



OCTOBER-NOVEMBER 2024 EDITION

FREE TO TAKE HOME!



Connecting with teens

● PRACTICE DOCTORS

Dr Ivan Jansz

MBBS, Dip RACOG, DA(UK), FRACGP
Family General Practice, Anaesthetics, Shared Care
Obstetrics, Skin problems, General Medicine, Pain
Management

Dr Darryn Rennie

MBBS, FRACGP, DipACSCM
General Family Medicine, Skin Cancer, Children's
Health

Dr Kate Harding

BM(UK)DO, FRNZCGP, FRACGP
General Family Medicine

Dr Andrew Kirke

MBBS, FACRRM, FRACGP, DRANZCOG, DTMH
Family General Practice

Dr Yien Peng Chin

MBBS, FRACGP, DipChildHealth
General Family Medicine, Children's Health

Dr Denise (Dee) Arnold

MBBS, FRACGP, Diploma of Sport & Exercise
General Practice with special interest in Women's
and Paediatric Medicine as well as Sports and
Musculoskeletal Medicine.

Dr Aisling Ni Bhroin

MB BCh, FRACGP
General Family Medicine

Dr Narelle Rodsjo

MBBS, FRACGP, BPHTY (Uni of QLD).
Family medicine, women's and children's health.

*The practice doctors are experienced
in the broad range of general practice
problems and the treatment of all age
groups.*

● PRACTICE STAFF

Practice Manager: Karen Hudson

Nurses: Rhona Morrison (RN, RM),
Lucy Webb-Martin (RN)

Receptionists: Mandy, Claire, Fernanda,
Alli & Kasey

● SURGERY HOURS

Monday.....7.00am-5.00pm

Tuesday - Friday.....8.30am-5.00pm

Saturday.....8.30am-11.30am

● AFTER HOURS & EMERGENCY

Dalyellup Family Medical Centre provides
after hours care within the practice.

Please phone **9795 6422** for the on-call
number, or attend Bunbury Regional
Hospital Emergency Department **9722
1000**.

A/H GP helpline **1800 022 222**.

● BILLING ARRANGEMENTS

Private patients will pay a gap beyond the Medicare refund. This varies
according to the complexity of service or if a procedure is performed.

We expect the account to be settled at the time of consultation. Gap
payments may be allowed in consultation with the Doctor. Payment can be
made by cash, cheque, credit card or EFTPOS. Please bring your Medicare
card and any concession cards to your appointment.

We may bulk bill children under 6yrs and routine immunisations. All other
appointments will be charged an out of pocket expense.

A fee will apply for all procedural work, Saturday and evening surgery
appointments.

Repeat Prescriptions may be issued at times but will attract a fee if there is
no consultation.

● APPOINTMENTS

Consultation is by appointment. Urgent cases will be seen by an available
doctor on the day.

Appointment Bookings. Appointments can be made online by going to
www.dfmc.com.au or by calling the Practice on **9795 6422**.

Booking a long appointment. If you want an insurance medical, review of a
complex health problem, counselling for emotional difficulties, or a second
opinion, please book a longer appointment. This may involve a longer wait
but your problem will get the attention it deserves. Please bring relevant
letters and test results from other doctors.

It may not always be possible to see additional family members if only a
single appointment has been made.

Home Visits. Your request for a home visit will be decided on in discussion
with the doctor.

Results. All results are reviewed as soon as possible by the doctor. You may
access relevant comments regarding your results by contacting the Surgery.

**Telehealth and phone consultations are currently available during the
COVID crisis.**

● SPECIAL PRACTICE NOTES

Dr Jansz has admitting rights to St John of God Hospital, Bunbury.

Referrals. Doctors in this practice are competent at handling all the
common health problems. When necessary, they are able to draw on
opinion from Specialists, and if need be, refer you for further investigation.
You can discuss this openly with your doctor.

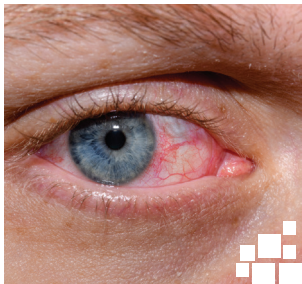
Telephoning your doctor. Although most problems are best dealt with in
consultation, a doctor will always be available during normal surgery hours
for emergency advice. Our staff are experienced in helping you decide
whether the matter requires an appointment, a return phone call from the
practice, or urgent advice.

