meal schedule and include nourishing foods like vegetables, lean protein, and whole grains. This helps maintain energy levels and prevents the “sugar crash” that often follows excessive sweets. Keeping active over the long weekend — whether through walks, outdoor games, or family activities — also supports both physical and mental wellbeing.

Remember, one day of indulgence won’t harm your health, but moderation will help you enjoy Easter without discomfort. By focusing on balance rather than restriction, you can celebrate fully while still feeling your best.



EASTER CHOCOLATE & BERRY HOT CROSS BUN PUDDING

This warm, comforting dessert is a perfect way to use leftover hot cross buns after Easter while creating a crowd-pleasing treat for family gatherings.

Ingredients (Serves 6–8):

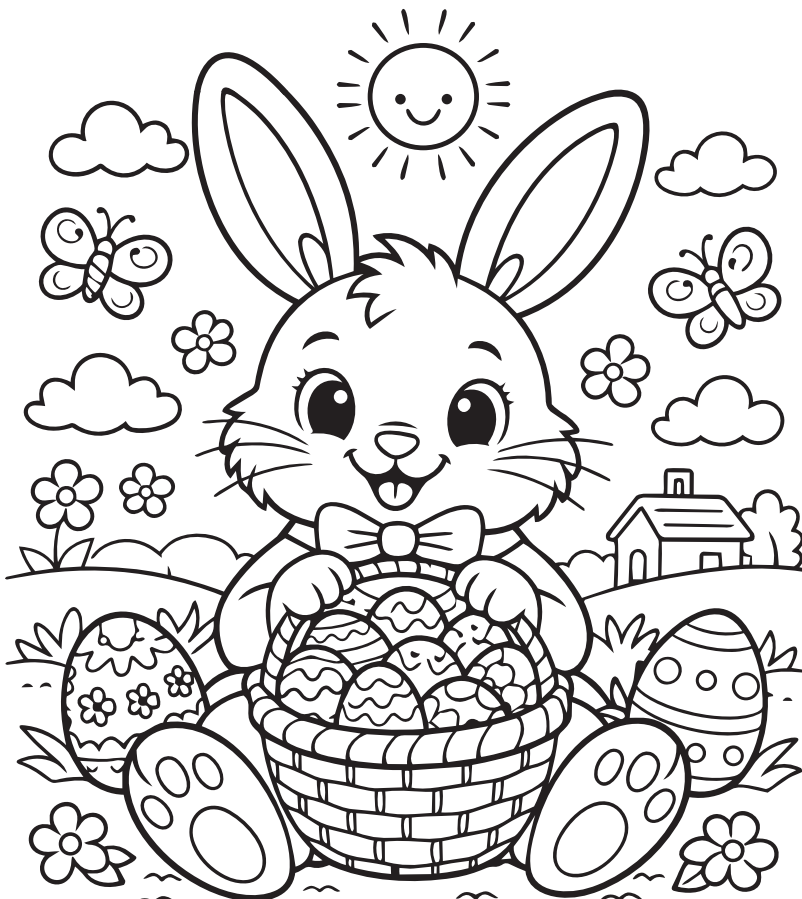
- 6 hot cross buns, sliced in half
- 1 cup mixed berries (fresh or frozen)
- 100 g dark or milk chocolate, chopped
- 4 eggs
- 2 cups milk
- ½ cup thickened cream
- ⅓ cup caster sugar
- 1 tsp vanilla extract
- Butter for greasing
- Icing sugar or extra berries to serve

Method:

1. Preheat oven to 180°C (160°C fan-forced). Lightly grease a baking dish.
2. Arrange sliced hot cross buns in the dish, overlapping slightly. Sprinkle the berries and chopped chocolate evenly between the layers.
3. In a bowl, whisk together the eggs, milk, cream, sugar, and vanilla until well combined.
4. Pour the custard mixture slowly over the buns, pressing gently so they absorb the liquid. Allow to stand for 10 minutes.
5. Bake for 35–40 minutes, or until golden on top and the custard is set.
6. Let cool slightly before serving. Dust with icing sugar or top with extra berries

Serve warm with yoghurt, custard, or a scoop of vanilla ice cream.

This indulgent yet comforting dessert captures the flavours of Easter while reducing food waste — making it both festive and practical but remember in moderation!



EASTER FUN!



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.