



FEBRUARY - MARCH 2025 EDITION

FREE TO TAKE HOME!



Back-to-School Anxiety



Understanding Puberty



The Importance of Sleep



Skin Cancer Checks

● 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.

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MBBCh, BAO, LRCPI, LRCSI, NUI
Family Medicine, Interest in Cardiology
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MBBS, DCH, FRACGP, MSPMED
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Family Medicine, Preventive Medicine, Spots
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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 Service1300 644 483

SJOG Murdoch.....9366 1111

Fiona Stanley Hospital6152 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.



YOUR NEXT APPOINTMENT:

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Managing Back-to-School Anxiety in Children

The start of a new school year often brings excitement, but for many children, it also triggers anxiety.

This anxiety can stem from a variety of factors, such as fear of academic challenges, social pressures, or changes in routine.

Recognizing and addressing these concerns is essential to helping children transition smoothly back to school.

Children may express their anxiety through physical symptoms like headaches, stomach aches, or disrupted sleep. Others might become irritable, clingy, or withdrawn. It's important for parents and caregivers to acknowledge these feelings rather than dismiss them.

Open communication is key—encourage children to share their worries and validate their emotions.

Preparation can significantly reduce anxiety. Visiting the school ahead of time, meeting teachers, and familiarizing children

with their schedules can provide a sense of control. Setting a consistent routine a few weeks before school starts, including regular sleep and meal times, also helps ease the adjustment.

It is vital to equip children with coping strategies. Teach them deep breathing exercises, positive self-talk, or effective time management. Encouraging friendships and social interactions can also boost their confidence and comfort.

Parents should model a positive attitude toward school and demonstrate problem-solving skills. If anxiety persists or becomes overwhelming, consider seeking support from school counsellors or mental health professionals.

Returning to school can be a challenging transition, but with patience, preparation, and support, children can overcome their fears and thrive in the new academic year. Fostering resilience and confidence will empower them for future challenges.



Understanding Puberty: A Vital Stage of Growth

Puberty is a critical phase in human development, marking the transition from childhood to adolescence. It is driven by hormonal changes that trigger physical, emotional, and psychological transformations, preparing the body for adulthood.

The onset of puberty varies, typically between ages 8-14 for girls and 9-16 for boys. Hormones, particularly estrogen and testosterone, play a pivotal role. In girls, puberty is characterised by breast development, the start of menstruation (menarche), and the growth of pubic and underarm hair. Boys experience a deepening of the voice, facial and body hair growth, and testicular and penile enlargement.

Significant emotional and social developments accompany physical changes during puberty. Adolescents may experience mood swings, heightened self-awareness, and a desire for independence. Peer relationships often take on greater importance, influencing self-esteem and decision-making.

Puberty also involves rapid growth spurts, with bones and muscles maturing quickly. This growth may cause temporary awkwardness as the body adjusts. Acne, a common skin condition during puberty, is another noticeable change, often linked to increased oil production.

Supporting adolescents through puberty



is crucial. Open communication, education about bodily changes, and fostering a positive body image can ease the challenges associated with this transition. Parents, teachers, and healthcare providers play essential roles in providing guidance and reassurance.

Puberty is a natural and necessary stage of life, shaping individuals' physical and emotional identities. By understanding its complexities, we can better support young people navigating this transformative journey.

The Power of Positive Thinking

Positive thinking is more than just a feel-good mantra—it is a mindset that has the potential to transform lives. Rooted in optimism, positive thinking helps individuals focus on possibilities rather than limitations, creating a pathway to personal and professional success.



Scientific research has shown that positive thinking can enhance mental and physical well-being. By fostering an optimistic outlook, individuals can reduce stress, improve coping mechanisms, and boost resilience during challenging times. Positive thinkers are more likely to set goals, persevere through difficulties, and adapt to setbacks, viewing failures as opportunities for growth.

One of the key benefits of positive thinking is its impact on mental health. It encourages self-belief and reduces the risk of anxiety and depression. Physically, it has been linked to lower blood pressure,

a stronger immune system, and a reduced risk of chronic illnesses.

Positive thinking doesn't mean ignoring reality or dismissing challenges. Instead, it involves reframing obstacles as surmountable and focusing on solutions rather than problems. Practising gratitude, affirmations, and mindfulness can nurture this outlook.

The power of positive thinking lies in its ability to shape perspectives, fuel motivation, and cultivate a fulfilling life. By embracing positivity, individuals can unlock their potential and create a brighter future.

The Importance of Sleep

Sleep is a vital component of overall health and well-being, often as important as nutrition and exercise. Despite its significance, many people undervalue sleep, leading to widespread sleep deprivation with serious consequences for physical and mental health.

