



Healthy food choices



Melanomas



Atrial Fibrillation



Cataracts

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

PRACTICE DOCTORS

Dr Jian Mao

MBBS, FRACGP

Families, Men's Health, Child Health, Ingrown Toenails & Minor Surgery

Dr Lyn Wren

MBBS

Clinical governance, medical education, quality improvement and practice management.

Dr Ross Dunstan

MBBS

Family Medicine

Dr Colin Binns

MBBS, MPH, PhD, FRACGP, FAFOM, FAFPMH

Professor of Public Health Prevention, Family Medicine & Child Nutrition

Dr Lawrence Chin

MBBS, FRACGP

Family medicine, injury management including insurance cases, musculoskeletal conditions and medical acupuncture.

Dr Kathleen Mulholland

MBBS FRACGP

Family medicine, Women's health, Pregnancy and Baby care

Dr Catherine Bourke

MBBS (Honours), FRACGP, BSc Physiotherapy, Bsc Exercise and Health Science

Women's Health, Musculoskeletal, Child Health, Reproductive & Sexual Health, Pregnancy and Baby care

Dr Jonathan Chia

MBBS, FRACGP

Geriatrics, Paediatrics Fluent in Mandarin. Please note – Dr Chia DOES NOT prescribe contraception or terminations.

Dr Joshua Ebsworth

MBBS, BSc, FRACGP

Paediatrics, family medicine, mole & skin cancer clinics.

Dr Krischelle McCallum

MBBS, FRACGP

Family medicine, pregnancy and baby care

Dr Lisa Chau (On Maternity Leave)

MBBS, FRACGP

Dr Christopher Hall

BHSc, MD

Full range of family medicine, pregnancy and baby care & minor surgical procedural work.

Dr Letitia Borcoski

BSc, MD

Leave of absence for further studies Jan to July 24.

Dr Ana Clarin

BBSMedSc, MCLinSci (ClinPhys), MD

Full range of family medicine, pregnancy and baby care

Dr Sarah Picard

MD, BBus, BA

Full range of family medicine, pregnancy and baby care.

Dr Chelsea May

MBBS

Full range of family medicine, pregnancy and baby care.

SURGERY HOURS

Mon- Thur...8:00am - 6:00pm

Friday.....8:00am - 5:00pm

Saturday.....8:00am - 12:00pm

Sundays & P/Holidays...CLOSED

PRACTICE NEWS

COVID-19 & INFLUENZA

VACCINATION. Ensure you are up to date with influenza and COVID-19 boosters as per current national recommendations. Available here at QMSC.

BILLING ARRANGEMENTS. Some doctors have fully bulk billed appointments available Monday to Friday for pension and health care card holders and children under 16 years of age. Other practitioners have a reduced out of pocket (concessional gap) for this group. Full details of our independent practitioner's billing can be found on our website under 'Practitioners @ QMSC'.

FACE TO FACE APPOINTMENTS IF YOU HAVE RESPIRATORY SYMPTOMS.

If you have respiratory symptoms and attend for a face-to-face appt, it is preferred that you wear a mask to minimize spread of infection to others. If you are unable to wear a mask, please advise our reception team, as some doctors are not able to see patients without a mask for health reasons. We would appreciate you advising our team if you have tested positive for COVID-19 or influenza.

MY MEDICARE. By registering with MyMedicare, you may benefit from: a formalized relationship with your GP, which has been shown to improve health outcomes and longer Medicare Benefit Scheme (MBS) funded telehealth consultations with your GP.

HOME MEDICATION REVIEW (HMR) - BULK BILLED. An HMR is a process that involves you, your doctor and a specially trained pharmacist working together to help you manage your medicines. During the review, the pharmacist will visit you in your home and go through your medicines with you or your carer. The pharmacist will talk to you about the medicines you are taking and write a report to send to your doctor. Talk to your GP today.

