



DECEMBER 2025 - JANUARY 2026 EDITION

FREE TO TAKE HOME!

● **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, Louisa, 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 & 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.



Importance of Hydration



Healthy Festive Eating



Mosquito Prevention Tips



Skin Cancer Checks

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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The Importance of Hydration in Summer

As temperatures soar across Australia, staying hydrated becomes essential for maintaining good health and energy. Our bodies lose more water through sweat in hot weather, and without regular fluid intake, it's easy to become dehydrated—especially when spending time outdoors, exercising, or enjoying summer celebrations.

Why hydration matters: Water helps regulate body temperature, supports digestion, lubricates joints, and keeps your mind clear. Even mild dehydration can cause headaches, fatigue, irritability, or dizziness. Severe dehydration may lead to heat exhaustion or heatstroke, which requires urgent medical attention.

Most adults need around two to three litres of water daily, but you'll need more in the heat or when active. Don't wait until you feel thirsty—by then, your body is already dehydrated. Keep a reusable bottle with you and sip regularly throughout the day.

Smart hydration tips:

- Eat water-rich foods like watermelon, cucumber, and oranges.
- Limit alcohol and caffeinated drinks, which can increase fluid loss.
- Replenish electrolytes if you're sweating heavily or exercising outdoors.
- Encourage children and older adults—who may not feel thirst as strongly—to drink often.

Staying hydrated is one of the simplest ways to boost energy, protect your health, and make the most of Australia's sunny season. So this summer, drink up—your body will thank you!



Healthy Festive Eating

The festive season is a time for celebration, connection, and of course—delicious food. But between barbecues, parties, and Christmas lunches, it's easy to overindulge. With a few mindful choices, you can enjoy the season's flavours while still feeling your best.

Don't skip meals before a big event—it often leads to overeating. Begin with a light, nutritious breakfast like yoghurt and fruit to keep your energy stable throughout the day.

Fill half your plate with fresh salads, vegetables, and lean proteins such as seafood or turkey. Enjoy festive favourites in smaller portions rather than avoiding them entirely—deprivation often leads to cravings later.

Alternate alcoholic drinks with water or sparkling mineral water, and be mindful of hidden sugars in cocktails and mixers. Staying hydrated helps digestion and prevents fatigue.

Importantly remember to savour the moment. Eat slowly, focus on conversation, and truly enjoy each bite. Festive eating is about pleasure, not excess.

This summer, celebrate with colour, flavour, and balance. With a little planning, you can have a joyful, healthy festive season—and start the new year feeling refreshed rather than regretful.





Stay Bite-Free This Summer: Mosquito Prevention Tips

Warm summer evenings are perfect for barbecues and beach walks—but they’re also prime time for mosquitoes. These tiny pests are more than just annoying; in many parts of Australia they can carry diseases such as Ross River virus, Barmah Forest virus, and Japanese encephalitis. Protecting yourself and your family is simple with a few smart steps.

Cover up: When outdoors—especially around dawn and dusk—wear loose-fitting, light-coloured clothing that covers your arms and legs. Mosquitoes are attracted to dark colours and tight fabrics.

Use repellent: Choose a repellent containing DEET, picaridin, or oil of lemon eucalyptus. Apply it to all exposed skin, and reapply as directed, especially after swimming or sweating.

Eliminate breeding sites: Mosquitoes breed in standing water. Once a week, empty and scrub pet bowls, plant saucers, buckets, and birdbaths. Keep gutters clear and cover rainwater tanks with fine mesh.

Protect your home: Install or repair window and door screens. Use fans indoors and outdoors—mosquitoes are weak fliers. Consider citronella candles or plug-in vaporisers for added defence.

Plan ahead for holidays: When camping or travelling to northern or tropical areas, sleep under treated mosquito nets and keep tents zipped.

A few simple precautions can make a big difference. By keeping mosquitoes at bay, you’ll protect yourself and your loved ones while enjoying everything the Australian summer has to offer—bite-free.



