

DECEMBER 2024 - JANUARY 2025 EDITION **FREE TO TAKE HOME!**

BULK BILLING MEDICAL CENTRE

Please do not contact the practice via email in an emergency or to obtain any medical / clinical advice

● **DOCTORS & THEIR INTERESTS**

Dr Betty Patapis MBBS, FRACGP
Women & Children's Health

Dr Robert Vial
MBBS, BMedSc, FRACGP, FACNEM
General and Nutritional Medicine

Dr Fung Cheung MBBS, FRACGP
Minor Surgery

Dr Christel Romano MBBS
Women and Children's Health

Dr Paul Klemes MBBS, FRACGP
General Medicine

Dr John Cooper MBBS
General Medicine

Dr Lakshmi Kadaba MBBS
General Medicine

Dr Ravi Jayalath MBBS, FRACGP, SCHP
Paediatrics

Dr Azadeh Sahebian
MD FRACGP

Dr David Mark MBBS

● **ALLIED HEALTH PROFESSIONALS**

AUDIOLOGIST

Neeti Chadha Audiologist
Available for appointment Monday to Saturday. Please call **9998 3400** for appointments.

PHYSIOTHERAPISTS

Ying Li (Leon) Tuesdays, Thursdays and Fridays

Wei Liu (Vivian) Mondays and Wednesdays

DIETICIAN

Lynda Hamilton

PODIATRIST

Huss Alsheikh

● **SURGERY HOURS**

Monday to Friday 7am – 9pm
Saturday 7am – 8pm
Sunday 8am – 6pm
Public Holidays 8am – 6pm



● **PHARMACY 9998 1900**

Monday to Friday 7.30am – 9pm
Saturday 8am – 8pm
Sunday 8am – 6pm

● **APPOINTMENTS**

Privately billed appointments are available 9am - 5pm Monday to Friday with all Doctors. Please enquire at Reception or phone the Centre.

Booking a long appointment. If you want an insurance medical, review of a complex health problem or a procedure etc., please book a longer appointment.

● **AFTER HOURS & EMERGENCY**

SYDNEY MEDICAL SERVICE **8724 6300** or **1300 466 347**

Bulk billed home visits are available. Patients can call from 4pm weekdays, Saturday from 10am and all day Sunday & public holidays. In case of a medical emergency dial **000** and ask for an ambulance.

● **OTHER SERVICES OFFERED**

- Pathology
- Family Planning
- Minor Surgery
- Dentist (Private Billed)
- Vaccinations
- STD checks
- Menopause Counselling
- Medicals
- Skin Cancer Checks
- Iron Infusions

● **BILLING ARRANGEMENTS**

The Centre bulk bills all patients who present with a Medicare Card. Private appointments are available. Fees are displayed at reception. Workers Compensation, ancillary services and overseas are charged AMA rates. Fees vary according to the complexity of the service or if a procedure is performed.

Payments can be made by **cash, cheque, Visa, Mastercard and EFTPOS.**

● **SPECIAL PRACTICE NOTES**

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 the Health Care Complaints Commission, LOCKED BAG 18, Strawberry Hills 2012.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. We will contact you if necessary.

Communication. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

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.



Breast Cancer



Vitamin B6



School Holidays



New Year's Resolutions

Health News wishes you a very Merry Xmas and Happy New Year!

Understanding Breast Cancer

Breast cancer is one of the most common cancers among women worldwide, with millions diagnosed each year.

It occurs when cells in the breast grow uncontrollably, forming a malignant tumour that can spread to other parts of the body. Although the exact cause of breast cancer is unknown, certain risk factors increase its likelihood. These include age, family history, genetic mutations (such as BRCA1 and BRCA2), lifestyle factors like obesity, and hormonal influences.

Early detection is crucial in the fight against breast cancer, as it significantly improves treatment outcomes. Regular breast self-exams and awareness of any changes, such as lumps, pain, nipple discharge, or changes in breast shape, are essential first steps. Mammograms, an X-ray of the breast, is recommended annually for women over 40 or earlier for those at high risk, as they can detect cancer at an early stage when it is most treatable.

Treatment for breast cancer varies depending on its stage and type and may include surgery, radiation, chemotherapy, hormone therapy, or targeted therapy. Advances in medical research have led to more personalised treatments, increasing survival rates and improving patients' quality of life.

Beyond treatment, support for breast cancer patients and their families is vital. Support groups, counselling, and community resources provide emotional and mental assistance during recovery. With continued research and awareness efforts, breast cancer outcomes are improving, giving hope to millions. Early detection, a healthy lifestyle, and regular screenings are key steps in reducing the impact of this disease and improving survival rates.



Vitamin B6

As the wellness trend continues to surge, millions worldwide have incorporated over-the-counter vitamins into their daily routines. While vitamin supplements are generally safe when consumed as directed, excessive intake can lead to adverse side effects.

Vitamin B6 is commonly found in many multivitamins and mineral supplements available without a prescription in supermarkets, health food shops, and pharmacies. Excessive vitamin B6 intake is associated with peripheral neuropathy, which can result in symptoms such as tingling, burning, or numbness, typically in the hands and feet.

In March 2023, the Therapeutic Goods Administration (TGA) mandated that products containing vitamin B6 in daily doses above 10 mg require a label warning. This previously applied to products containing over 50 mg per daily dose.