AFTER HOURS & EMERGENCIES. In the case of a medical emergency, dial 000. For after-hours services, call our number 9233 4800 to be connected with our on-call doctor for an appointment. After hours private fees apply. After hours fees can be found at www.quinnsmindariesuperclinic.com.au services tab or ask our reception team. Alternatively, you can ring Dial-A-Doctor on 1300 030 030. They provide bulk billed services for all those registered with Medicare.

DE-IDENTIFIED DATA. QMSC shares de-identified health data with Government health agencies and some third-party providers to improve health services offered to our patients. If you do not consent to your de-identified data being shared, please advise our reception team.

REPEAT SCRIPTS & SPECIALIST REFERRALS. Shorter, lower fee appointments are available for SOME repeat scripts, requests for pathology referrals for upcoming appointments and repeat specialist referrals. Please see our website or HotDoc booking platform to see if you are eligible.

BOOKINGS. Online bookings can be made through our website or directly from your smart phone with the HotDoc app. If more than one family member needs to see the doctor at the same time, please make separate appointments for each person. If you require a longer consultation, please let our reception team know. Home visits may be arranged in special circumstances. Fees apply.

CANCELLATION/NO SHOW POLICY. Did you know your doctor is not on a salary and only gets paid if you attend your appointment. As such, a fee will be incurred for failure to attend or cancellation at short notice and must be paid before your next appointment. The fee will depend on the length of the appt booked (Ex GST). Please note Medicare does not cover this fee.

ADVANCE CARE PLANNING. Our practice is making changes and undergoing additional training to support people with Advance Care Planning. This includes making an Advance Health Directive, so that if you are not able to make decisions about your health care, you already have a plan in place to communicate your wishes. Talk to your GP.



Healthy food choices for school-aged children

One in four Australian children are overweight or obese. There are two main drivers of this. Firstly, is the tendency for children to snack on high-calorie foods and drinks. Second is the replacement of physical activity with time on the computer or other electronic devices. We can't turn back time, but it is not all bad news. There is much you can do as a parent or guardian to help a child who is **battling with weight issues**.

Back to school means thinking about lunchboxes. It is fine to have a sweet treat in the lunchbox some days, but there are many healthy snack options too. Sticks of carrot or celery can be a snack. Fruit in season is a great snack. Even with snack bars, you can select those with natural ingredients, whole grains and less sugar by reading the labels. Read the labels on cracker biscuits, too. Some are high in fats and sugar, whilst others (like rice crackers) are not. A mix of seeds, nuts (watch for allergies), and dried fruit is another simple snack, as are cheese sticks or popcorn. Substitute sweet drinks with water. Eliminating liquid calories can cut down calorie intake without leaving a child hungry. Have soft drinks only on special occasions or no more than once a week. Rather than fruit juice, give your child a piece of fruit and a glass of water. This provides them with more fibre and fewer calories.



Avoid Listeria in pregnancy

Listeria is an infection caused by a common bacterium. It occurs in the soil and water. Thus, plants and marine life can be infected with the bacteria, as well as animals that eat plants. There are around 65 cases in Australia each year, and 10% of these are in pregnant women who are at greatest risk in the third trimester.

Listeriosis increases the risk of stillbirth, low birth weight and premature labour. Symptoms can be mild or severe, with fever, headaches, vomiting, and diarrhoea.

Whilst uncommon, it is important to take steps to avoid potential exposure to Listeria. Fortunately, this is not difficult and involves not eating "high-risk" foods whilst pregnant. Foods to avoid are processed deli poultry meats (e.g. sliced chicken), soft cheeses (brie camembert), raw seafood (e.g. oysters) pre-made sushi, unpasteurised juices and soft serve ice creams.

You can continue to enjoy plenty of foods whilst pregnant, including hard cheeses, smoked seafood, hard frozen ice cream or gelato, freshly prepared sushi, pasteurised juices and hot deli meats (cooked at over 75°C).