Understanding Ross River Virus: Protect Yourself This Summer

Ross River virus (RRV) is Australia’s most common mosquito-borne infection, affecting thousands of people each year—especially during the warmer, wetter months. The virus is spread through mosquito bites after they feed on infected animals such as kangaroos or wallabies. It cannot spread directly from person to person.

Symptoms usually appear 3 to 21 days after a bite and can include joint pain, fatigue, muscle aches, fever, chills, rash, and swollen joints. While not life-threatening, symptoms can last from several weeks to months and may interfere with work, sleep, and daily activities.

There is no specific cure for Ross River virus—treatment focuses on relieving pain, inflammation, and fatigue. Rest, gentle exercise, and plenty of fluids are recommended during recovery.

Prevention is key. Use mosquito repellents containing DEET or picaridin, wear long sleeves and pants outdoors, and eliminate standing water where mosquitoes breed. Installing insect screens and using fans can also help reduce bites at home.

By taking simple protective measures, you can lower your risk of infection and enjoy the Australian summer safely and comfortably.

If you are experiencing any symptoms, please talk to your GP.

Skin Cancer Checks: A Lifesaving Habit

Australia has one of the highest rates of skin cancer in the world, with around two in three Australians diagnosed by the age of 70. The good news? Most skin cancers can be successfully treated if detected early—making regular skin checks a vital part of summer health.

Examine your skin every few months for new moles or spots, or changes in existing ones. Warning signs include asymmetry, irregular borders, multiple colours, a diameter larger than 6mm, or any spot that bleeds, itches, or doesn’t heal. Remember the “ABCDE” rule—Asymmetry, Border, Colour, Diameter, Evolving—as a simple guide.

It’s recommended to have your skin examined by a doctor or skin cancer clinic at least once a year, or more often if you have fair skin, lots of moles, or a family history of skin cancer.

Protect yourself by wearing SPF 30+ sunscreen daily, reapplying every two hours, and using hats, sunglasses, and sun-protective clothing.

Regular checks and sun safety go hand in hand—because catching skin cancer early could save your life. It is a good idea to see your GP on a yearly basis for a skin check!





CLASSIC HOMEMADE EGGNOG

Ingredients:

- 4 large egg yolks
- ½ cup (100 g) granulated sugar
- 2 cups (480 ml) whole milk
- 1 cup (240 ml) heavy cream
- 1 tsp pure vanilla extract
- ½ tsp ground nutmeg (plus more for garnish)
- ¾ cup (180 ml) bourbon, rum, or brandy (optional)
- 4 egg whites (optional, for a fluffier version)

Method:

1. Whisk egg yolks and sugar: In a large bowl, whisk the yolks until pale and creamy. Gradually add sugar, whisking until smooth and thick
2. Heat milk and cream: In a saucepan over medium heat, combine milk, cream, and nutmeg. Warm until it just begins to steam — don't let it boil.
3. Temper the eggs: Slowly pour a small amount of the hot milk mixture into the yolks, whisking constantly to avoid scrambling. Gradually add more until combined
4. Cook the mixture: Pour everything back into the saucepan. Cook over medium heat, stirring constantly, until it thickens slightly and coats the back of a spoon (about 160°F / 70°C).
5. Add flavor: Remove from heat and stir

in vanilla and alcohol (if using). Strain through a fine mesh sieve for a smooth texture.

6. Chill: Refrigerate for at least 2 hours, or until cold.
7. (Optional) Whip egg whites: Just before serving, whisk egg whites to soft peaks and gently fold them into the chilled eggnog for extra froth.
8. Serve: Pour into glasses, sprinkle with nutmeg or cinnamon, and enjoy!

Tips & Variations

- Non-alcoholic version: Skip the alcohol or replace it with a splash of rum extract.
- Dairy-free: Use almond milk and coconut cream instead of dairy milk and cream.
- Make-ahead: Eggnog tastes even better after chilling overnight — the flavors meld beautifully.



MERRY CHRISTMAS



● 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.