Patient Feedback. We welcome your comments or suggestions. Please feel
free to talk to your GP or the Practice Manager regarding any issues. If you
prefer, you can contact Health and Disability Services Complaints Office on
1800 813 583.

Patient Privacy. This practice protects your personal health information
to ensure it is only available to authorised staff members for the intended
purposes and to comply with the Privacy Act. To obtain a copy of our Privacy
Statement or your medical records, please ask.



Colds & flu



Dry Eye



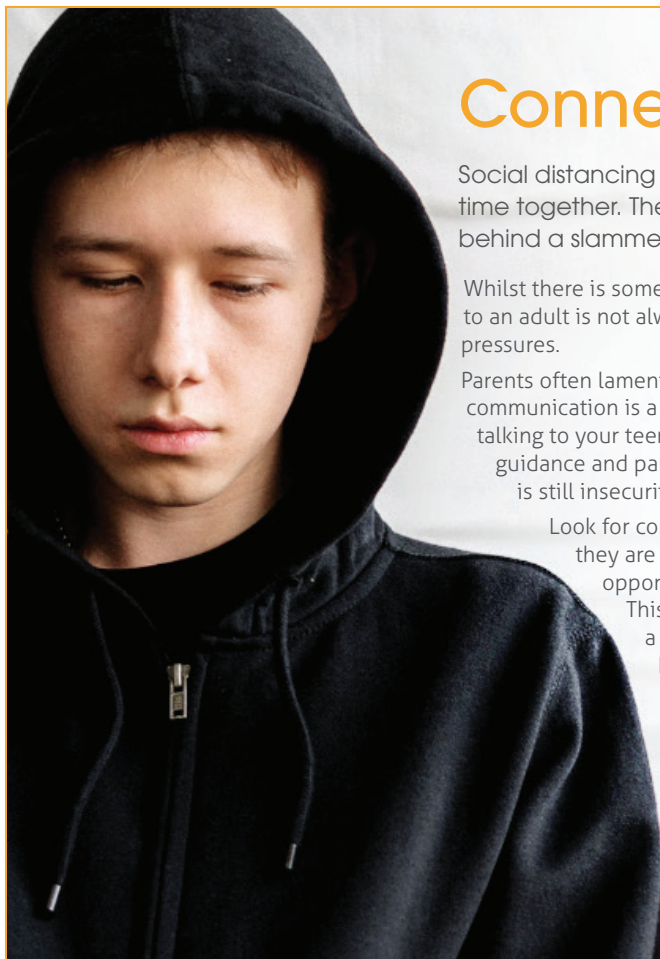
How to manage stress

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



Connecting with your teenager

Social distancing has meant parents and teens are being forced to spend more time together. The stereotype of the teenager is either a monosyllabic boy or a girl behind a slammed-shut bedroom door.

Whilst there is some validity to this, it is far from the whole story. The transition from being a child to an adult is not always easy. In this era of social media and smartphones, there are additional pressures.

Parents often lament that their teenagers do not listen, and they may be right. However, communication is a two-way street. This means listening is as important (possibly more so) than talking to your teens. We know that teenagers (despite what they may say) are still wanting guidance and parental support. Whilst publicly, they may claim to know it all, deep down, there is still insecurity.

Look for common interests. Talk about topics that they raise. Be prepared to talk when they are ready to open up about a situation (even if you are doing something else). Be opportunistic. When driving to school or other places, you have a captive audience. This can be a good time to talk. Aim to sit down for dinner with your teen at least a few times a week. Talking around the dinner table can be revealing. No matter how many times the answer is nothing much, ask each day how was school or what happened in their day.

Communication is the key to connecting. Ask your own parents how they coped with you. Talk to your doctor about any concerns you have about your teenager, and remember, adolescence is a time of physical, mental, emotional, and social change.

How to prevent the spread of colds & flu

Despite passing the worst of the season, winter cold and flu viruses have not disappeared. In fact, the 2024 season peaked later than that of 2023 according to new data from the National Notifiable Disease Surveillance System (NNDSS), which noted a peak in June & July as opposed to May in 2023.