Quality sleep supports essential bodily functions, including tissue repair, immune system strengthening, and hormone regulation. It plays a critical role in brain health, facilitating memory consolidation, problem-solving skills, and emotional regulation. Without sufficient sleep, cognitive abilities decline, increasing the risk of errors and accidents.

For adults, 7-9 hours of sleep per night is generally recommended, while children and teenagers require even more to support their growth and development. Chronic sleep deprivation has been linked to a host of health problems, including obesity,

diabetes, heart disease, and depression. It also weakens the immune system, making the body more vulnerable to illnesses.

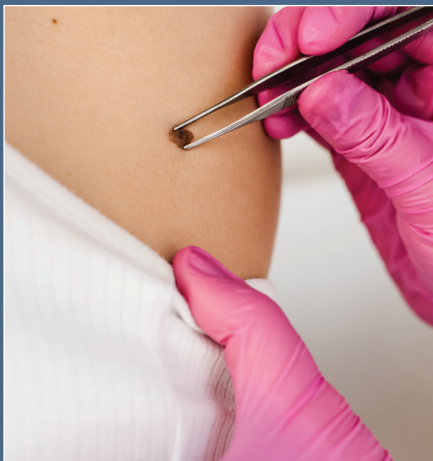
Good sleep hygiene practices can enhance the quality of rest. Effective strategies include maintaining a consistent sleep schedule, creating a comfortable sleep environment, limiting screen time before bed, and avoiding stimulants like caffeine late in the day.

Sleep is not a luxury but a necessity. Prioritizing rest is an investment in long-term health, productivity, and overall quality of life. Make sleep a priority for a healthier, more vibrant you.



The Importance of Skin Cancer Checks

Skin cancer is one of the most common types of cancer worldwide, yet it is highly preventable and treatable when detected early. Regular skin cancer checks are essential for identifying potential issues before they become serious, potentially saving lives.



The primary cause of skin cancer is exposure to ultraviolet (UV) radiation from the sun or tanning devices. Prolonged or intense UV exposure damages skin cells, leading to abnormal growths that can develop into cancer. The three main types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma, with melanoma being the most aggressive and deadly form. Skin cancer checks allow for early detection of suspicious moles, spots, or lesions. Early-stage skin cancers are often easier to treat and have a higher survival rate. A professional skin examination by a dermatologist or your GP is thorough, but self-examinations also play a crucial role. Regularly checking your skin for changes in

size, colour, or shape of moles and looking for new growths or sores that don't heal can help catch issues early.

People at higher risk, including those with fair skin, a history of sunburns, excessive sun exposure, or a family history of skin cancer, should be particularly vigilant.

Skin cancer checks are a simple yet powerful tool in maintaining skin health. By prioritizing regular check-ups, individuals can reduce risk, catch problems early, and promote a proactive approach to long-term well-being.

If you have noticed any suspicious spots, moles or skin discolouration, seek your local GP's advice.



GRILLED BARRAMUNDI WITH MANGO SALSA

This summery, flavourful dish celebrates Australia's fresh seafood and tropical produce that is prevalent at this time of year.

Ingredients

For the barramundi:

- 4 barramundi fillets (or any firm white fish)
- 2 tbsp olive oil
- 1 tsp lemon zest
- Juice of 1 lemon
- Salt and pepper, to taste

For the mango salsa:

- 1 ripe mango, diced
- 1/2 red capsicum (bell pepper), diced
- 1/4 red onion, finely chopped
- 1/2 red chili, finely chopped (optional)
- Juice of 1 lime
- 2 tbsp fresh coriander (cilantro), chopped
- Salt, to taste

For serving:

- Steamed jasmine rice or mixed greens
- Lime wedges

Method

1. Prepare the mango salsa:

In a bowl, combine diced mango, red capsicum, red onion, chili (if using), lime juice, and coriander. Mix gently and season with salt to taste. Set aside.

2. Prepare the barramundi:

Preheat a grill or barbecue to medium-high heat. Pat the barramundi fillets dry with paper towels and rub them with olive oil, lemon zest, and lemon juice. Season with salt and pepper.

3. Grill the barramundi:

Place the fillets skin-side down on the grill and cook for 3-4 minutes, depending on thickness. Flip and cook for another 2-3 minutes until the flesh is opaque and flaky.

4. Serve:

Plate the grilled barramundi with a generous scoop of mango salsa. Serve with jasmine rice or a fresh salad and lime wedges on the side.



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.

WORD SEARCH

MANGO
PUBERTY
SKIN
CANCER
IMAGE
POSITIVE
SCHOOL
BODY
SLEEP
IMMUNE
GRATITUDE
GROWTH
RISK
SUNBURN
CHILDREN
CHRONIC