Maintaining a balanced diet is important when pregnant, and you may need certain supplements. Talk to your GP about any concerns you have and also about both diet and the need (if any) for supplements.

Avoiding Listeria is not difficult, and there is no need to stress over every mouthful of food you eat.



More info »



Melanomas

Australia continues to have the highest rates of melanoma in the world. That does not mean every spot on the skin is cancerous or potentially cancerous, though. Melanomas are the least common form of skin cancer but the most life-threatening. The Melanoma Institute estimated 15,229 cases in 2019 and some 1726 deaths.

There are specific characteristics which point to a spot on the skin being a melanoma, but none are absolute. An asymmetrical lesion with an uneven border and multiple colours would be a textbook melanoma. Another pointer changes over a short period, like a few weeks.

On the flip side, a spot of any colour that has been present for five years without changing at all will be relatively harmless.

With digital technology, it is possible for moles to be photographed and comparisons made after a few months to see if there is a change. When there

is enough suspicion, the mole may be biopsied and analysed in the lab for an exact diagnosis. Once again, only some spots will need this.

An annual skin check with your doctor is a good idea, as well as checking for any new or changing spots of concern. New does not always equal cancer though, which is a good thing.

The best way to avoid getting skin cancer is to take care in the sun. The message of slip, slop, slap is not new but remains valid. Over summer, there is no reason not to enjoy an outdoor lifestyle, but remember to look after your skin.



Atrial Fibrillation

Our hearts beat over 100,000 times per day, and most do this in a regular fashion. The pacemaker sends an electric signal for the heart muscles to contract, pumping blood out to the body.

Arrhythmias are conditions where the heart beats irregularly. In atrial fibrillation (AF), the top two heart chambers can beat very fast, and the muscles contract in an uncoordinated way. This distorts the electrical message to the rest of the heart. In turn, the contractions of the heart become less efficient.

Typical symptoms include palpitations, shortness of breath, fluttering of the heart, dizziness and sometimes fainting. The heart beats in a fast and irregular pattern. Around 2% of people overall and 10% of those over 75 may be affected. Risk factors include high blood pressure, established heart disease, trauma to the chest and use of certain drugs, including caffeine and alcohol.

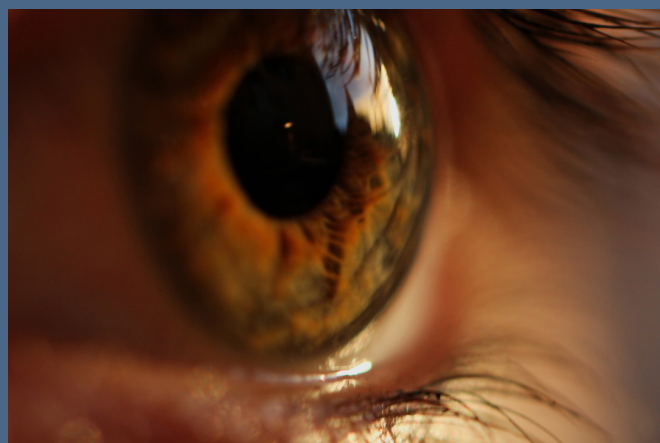
Your doctor will take a history and perform a physical examination. Diagnosis can be made with plain ECG testing, but you may be referred for a Holter monitor (a 24-hour ECG) as AF can be intermittent.

Treatment may include medication to slow the heart rate and make the heart beat regularly. You may be prescribed blood thinners too as AF increases the risk of stroke. Cardioversion (electric shock therapy) can jolt the heart out of AF and back to normal. In severe cases, surgery (ablation) is an option.

Lifestyle changes like quitting smoking, reducing alcohol and caffeine, attaining a healthy weight and regular exercise all help to prevent and manage AF.



More info 



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 reason, but trauma, radiation exposure, some drugs (like steroids), and metabolic conditions (like diabetes) can also lead to cataracts. Women are more affected than men.

