



OCTOBER - NOVEMBER 2025 EDITION

FREE TO TAKE HOME!



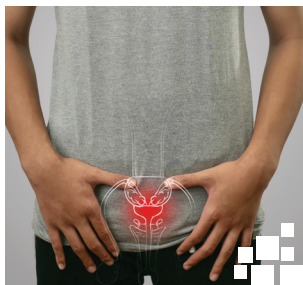
Fibermassing



Lung Imaging



Memory Loss



Prostate Enlargement

● 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 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 \$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.

● OCCMEDIC CORPORATE & INDUSTRIAL HEALTH AT SSMC

Preforming 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.

► *Please see the Rear Cover for more practice information.*

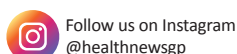


YOUR NEXT APPOINTMENT:

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



Fibermaxxing: The Viral Wellness Trend You Should Know About

“Fibermaxxing” is the latest wellness trend sweeping social media, encouraging people to dramatically increase their fiber intake for better health. While the name may sound like a fad, the underlying principle—boosting dietary fiber—is well supported by science.

Fiber plays a crucial role in maintaining digestive health, stabilising blood sugar levels, and lowering cholesterol. Diets rich in fiber are also linked to reduced risks of heart disease, diabetes, and certain cancers. The average adult, however, consumes far less than the recommended 25–30 grams per day, making fibermaxxing a response to a widespread nutritional gap.

The trend promotes filling meals with fiber-rich foods such as fruits, vegetables, whole grains, legumes, seeds, and nuts. Advocates often share creative high-fiber recipes or daily challenges to reach impressive intake goals. Many people report improvements in energy, digestion, and

overall wellbeing after upping their fiber.

However, health experts warn against overdoing it. Increasing fiber too quickly, or relying heavily on supplements rather than whole foods, can cause bloating, cramping, or gastrointestinal discomfort. The best approach is gradual: introduce more plant-based foods into your diet while staying hydrated to support digestion.

Fibermaxxing has caught attention not only for its catchy name but also

because it taps into a broader shift toward preventative health and “food as medicine.” Unlike fleeting wellness fads, this trend has genuine benefits—so long as it is approached sensibly.

In short, fibermaxxing isn’t just hype—Whilst this is a reminder of the power of simple, everyday nutrition to transform health, as always it is recommended to seek medical advice from your GP before overdoing it.



Aussie Breakthrough in Lung Imaging

In early September 2025, 4DMedical— an Australian Health Tech company and a leader in AI-powered respiratory imaging—secured FDA 510(k) clearance for its groundbreaking CT:VQ™ technology, marking the first-ever non-contrast, CT-based ventilation-perfusion imaging solution.

Historically, ventilation-perfusion (V/Q) scans have relied on dual nuclear medicine procedures—airflow and blood flow imaging using radiotracers—taking between 45 and 90 minutes per patient. CT:VQ™ revolutionizes this by leveraging routine, non-contrast chest CT scans, applying advanced AI algorithms to analyze lung tissue motion and density changes, producing quantitative V/Q maps without injections or radioactive tracers.

As a Software-as-a-Service (SaaS) offering, CT:VQ™ integrates seamlessly into existing radiology workflows and is compatible with the U.S.’s ~14,500 installed CT scanners—potentially extending advanced lung imaging to facilities lacking nuclear medicine.

CT:VQ™ has undergone rigorous clinical validation, including head-to-head performance comparison against SPECT (the gold standard), reader studies, and real-world cases. Results indicate diagnostic equivalence or superior image clarity, free from artifacts typical of nuclear imaging.

FDA clearance of CT:VQ™ represents a transformative milestone. By offering faster, safer, and more accessible functional lung imaging without additional hardware or radiotracers, 4DMedical is poised to redefine pulmonary diagnostics and expand access to rural and underserved healthcare settings.



Understanding Memory Loss

Memory loss is a common concern that can affect people of all ages, though it becomes more prevalent with aging.

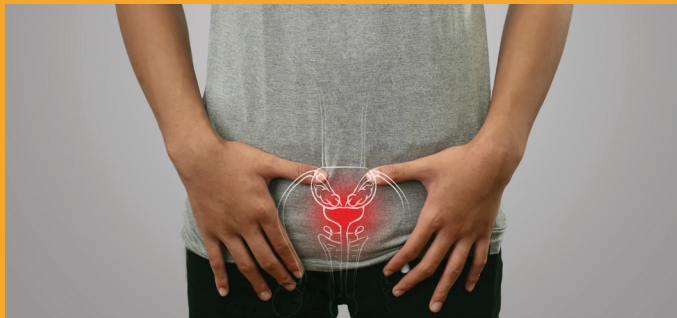
It refers to the difficulty in recalling information, events, or experiences that were once familiar. While occasional forgetfulness—such as misplacing keys or forgetting a name—is a normal part of life, persistent or worsening memory problems may signal an underlying issue.

