



Arthritis and Joint Pain



Keep warm



Pneumonia



Asthma in Winter

● 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**

(GP Registrar) 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, Molly &  
Carly

**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 7am – 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](http://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.

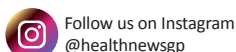


YOUR NEXT APPOINTMENT:

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](http://www.healthnews.net.au)



# Arthritis and Joint Pain management

Arthritis and joint pain are common conditions that can affect people of all ages, particularly during the colder winter months. Joint stiffness, swelling and discomfort may make everyday activities more challenging, but there are several ways to help manage symptoms and maintain mobility.

Regular gentle exercise is one of the most effective ways to support joint health. Activities such as walking, swimming, yoga and stretching can help strengthen the muscles around joints, improve flexibility and reduce stiffness. While it may feel tempting to rest sore joints completely, staying active is important for long-term joint function.

Maintaining a healthy weight can also reduce pressure on weight-bearing joints such as the knees, hips and lower back. A balanced diet rich in anti-inflammatory foods may help support overall joint health. Foods containing omega-3 fatty acids, including salmon, walnuts and flaxseeds, along with colourful fruits and vegetables, can be beneficial.

Keeping warm during winter may ease stiffness and discomfort. Warm showers, heat packs and appropriate clothing layers can help improve circulation and relax muscles around painful joints. Some people also find relief through physiotherapy, massage or guided exercise programs.

It is important to speak with your GP or healthcare professional if joint pain is persistent, worsening or affecting daily life. Early diagnosis and management can help reduce long-term joint damage and improve quality of life. With the right combination of movement, lifestyle changes and professional support, many people with arthritis can continue to lead active and healthy lives.



# Keep warm while reducing the bills

As temperatures drop during winter, keeping warm can sometimes lead to higher household expenses. Fortunately, there are simple ways to stay comfortable while also helping reduce energy costs

One of the easiest ways to stay warm is by dressing in layers. Thermal clothing, socks, scarves and warm jumpers help trap body heat and reduce the need for excessive heating. Using blankets and hot water bottles can also provide warmth without increasing electricity bills.

Heating only the rooms you are using is another effective way to save money. Closing doors to unused rooms and using draft stoppers around doors and windows can help keep warm air inside. Opening curtains during the day allows sunlight to naturally warm the home, while closing them at night helps retain heat.

Warm meals and drinks can also make a big difference during colder weather. Soups, casseroles and herbal teas not only provide comfort but may help the body maintain warmth. Staying active with light exercise or regular movement can improve circulation and help generate body heat naturally.

It is also important to use heaters safely and efficiently. Cleaning filters and following manufacturer instructions can improve performance and reduce running costs.

With a few practical changes, it is possible to stay warm, comfortable and healthy throughout winter while keeping energy bills under control.





## Pneumonia

Pneumonia is a serious respiratory infection that causes inflammation in the lungs, often leading to coughing, fever, chest pain and difficulty breathing. It can affect people of all ages, but young children, older adults and those with weakened immune systems or chronic health conditions are at higher risk of complications.

Pneumonia can be caused by viruses, bacteria or, less commonly, fungi. It often develops following a cold, flu or other respiratory infection. Symptoms may vary from mild to severe and can include fever, chills, shortness of breath, fatigue, rapid breathing and a persistent cough that may produce mucus. Some people, particularly older adults, may also experience confusion or worsening of existing medical conditions.

Treatment depends on the cause and severity of the illness. Viral pneumonia may improve with rest, fluids and symptom management, while bacterial pneumonia may require antibiotics prescribed by a doctor. In more severe cases, hospital treatment and oxygen therapy may be necessary.

Preventing pneumonia is important, especially during winter when respiratory infections are more common. Good hand hygiene, covering coughs and sneezes, avoiding smoking and staying home when unwell can help reduce the spread of infection. Vaccinations also play an important role in prevention. Influenza and pneumococcal vaccines can help lower the risk of developing pneumonia and its complications.

Medical attention should be sought if breathing becomes difficult, chest pain occurs or symptoms worsen. Early diagnosis and treatment can significantly improve recovery and reduce the risk of serious complications.