There is much we can do to reduce the spread of this disease, and whilst we should not let this rule our lives, we should always remain mindful. Viruses are spread by airborne droplets. Covering your mouth when you cough makes a big difference, as does sneezing into a hanky or tissue. Wash your hands. Sanitiser is not essential. Soap and water are fine.

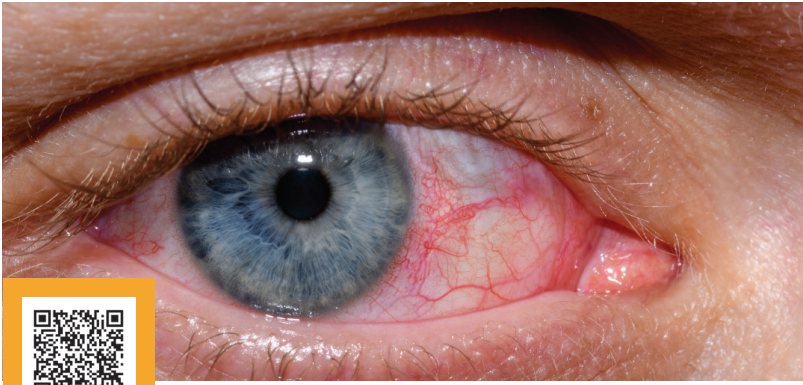
Typically, people try to soldier on with a virus on board, but times have changed. Those not working at home need to stay home when unwell. This helps you get better quicker and, more importantly, makes it less likely you will pass it on to others. Air-conditioned offices make our work life more comfortable but are a great ally to viruses wanting to spread, so stay home when you are sick!

Regular exercise has been shown to strengthen the immune system, but it is wise to cease or at least reduce exercise while unwell. Eating a healthy diet with adequate fruits and vegetables and getting enough sleep also helps. Managing stress (e.g. meditation, guided relaxation herbal teas) has been shown to benefit immunity as does having adequate vitamin D levels.

Going forward, the importance of preventing the spread, including staying away from others when not well, will hopefully stay with us. And, of course, speak with your GP about your recommended vaccination plan.



More info »



More info »

Dry Eye

The eyes need constant lubrication, which is provided by the tear glands.

Eyes become dry for two main reasons. Firstly, tears can evaporate too quickly. This can be on planes, in air conditioning, in dry air, or in smoky conditions. It is temporary and improved by using lubricant drops and removing yourself (where possible) from the situation. Secondly, it can be due to reduced tear production. This can be with advancing age, various medical conditions (e.g. diabetes, lupus Sjogren's syndrome scleroderma), certain medications (e.g. antihistamines, antidepressants, blood pressure tablets), and tear gland damage through trauma.

Other risk factors include being female, using contact lenses, and having low vitamin A levels. Symptoms are a burning, itching, stinging, or dry feeling in the eye. The eyes may become red and sensitive to light. Blurry vision can follow.

Diagnosis is based mainly on symptoms and a thorough eye examination. Blood tests would be done to rule out underlying conditions. You may be referred to an ophthalmologist. Complications include eye infections and damage to the eye surface. Fortunately, these can be largely avoided.

Treatment depends on the cause. In most cases, eye drops are recommended to keep the eyes moist. These may be used multiple times a day. Avoiding situations where dryness would be aggravated is important (where practical). Try to stay inside on windy days or when there is smoke in the air, and wear sunglasses when outside. Take breaks when using screens for long periods of time, and position your screen below eye level so you tend to look downwards. This can reduce evaporation.



More info »

Oral Thrush

Thrush, caused by the fungus *Candida albicans*, can affect different parts of the body, most commonly the genitals and the mouth and throat. Oral thrush typically causes white plaques in the mouth and throat, which may be surrounded by redness. It is not painful.

Risk factors include having diabetes, being on steroids (including asthma sprays containing steroids) and having dentures. It is also more common after chemotherapy or radiotherapy and sometimes after courses of antibiotics. Interestingly, it is estimated that the fungus may sit dormant (not causing any symptoms) in 75% of the world's population.

Treatment is with antifungal drops or lozenges. Rinsing the mouth with salty water can be helpful in some cases. For those with asthma, gargling with salty water after inhalers can help prevent oral thrush.

Many mouthwashes kill off the good bacteria in the mouth, enabling thrush to grow. Beware of excessive use of these.

How to manage stress

Stress is claimed to be the scourge of the 21st century. Economic pressure has added to this for a lot of society, as does the days of social media.

