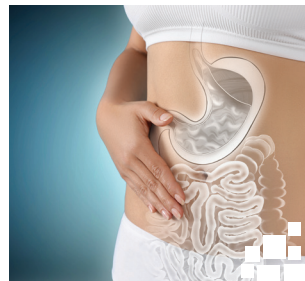


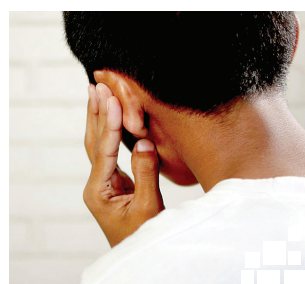


APRIL - MAY 2025 EDITION

FREE TO TAKE HOME!



The Gut-Brain Connection



Ear Infections



Plantar Warts

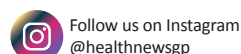


Flu Vaccine

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



● 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 &
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

Reception Staff:

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

● 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.



The Gut-Brain Connection: How Your Gut Affects Mental Health

The gut and brain are intricately connected through the gut-brain axis, a bidirectional communication system linking the digestive system to the central nervous system. This connection explains why gut health plays a crucial role in mental well-being.

The gut is home to trillions of bacteria, collectively known as the gut microbiome. These microbes help regulate digestion, immunity, and even mood by producing neurotransmitters such as serotonin and dopamine, which influence emotions and cognitive function. In fact, around 90% of serotonin, the “feel-good” hormone, is produced in the gut.

When the gut microbiome is imbalanced—due to poor diet, stress, or illness—it can lead to inflammation and disrupt neurotransmitter production. This imbalance has been linked to mental health disorders like anxiety, depression, and brain fog.

A diet rich in fibre, probiotics, and prebiotics supports a healthy gut microbiome, promoting better mental health. Fermented foods like yoghurt, kimchi, and sauerkraut introduce beneficial bacteria, while fibre from fruits, vegetables, and whole grains helps nourish them.

Reducing stress through meditation, exercise, and quality sleep also improves gut health, further supporting brain function.

The gut and brain are deeply connected, and maintaining a healthy gut can significantly enhance mental clarity, mood, and overall cognitive function. By prioritising gut-friendly habits, individuals can support both their digestive and mental well-being.



Understanding Ear Infections

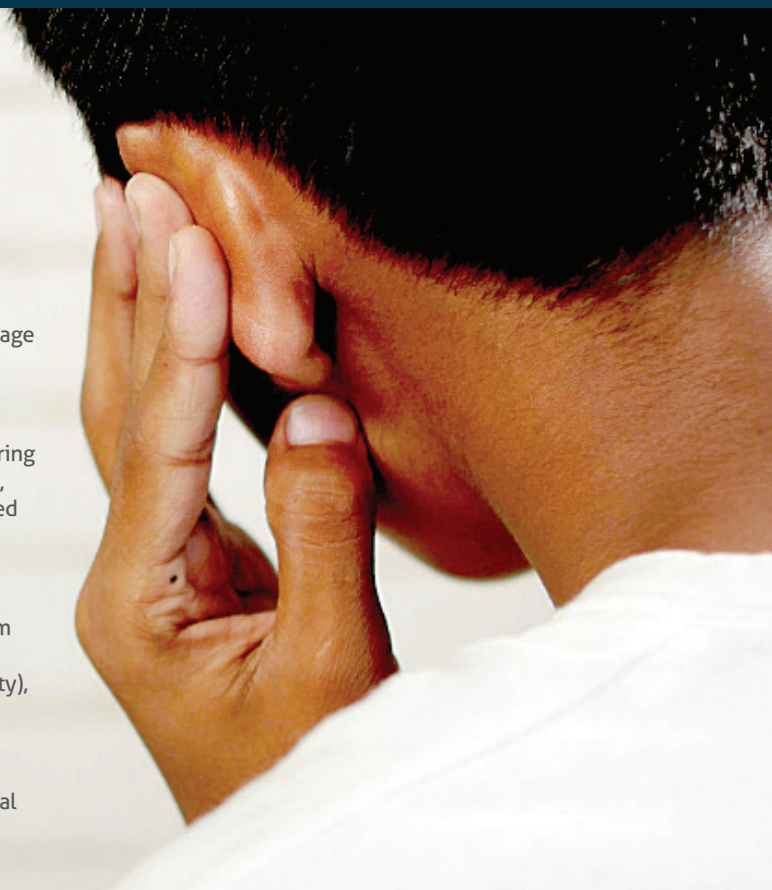
Ear infections are a common medical condition that can affect individuals of all ages, though they are particularly prevalent in children. These infections occur when bacteria or viruses invade the middle ear, causing inflammation and fluid buildup behind the eardrum.