## A.I. and Medicine

Artificial Intelligence (AI) is rapidly transforming the healthcare industry and changing the way many medical conditions are diagnosed, treated and managed. AI refers to computer systems that can analyse large amounts of information, recognise patterns and assist healthcare professionals in making decisions more efficiently and accurately.

One of the most exciting uses of AI in medicine is in early disease detection. AI technology can help analyse medical scans such as X-rays, CT scans and MRIs to identify signs of diseases including cancer, heart disease and lung conditions. In some cases, AI systems are helping doctors detect abnormalities earlier than traditional methods alone.

AI is also improving personalised medicine by helping doctors tailor treatments to individual patients. By analysing medical history, genetics and lifestyle factors, AI can assist in predicting which treatments may be most effective for a particular person. This may lead to better outcomes and fewer side effects.

In hospitals and clinics, AI tools are helping streamline administrative tasks, reduce paperwork and improve appointment scheduling. Virtual health assistants and chatbots are also being used to answer common patient questions and support remote healthcare services.

While AI offers many benefits, it is important to remember that it is designed to support healthcare professionals rather than replace them. Human expertise, clinical judgement and patient care remain essential parts of medicine and your GP should always be your first point of contact.

## Asthma in Winter

Winter can be a challenging time for people living with asthma and other respiratory conditions. Cold air, increased exposure to viruses and spending more time indoors can all contribute to flare-ups of asthma symptoms and respiratory infections.

Cold, dry air may irritate the airways, causing coughing, wheezing, chest tightness and shortness of breath. Common winter illnesses such as colds, flu and COVID-19 can also trigger asthma attacks or worsen existing respiratory conditions. Indoor allergens, including dust mites, mould and pet dander, may become more concentrated when homes are closed up during colder weather.

There are several ways to help protect respiratory health during winter. Wearing a scarf over the mouth and nose outdoors can help warm the air before it reaches the lungs. It is also important to continue taking prescribed preventer medications as directed,

even when symptoms are under control. Keeping reliever inhalers accessible and ensuring asthma action plans are up to date can help manage symptoms early.

Good hygiene practices, including regular handwashing and staying up to date with flu vaccinations, can help reduce the spread of respiratory infections. Maintaining good indoor ventilation and avoiding smoking or second-hand smoke exposure are also important.

If asthma symptoms become more frequent or difficult to control, it is important to speak with your GP for further assessment and management.



● **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](http://www.privacy.gov.au/health/index.html)

**This practice has a no smoking policy.**



**CHICKEN & VEGETABLE POT PIE**

A hearty and comforting winter meal, this Chicken & Vegetable Pot Pie is packed with tender chicken, creamy sauce and colourful vegetables, topped with flaky golden pastry..

**Ingredients (Serves 6–8):**

- 2 sheets puff pastry, thawed
- 2 cups cooked chicken, shredded
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 cup peas
- 1 cup corn kernels
- 2 tbsp butter
- 2 tbsp plain flour
- 1 ½ cups chicken stock
- ½ cup cream
- Salt and pepper to taste
- 1 tsp dried thyme
- 1 egg, beaten

**Method:**

1. Preheat oven to 200°C.
2. In a large pan, melt butter over medium heat. Add onion and garlic and cook until softened.
3. Add carrot and cook for 3–4 minutes. Stir in peas and corn.
4. Sprinkle flour over the vegetables and stir well. Gradually add chicken stock while stirring continuously until the sauce thickens.
5. Stir in cream, thyme and shredded chicken. Season with salt and pepper. Simmer for 5 minutes.
6. Spoon mixture into a pie dish. Cover with puff pastry and press edges to seal. Trim excess pastry if needed.
7. Brush pastry with beaten egg for a golden finish.
8. Bake for 25–30 minutes or until pastry is puffed and golden brown.

Serve warm with a fresh green salad or steamed vegetables for the perfect winter dinner.

**WORD SEARCH**

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

**WORD LIST**

- chicken
- Asthma
- joint
- winter
- bills
- airways
- artificial
- medical
- hygiene
- fever
- fungi
- fatigue
- socks
- scarf
- pain
- immune
- soups

