



FREE TO TAKE HOME!

FEBRUARY - MARCH 2021 EDITION



Schoolyard bullying



Positive attitude



What is 'normal' in puberty?



Cataracts

● 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, GP Obstetrics

Dr Yien Peng Chin

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

Dr Narelle Rodsjo

MBBS, FRACGP
Family medicine, Women's and Children's Health,
Musculoskeletal and Sporting Injuries

Dr Denise (Dee) Arnold

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

*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) & Jenni Boxsell
(RN)

Receptionists: Raelene, Deb, Mandy,
Claire & Fernanda

● 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**.

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

● 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 will bulk bill Pension Card Holders, children under 12 years and
routine immunisations. Health Care Card and Commonwealth Seniors
Card holders will be given a discounted fee.

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.** This service will be bulk billed for Pension Card holders
and a private fee will apply for others. Please ask when 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.

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



What is 'normal' in puberty?

A normal part of life, puberty is the time when children start turning into adults. Technically it is the development of the capacity to reproduce (sexual maturation). 95% will start between the ages of eight and 14 (girls) or nine and 14 (boys). The process generally goes on for three to four years.

Together with the development of secondary sexual characteristics, there is also a period of rapid growth. For many, there are emotional changes too. With girls, parents worry about the onset of periods. These generally start two years after the onset of breast development. In boys, the worry is about later puberty and later onset of the growth spurt. There is no need for medical concern in either case.

The appearance of pubic hair does not indicate the onset of puberty. This comes from an increase in the production of androgens (male sex hormones) by the adrenal gland. It is a separate process and may happen simultaneously but can start up to two years earlier.

Precocious puberty is onset before age eight (girls) or nine (boys) and warrants a medical check as does lack of commencement by age 14. For some, a specialist referral may be needed.

Many of the puberty problems are more to do with changes in the adolescent's life which occur at the same time rather than being due to puberty itself. Have a chat with your doctor about supporting your child or about any concerns you may have.

Cataracts

This is the leading cause of blindness and vision loss worldwide. Cataracts occur when the lens of the eye goes cloudy or opaque. Around 10% of Australians have cataracts increasing from 4% of 50-59 year olds to over 60% of 90-year-olds.

Advancing age is the most typical cause. Trauma, radiation exposure some drugs (e.g. steroids) and metabolic conditions (e.g. diabetes) can also lead to cataracts. Women are more affected than men. Indigenous Australians, Caribbean or African Americans are more prone than Caucasians. Smoking and excess alcohol consumption are also risk factors.

Cataracts are classified by their level of maturity (progression), cause, or appearance. Nuclear cataracts are the most common affecting the centre of the lens. A "mature" cataract is one where the whole lens is opaque. Reduced visual acuity (ability) is the hallmark symptom. The onset is gradual and progression slow but constant in most instances. If only one eye is affected, it may not be noticed for quite a while as the other eye "compensates".

Cataracts are easily diagnosed on examination. When looking in the eye with an ophthalmoscope, your doctor can see a cataract. Those over 40 are advised a regular eye check with an ophthalmologist who can do



other eye assessments simultaneously. Your GP can refer you.

Treatment for cataracts is surgical removal and insertion of an intra-ocular lens. This is done when symptoms warrant it, and prescription glasses no longer are helping. This may be

many years from the time of diagnosis.

The procedure is generally done under local anaesthetic, and you will be in and out in a few hours. Recovery is quick. The eye is padded for a short period of time, and you will be prescribed drops post operatively.



BRAISED BEEF CHEEKS WITH TORTILLAS

Ingredients

- 1 dried ancho chilli (or more to taste)
- 4 garlic cloves, crushed
- 1 tablespoon tomato paste
- 1 tablespoon honey
- 2 teaspoons ground cumin
- 1 teaspoon smoked paprika (pimenton)
- 1/3 cup (80ml) olive oil
- 4 beef cheeks, trimmed
- 2 cups (500ml) beef stock
- Juice of 2 limes
- Small corn tortillas, lightly grilled
- 1 avocado, chopped
- 2 butter lettuces, outer leaves discarded
- Sour cream, to serve
- Red onion, to serve
- Corriander, to serve
- Fetta Cheese, to serve

Method

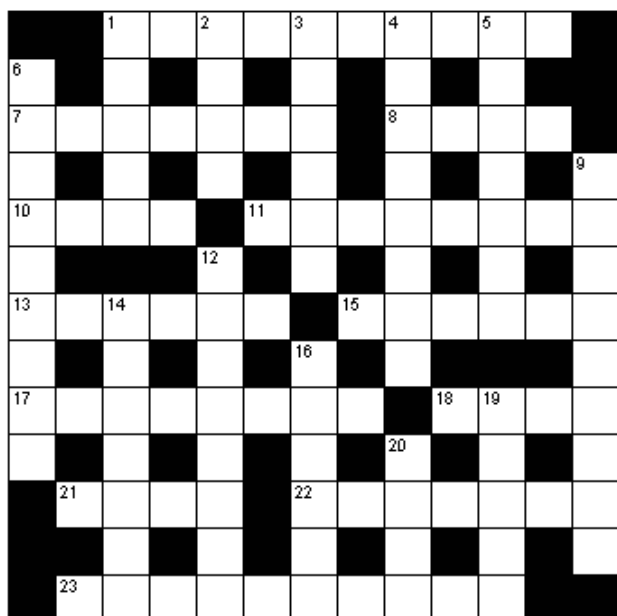
1. Place the ancho chilli in a bowl and cover with 1/2 cup (125ml) boiling water. Soak

for 10 minutes or until softened. Place the chilli and soaking water in a small food processor with the garlic, tomato paste, peanut butter, honey, cumin, paprika, 2 tablespoons oil and 1 teaspoon salt and whiz until a paste. Transfer to a bowl, toss the beef cheeks in the marinade, cover and chill in the fridge overnight.

2. Preheat the oven to 180 degrees. Heat 2 tablespoons oil in a flameproof casserole dish over medium-high heat. Remove the beef from the marinade (reserving marinade) and brown. Add stock, lime juice and reserved marinade to the casserole dish, then cover and cook in the oven for 3 hours or until the meat is tender. Remove from the oven and cool slightly. Remove beef from the braising stock and shred, using 2 forks.

3. For serving, place the shredded beef on the tortillas with avocado, lettuce, sour cream, pickled red onion and coriander.

CROSSWORD



Across

- 1 Credible (10)
- 7 Chic (7)
- 8 Arrange in order (4)
- 10 Cook in an oven (4)
- 11 First showing of a film (8)
- 13 Uncover (6)
- 15 Northern Ireland (6)
- 17 Roomy (8)
- 18 Warmth (4)
- 21 Orient (4)
- 22 Bishop's district (7)
- 23 Unnecessarily (10)

Down

- 1 Fracture (5)
- 2 Flesh without fat (4)
- 3 Whole (6)
- 4 Put together (8)
- 5 Of greatest size (7)
- 6 Robin (9)
- 9 Rued (9)
- 12 Helped (8)
- 14 Mollify (7)
- 16 Obstacle (6)
- 19 Sorrowful poem (5)
- 20 Throw carelessly (4)



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.
- Specialist Nurse qualified to do cervical screening and women's health education.
- **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.