Ear infections typically result from colds, allergies, or sinus infections that cause congestion and swelling in the Eustachian tubes. This blockage prevents fluid from draining, creating an environment for bacteria to thrive. Risk factors include exposure to second-hand smoke, frequent upper respiratory infections, and changes in altitude or climate.

Common symptoms of an ear infection include ear pain, pressure, hearing loss, and fluid drainage. In children, additional signs such as irritability, fever, and difficulty sleeping may be present. In severe cases, a ruptured eardrum can occur, leading to temporary hearing issues.

Mild ear infections often resolve on their own, but pain relievers like ibuprofen or acetaminophen can help manage discomfort. In bacterial cases, doctors may prescribe antibiotics. Home remedies, such as warm compresses and staying hydrated, can also aid recovery. To prevent infections, good hygiene, breastfeeding infants (which boosts immunity), and avoiding exposure to smoke or allergens are recommended.

While most ear infections are not serious, recurrent or untreated infections can lead to complications such as hearing loss or chronic conditions. Seeking medical advice for persistent symptoms is essential to ensure proper treatment and long-term ear health.





Plantar Warts: Causes, Symptoms, and Treatment

Plantar warts are small, rough growths that develop on the soles of the feet due to infection with the human papillomavirus (HPV). This virus enters the skin through tiny cuts or abrasions, often in warm, moist environments like public pools, locker rooms, and showers.

Plantar warts typically appear as rough, grainy lesions with a hardened surface. They may have black dots (clotted blood vessels) and cause pain or discomfort, especially when walking or standing. Unlike calluses, plantar warts disrupt the natural skin lines and may spread in clusters, known as mosaic warts.

Most plantar warts resolve on their own, but treatment can speed up healing. Common options include over-the-counter treatments such as Salicylic acid, Cryotherapy to freeze the wart and Medical procedures for stubborn warts.

To reduce the risk of infection, wear foot protection in public places, keep feet clean and dry, and avoid touching or picking warts. Strengthening the immune system through a healthy diet and lifestyle may also help prevent recurrence.

If a wart is persistent, painful, or spreading, consult a doctor for professional treatment.



The Importance of the Flu Vaccine

The flu vaccine is vital in preventing seasonal influenza, a contagious respiratory illness that can cause severe complications, hospitalizations, and even death. It is recommended annually for individuals of all ages, especially those at higher risk, including young children, the elderly, pregnant women, and people with chronic health conditions.

The flu vaccine stimulates the immune system to produce antibodies against influenza viruses. Since flu strains change yearly, the vaccine is updated annually to provide the best protection against the most prevalent strains. It does not cause the flu, as it contains either inactivated virus or a small protein that triggers immunity.

Benefits include reducing flu cases, preventing complications, protecting the community and reducing healthcare strain.

Getting the flu vaccine annually is a simple yet effective way to protect yourself and others. It is a crucial step in maintaining public health and preventing severe flu outbreaks, so talk with your local GP.

How Much Sleep Do We Need?



Sleep is essential for overall health and well-being, but the amount required varies by age and individual needs. The Sleep Heath Foundation provides general guidelines ranging from 14 – 17 hours per day for newborns to 7-9 hours per day for adults.

Getting enough sleep is crucial for cognitive function, immune health, and emotional stability. Lack of sleep can lead to fatigue, reduced concentration, weakened immunity, and increased risk of chronic conditions like heart disease and diabetes.

Quality matters as much as quantity. Deep, uninterrupted sleep ensures proper rest and recovery. Good sleep hygiene, such as maintaining a consistent sleep schedule, limiting screen time before bed, and creating a comfortable sleeping environment, improves sleep quality.

While individual needs may differ, prioritizing adequate sleep is vital for maintaining a healthy and productive life. If persistent sleep issues arise, consulting a healthcare professional is recommended.



DELICIOUS EASTER RECIPE: HONEY-GLAZED ROASTED CARROTS

Easter is the perfect time to enjoy fresh, vibrant flavours, and honey-glazed roasted carrots make a great side dish that complements any Easter meal. This simple yet flavourful recipe brings out the natural sweetness of carrots, making them a hit with both kids and adults.

Ingredients

- 1 lb (450g) baby carrots or whole carrots, peeled and cut into sticks
- 2 tbsp honey
- 2 tbsp olive oil or melted butter
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp ground cinnamon (optional)
- 1 tbsp fresh parsley or thyme, chopped (for garnish)

Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

2. In a bowl, mix honey, olive oil (or butter), salt, pepper, and cinnamon.
3. Toss the carrots in the honey mixture until well coated.
4. Spread the carrots evenly on the baking sheet and roast for 25-30 minutes, flipping halfway, until tender and caramelized.
5. Remove from the oven and sprinkle with fresh parsley or thyme. Serve warm.

This dish pairs beautifully with Easter favourites like roasted lamb, ham, or a fresh spring salad. Enjoy!



EASTER COLOUR 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.