



## FEBRUARY - MARCH 2025 EDITION

**FREE TO TAKE HOME!**

### ● 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

BMBS, FRAGCP, 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:** Lucy Webb-Martin (RN),  
Michelle Joy (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](http://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 available for eligible patients.  
Please call reception to make a booking.

### ● 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.



Back-to-School Anxiety



Understanding Puberty



The Importance of Sleep



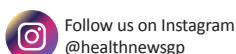
Skin Cancer Checks

### 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.

[www.healthnews.net.au](http://www.healthnews.net.au)



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

# 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.

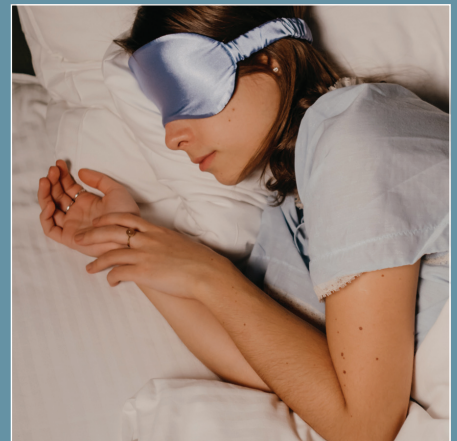
Quality sleep supports essential bodily functions, including tissue repair, immune system strengthening, and hormone regulation. It plays a critical role in brain health, facilitating memory consolidation, problem-solving skills, and emotional regulation. Without sufficient sleep, cognitive abilities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

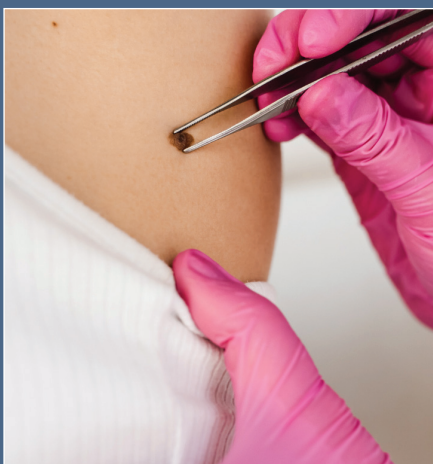
Good sleep hygiene practices can enhance the quality of rest. Effective strategies include maintaining a consistent sleep schedule, creating a comfortable sleep environment, limiting screen time before bed, and avoiding stimulants like caffeine late in the day.

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.

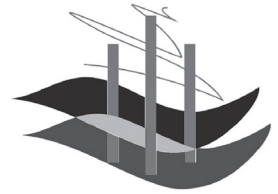
Skin cancer checks allow for early detection of suspicious moles, spots, or lesions. Early-stage skin cancers are often easier to treat and have a higher survival rate. A professional skin examination by a dermatologist or your GP is thorough, but self-examinations also play a crucial role. Regularly 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.



## 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 for routine blood pressure and blood sugar checks, wound dressings, ear syringing 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.



### 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.

## WORD SEARCH



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