Several factors can contribute to memory loss. Short-term lapses are often linked to stress, fatigue, anxiety, or lack of sleep, all of which affect the brain's ability to process and store information. Lifestyle factors, including poor diet, excessive alcohol use, or certain medications, can also impair memory. In some cases, memory loss may be associated with medical conditions such as depression, thyroid disorders, vitamin deficiencies, or neurological conditions like dementia and Alzheimer's disease.

It is important to note that not all memory problems indicate serious illness. Many

causes are reversible once identified and treated. Maintaining brain health through regular exercise, balanced nutrition, quality sleep, and mental stimulation can help preserve memory and cognitive function. Social engagement and stress management also play protective roles.

If memory loss is frequent, progressive, or interferes with daily life, seeking medical advice is essential. Early diagnosis of underlying conditions allows for more effective management and better long-term outcomes. Ultimately, while memory loss can be distressing, proactive steps and timely intervention can make a significant difference in maintaining cognitive health and quality of life.



Prostate Enlargement: Understanding the Condition

Prostate enlargement, medically known as benign prostatic hyperplasia (BPH), is a common condition that affects men as they age.

The prostate is a small gland located below the bladder and surrounding the urethra. Its primary role is to produce fluid that nourishes and protects sperm. With age, the prostate often grows larger, which can put pressure on the urethra and cause urinary difficulties.

Symptoms of BPH can include frequent urination, especially at night, difficulty starting or stopping urination, a weak stream, and the feeling that the bladder has not fully emptied. While the condition is not cancerous and does not directly lead to prostate cancer, it can significantly affect quality of life if untreated.

The exact cause of BPH is not fully understood, but hormonal changes related to aging, particularly shifts in testosterone and dihydrotestosterone (DHT), are believed to play a role.

Treatment options range from lifestyle changes, such as reducing caffeine and alcohol intake, to medications that relax or shrink the prostate. In more severe cases, surgical procedures may be necessary to relieve obstruction.

Early diagnosis and management are important, as untreated BPH can lead to complications such as bladder damage or kidney issues. Regular check-ups are recommended for men over 50.



Body Image in Teens

Adolescence is a critical stage of development, and for many teenagers, body image becomes a central concern.

With rapid physical changes during puberty, teens often compare themselves to peers or to the "ideal" bodies they see in media. Social media platforms, filled with filtered photos and influencers promoting unrealistic standards, can intensify feelings of inadequacy.

The pressure to conform to these ideals can have serious emotional and physical consequences. Many teens struggle with low self-esteem, anxiety, and depression linked to dissatisfaction with their appearance. Some may resort to extreme dieting, over-exercising, or unsafe supplements in an attempt to change their bodies. In severe cases, this pressure can contribute to the development of eating disorders.

External influences—such as peer teasing, family comments, and celebrity culture—add to the weight of these expectations. Boys may feel pressure to appear muscular, while girls often face demands to be slim, highlighting the different but equally harmful standards placed on teens.

Encouraging open conversations about body image, promoting diverse representations in media, and focusing on health and wellbeing rather than appearance are key to reducing these pressures. By fostering self-acceptance, we can help teenagers build resilience and confidence during this formative stage.

If you have any concerns about your teenagers' mental health, please seek the help of your local GP.



LEMON HERB CHICKEN WITH ASPARAGUS & NEW POTATOES

Prep & Cook Time: ~40 minutes

Ingredients (Serves 4):

- 4 chicken breasts (skinless, boneless)
- 500g new potatoes, halved
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- 2 garlic cloves, minced
- 1 tsp Dijon mustard
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill or thyme, chopped
- Salt and pepper, to taste

Method:

- 1. Preheat oven** to 200°C (fan 180°C). Place potatoes on a baking tray, drizzle with half the olive oil, season, and roast for 20 minutes.
- 2. Prepare chicken:** Mix lemon juice, zest, garlic, mustard, herbs, and remaining olive oil. Coat chicken breasts with the mixture and season.
- 3. Roast chicken:** After 20 minutes, add chicken breasts to the tray with the potatoes. Roast for 15 minutes.
- 4. Add asparagus:** Toss asparagus with a little oil and salt, then add to the tray. Roast everything for a final 10 minutes, until chicken is cooked through and asparagus is tender.
- 5. Serve:** Slice chicken, arrange with potatoes and asparagus, and drizzle over any pan juices. Garnish with extra fresh herbs.

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SUDOKU



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.