



Healthy food choices



Melanomas



Atrial Fibrillation



Cataracts

### ● PRACTICE DOCTORS

#### Dr Magga Naidoo

MBBS, BSc(Hons), FRACGP  
Men's Health, Trauma Medicine and  
Chronic Disease Management

#### Dr Soma Padminie Kain

FRACGP, DCH, MD (Medicine), MBBS, AMC  
Women's Health, Paediatrics,  
Geriatric Medicine, youth friendly  
doctor

#### Dr Robert J Watt

MBBS, FRACGP  
All aspects of GP including Women's  
Health, Men's Health, Children's  
Health, Skin cancer checks, Chronic  
disease management, Palliative care.

#### Dr Elena Kennebury

MBBS, FRACGP  
Women's Health, Sexual Health,  
Preventative Medicine, Skin Cancer  
Checks, Skin Conditions

#### Dr Dominic Higgs

Skin Cancer, Palliative Care,  
General GP

### ● ALLIED HEALTH

Psychologist

**Glen Menezes**

Diabetic Educator

**Daisy Do**

Accredited Pharmacist

**Daisy Do**

Audiology

**Hearing Australia**

### ● PRACTICE STAFF

Practice Manager:

**Chelsea Reynolds**

Practice Nurses:

**Charlotte, Amy, Chloe & Julie**

Reception Administration:

**Chelsea, Ann, Julie & Megan**

### ● SURGERY HOURS

**Monday to Friday** ..... 8.00am – 6.00pm

**Saturdays** ..... 8:30am - 4.00pm

**Sundays** ..... CLOSED

### ● AFTER HOURS & EMERGENCY

**Contact Peel Health Campus** ..... 9531 8000

**Health Direct Australia** ..... 1800 022 222

**Get Better Doctors** ..... 1800 238 837

### ● COMPREHENSIVE GENERAL PRACTICE FOR ALL AGES

Falcon Grove Medical Centre provides comprehensive quality medical care in a relaxed friendly atmosphere. *Refer to the rear cover of this newsletter for more details.*

**Recalls & Reminders:** This surgery has a computerised recall system. At times we may contact you by mail or telephone reminding you of a due service or because your Doctor wishes to see you regarding test results. Patients have the option to opt out from receiving reminder letters.

### ● REFERRALS

The doctors in this practice are competent at handling all the common health problems. When it is necessary, they are able to draw an opinion from specialists, and if need be, refer you for further investigation. You can discuss this openly with your doctor.

### ● BILLING ARRANGEMENTS

Please go to [www.falcongrove.com.au](http://www.falcongrove.com.au) for fees.

Private fees will apply for health care card holders and pensioners aged between 16 and 64 years old. Bulk Billing will apply to:-

- Children under 16 years old
- Senior pensioner concession card holders & Gold card DVA holders
- Appointments to review of recalled results
- Health Assessments & Chronic Disease Management Plans (GPMP) & GPMP reviews (GPMP review can be done every 3 months)  
Please ask your doctor to see if you are eligible for a GPMP

### ● APPOINTMENTS

**Home Visits** can be arranged with your doctor for palliative care patients and for regular patients whose condition prevents them attending the surgery. Please discuss your needs with your doctor.

This service is only available for existing patients. If you need emergency attention outside surgery hours we recommend you attend:

**Peel Health Campus Emergency Dept at 110 Lakes Rd, Mandurah.**

**Consultation is by appointment.** Urgent cases are seen on the day. Standard appointments for prescriptions should be booked a few days before medications are needed to avoid running out.

**Test results** are not given out over the phone unless staff are instructed to do so by the Doctor.

Please notify us if you are unable to attend an appointment.

**Booking a long appointment.** If you want an insurance medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion about someone else's management, you will need to make sure you book a longer appointment.

Appointments will be needed for prescriptions and referrals.

When having a blood test or x-ray it is recommended to book a follow up appointment to discuss results of these tests.



### 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)





## 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.

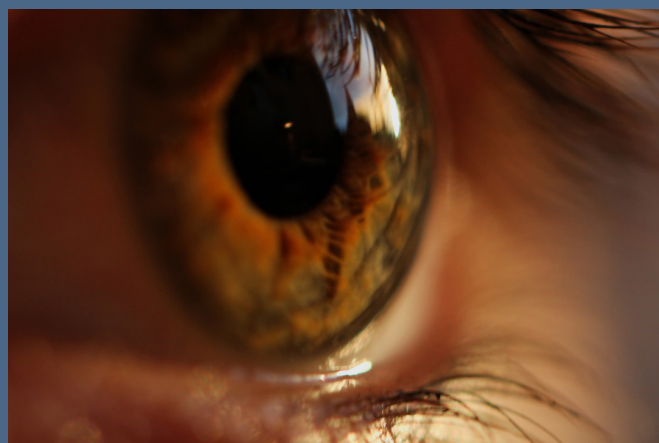
Your doctor will take a history and perform a physical examination. Diagnosis can be made with plain ECG testing, but you may be referred for a Holter monitor (a 24-hour ECG) as AF can be intermittent.

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.

## FALCON GROVE MEDICAL CENTRE

### ● OUR SERVICES INCLUDE

- Skin Cancer checks & Treatments
- Child health & vaccinations
- Women's Health
- Men's Health
- Travel Advice & Vaccinations
- Chronic Disease Management
- Occupational Health
- Minor Injury & Fracture
- Management
- Prevention Planning
- Palliative Care

### ● IMPORTANT INFORMATION

**Privacy Policy.** 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.

**Doctors in this practice** may be contacted by telephone during their normal surgery hours. When the doctor is with a patient a message will be taken by reception staff and you will be advised when the doctor will likely return your call. In an emergency your call will always be put straight through to your doctor.

### ● FROM THE PRACTICE MANAGER...

We have on-site Falcon Grove Pharmacy, Clinipath Pathology, Psychology, Onsite Pharmacy, pathology, psychology, podiatry, consultant physician and audiology.

Our practice is fully quipped with the latest diagnostic equipment and our doctors & nurses receive regular training to keep up-to-date with the best patient care.

To book appointments online please go to [www.falcongrove.com.au](http://www.falcongrove.com.au)

### ● SUGGESTIONS & COMPLAINTS

If you would like to provide feedback on any aspect of care from this practice, please phone or send an email to the Practice Manager - [manager@falcongrove.com.au](mailto:manager@falcongrove.com.au). Alternatively, speak to your Doctor or our practice staff. If still dissatisfied contact: Health and Disability Services Complaints Office- Level 17 St Martin's Tower, 44 St Georges Terrace, Perth 6000. Freecall 1800 813 583.



## 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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