Cataracts are classified by their level of maturity (progression), cause, or appearance. The symptom is a reduction in visual acuity (ability). The onset is gradual, and progression is 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".

A cataract is easily diagnosed on examination, and no tests are needed. When looking in the eye with an ophthalmoscope, your doctor will be able to see a cataract. It is recommended that people over 40 have a regular eye check with an ophthalmologist. Your GP can refer you.

Treatment for cataracts is surgical removal and insertion of an intra-ocular lens- done when symptoms warrant it and prescription glasses are no longer sufficient. It may be many years from diagnosis to the time of surgery.

The procedure is generally done under local anaesthetic, and recovery is quick. You will need the eye padded for a short period of time and will be prescribed drops to use post-operatively.

● SPECIAL PRACTICE NOTES

Quinns Pregnancy and Baby Care.

We have a dedicated group of doctors with expertise in pregnancy, antenatal shared care, baby feeding and newborn care. This team has a memorandum of understanding with Joondalup Hospital as a preferred provider of antenatal pregnancy care. Please ask our reception team if you would like to make an appointment with one of our pregnancy and baby care team doctors. For further information please visit www.quinnsmindariesuperclinic.com.au

Test Results. At the time of ordering your test results, your doctor will advise you of their follow up plan. If your results are abnormal, you will be contacted for an appointment. This should be with the doctor who ordered the tests.

Reminder System. Our practice is committed to preventative care. We may issue you with a recall or reminder from time to time for preventative health services or follow ups due. Communications for reminders and recalls will be sent via email or SMS to your mobile phone. Please make sure we have your correct contact details:

- Email
- Telephone Number
- Next of kin/emergency contact details

Letters will still be sent to those patients who do not wish to receive communications electronically. Please advise our receptionists.

Urgent Appointments. Where no appts are available, our team will triage your call to our nursing team for assessment. Where we are unable to accommodate an 'on the day' appt, our nursing team may direct you to a GP Urgent Care Clinic or the local Emergency Dept.

Your Feedback. Your feedback helps us know what we are doing well and how to improve your health care experience. After your appointment, our booking system HotDocs will invite you to leave feedback about your health care experience. Alternatively, you can contact the practice manager. Formal complaints can be directed to Health & Disability Services on 131450.

Telehealth. Consultations are available by telehealth. To be eligible, you need to have had a face-to-face appointment at the clinic in the previous 12 months.



MUSELI BARS

Natural nut butters (peanut butter or almond butter) are best for this, and they are different to commercial spreads because they have no added sugar, salt, preservatives, etc. It's 100% nuts, which means better flavour and a runnier consistency. Be sure to mix well to combine before using and even microwave slightly to obtain the right consistency, add honey or maple syrup for natural sweetness.

INGREDIENTS

- Almonds – whole, roasted, unsalted and roughly chopped.
- Sultanas, raisins, cranberries or any other dried fruit of choice.
- Pepitas (they give it some colour and bite).
- Sesame seeds (optional).
- Desiccated coconut (unsweetened). Flakes will also work, but because they are larger, they won't disperse as well throughout and should be roughly chopped.

- Cinnamon – just a pinch makes all the difference.
- Salt – Just a pinch.

DIRECTIONS

1. Put the peanut butter and honey in a saucepan over low heat and mix to combine - stirring almost constantly, until thickened. Scrape the base of the saucepan, getting in around the edges.
2. Immediately pour the mixture across the surface of the oats. Use the wooden spoon to mix to combine until you can no longer see dry oats (If it gets too hard to stir, microwave for 20 seconds).
3. Place a sheet of paper over a square pan). Scrape the mixture in, then press it into the pan using a combination of a wooden spatula to spread it out, then use your hands to press it in.
4. Press firmly, but keep some air in the mixture to avoid going too chewy.
5. Refrigerate for 2 -3 hours to set, then cut into bars depending on your size preference.

WORD SEARCH

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