Even in normal circumstances, it doesn't seem to matter who you talk to; everyone feels stressed at some stage. Relationships, money, and work are usually shown as the big three in polling. Our body reacts to stress today like it did in caveman days. It goes into fight or flight mode with the release of hormones like adrenalin and cortisol, which were very helpful when the threat had a physical solution and would be over soon (for better or worse). It is not so helpful with the type of stressors we face today.

However, there is much we can do to manage stress. Regular exercise is a great stress beater. It can be as simple as going for a walk. Listening to calming music, doing slow, deep breathing or guided meditations can be helpful too. There are many apps designed to help people deal with stress, and many are free. Drinking herbal tea helps some people, as does keeping a journal or writing things down. Drink mainly water and do not drink alcohol to excess. Try to minimise sugar in your diet. Taking a short break, if possible, may help.

Ultimately, dealing with the source of the stress is paramount. Remember, you don't always have to do this alone. For many, chatting with your GP or a counsellor (which can be done online or via phone) can be beneficial, as can talking with trusted friends or family. Others may see solutions that you don't.

Stress can lead to mental health problems, so see your GP if you have any concerns.



More info »



Dalyellup Family Medical Centre

- **OTHER SERVICES OFFERED**
- Comprehensive health assessment for patients 75 years of age and older which includes a home visit by our nurse.
- Employment & Pre-Employment medicals with secure Drug & Alcohol testing collection.
- Full pathology collection services.
- All routine immunisations.
- Full time Practice Nurse/Midwife for routine blood pressure and blood sugar, wound dressings, etc.
- **Dalyellup Skin Care Clinic operates in the same building as Dalyellup Family Medical Centre.**

Services provided include:

- Skin cancer screening using Dermoscopy
- Treatment of pre-cancerous skin spots
- Biopsy and treatment of skin cancers
- Digital surveillance of atypical skin spots
- Total body photography
- General dermatology
- Corporate skin checks.

- **DR DARRYN RENNIE**

Dr Darryn Rennie is a GP with an interest in Skin Cancer Medicine, and he has a Diploma in Skin Cancer Medicine from the Australasian College of Skin Cancer Medicine.

- **PRIVATE BILLING**

Private billing applies to skin checks. A fee applies to procedures, with a portion of the fee claimable from Medicare.



STIR FRY PORK AND SNAKE BEANS

Ingredients

- 2 tbsp canola oil
- 1 garlic clove, crushed
- 500 gm snake beans, cut into 5-6cm pieces
- Thai Basil (to taste)
- 2 tbsp soy sauce (or to taste)
- Sesame oil to taste
- 500 gm coarsely minced pork (marinated with the below)
 - 1¼ tbsp caster sugar
 - 1 tsp Shaoxing wine
 - 1 tbsp coarsely ground white pepper
 - 1¼ tbsp oyster sauce
 - 1¼ tbsp soy sauce

Method

1. For marinated pork, combine ingredients in a glass or ceramic bowl and marinate in refrigerator (half a day or up to 1 day).
2. Heat a wok over high heat and add oil, then add garlic and stir-fry until light golden (2-3 seconds), then add marinated pork, stirring to break up pork and prevent it from catching on the wok
3. Once pork is cooked and juices have evaporated (4-5 minutes) add snake beans and stir-fry until tender, reducing the heat to medium if they start to burn.
4. Add the Thai Basil and season with soy sauce, one or two drops of sesame oil, and salt to taste and continue to stir-fry until beans are soft but still hold their shape

Note – for some extra authentic flavour, try adding a few drops of liquid smoke.

WORD SEARCH

E	R	B	A	S	I	L	N	S	H	A	S	S	E
U	L	S	R	I	S	T	E	T	W	S	N	S	O
R	E	R	T	E	L	E	X	R	N	E	E	S	T
F	U	N	G	U	S	A	G	E	Y	F	N	Y	U
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P	A	C	E	E	X	C	E	R	S	I	S	E	E
I	T	S	R	E	A	W	E	R	A	L	S	S	P

TEARS
TEENAGER
NEWS
SEASON
HERBAL
EYES
ITCHING
COLD
PARENTS
STRESS
HEALTH
FUNGUS
PRESSURE
BASIL
EXERCISE
TALKING
THRUSH