Dr David Kanowski, a chemical pathologist at Sullivan Nicolaides Pathology in Brisbane, says "Many people may unknowingly consume high doses of vitamin B6 by taking multiple supplements. For example, vitamin B6 (as pyridoxine hydrochloride) is often included in magnesium supplements, with each tablet containing up to 60 mg. A patient taking two magnesium tablets per day could be unintentionally consuming 120 mg of vitamin B6, far exceeding the recommended dietary intake for adults in Australia and New Zealand, which is 1.3–2.0 mg/day with a maximum of 50 mg/day. As pyridoxine hydrochloride has a half-life of up to 30 days, repetitive small doses taken over months can accumulate to high blood concentrations."

It is important to be vigilant about vitamin B6 intake and to consult healthcare professionals if you have any concerns about supplement use.





Keeping Children Engaged During School Holidays

School holidays offer a great opportunity for children to relax and enjoy a break from structured learning, but keeping them engaged and productive can be a challenge for parents. Balancing free time with structured activities can help ensure they stay busy, learn new things, and enjoy themselves.

A great way to start is by planning a range of activities that mix fun with learning. Creative projects, like arts and crafts, help children express themselves and develop fine motor skills. Reading is another excellent activity; a holiday reading list can keep their minds sharp while exploring new topics and stories.

Outdoor activities are vital, too. Parks, nature trails, or even backyard playtime allow children to get exercise, enjoy fresh air, and burn off energy. For rainy days, indoor games, puzzles, or even educational apps can provide entertainment and stimulate problem-solving skills.

Enrolling kids in holiday programs or day camps is another way to keep them engaged. These programs often offer a variety of sports, arts, and social activities, letting children make new friends and learn new skills.

Involving children in household activities, like cooking or gardening, can also be enjoyable and teach valuable life skills. By balancing free play, structured learning, and family time, parents can create a holiday routine that keeps children happy, active, and engaged throughout the break.



New Year's Resolutions: A Fresh Start

New Year's resolutions offer a chance to set fresh goals and make positive changes. Each January, millions of people commit to resolutions, whether it's to eat healthier, exercise more, quit smoking, or focus on personal growth. These resolutions reflect our desire to start the year on a positive note, motivated by a sense of renewal and self-improvement.

However, despite good intentions, many people struggle to keep their resolutions. Studies show that by February, a large percentage have already given up. One reason is that people often set unrealistic goals or try to make drastic changes overnight. Without a clear, manageable plan, it's easy to feel overwhelmed and lose motivation.

The key to a successful New Year's resolution is setting realistic, specific goals and breaking them into small, achievable steps. Instead of saying, "I want to lose weight," try a more specific goal like, "I'll exercise for 20 minutes three times a week." Making resolutions measurable and attainable increases the likelihood of success. Additionally, tracking progress and celebrating small victories along the way can keep motivation high.

Support from friends, family, or online communities can also be a powerful motivator. Sharing your goals with others not only provides accountability but can also offer encouragement during challenging times.

Ultimately, New Year's resolutions should be about positive change rather than perfection. Embrace the journey, allow room for mistakes, and celebrate the effort you put in. With patience, persistence, and a clear plan, resolutions can be a wonderful tool for personal growth and improvement.

Overindulging at Christmas Time



Christmas is a time for celebration, good food, and quality time with loved ones. However, the holiday season often brings an abundance of rich foods, sugary treats, and indulgent drinks that can lead to overindulgence. While enjoying festive food is part of the holiday spirit, consuming too much can leave you feeling sluggish, bloated, and unwell.

Overindulging in high-calorie, high-fat foods can strain your digestive system and lead to weight gain. The festive season also often comes with an increase in alcohol consumption, which can impact liver health, sleep quality, and overall mood. For people with health conditions, such as diabetes or heart disease, excessive eating and drinking can be especially harmful.

To avoid these pitfalls, consider pacing yourself throughout the season. Opt for smaller portions, savour each bite, and balance indulgent foods with healthier options. Drinking plenty of water, maintaining some physical activity, and getting enough rest can help counteract the effects of overindulgence. Remember, you can still enjoy the holiday treats without going overboard. Moderation is key to feeling good and making the most of the Christmas season. Enjoy the festivities while staying mindful of your health.

Health News

APPOINTMENTS AND WALK INS

The practice policy is that although appointments are encouraged, no appointment is necessary and patients are seen on the order of arrival unless urgent. Appointment length will vary and all patients are encouraged to indicate when booking an appointment, if an extended appointment is required.

RECALLS

This practice provides recalls and reminders for immunisation, pathology etc. We also offer for you to be enrolled in recall and research programs, as well as National, State or Territory reminder systems/registers.

If you do not wish to participate please inform your doctor.

INTERPRETER SERVICES

The Practice encourages patients to inform reception staff if an interpreter is required. Preferably 24 hours before a booked appointment. Also for hearing and speech impaired patients.

Please inform reception when making an appointment if you require an interpreter.

REFERRALS

All referrals to specialists when transmitted electronically are forwarded in a secure and encrypted format.

Patients are also handed a copy of their referral.

Our referral documents to other healthcare providers contain sufficient information to facilitate optimal patient care.

INFORMED PATIENT DECISIONS

Our practice gives patients sufficient information about the purpose importance benefits, risks and possible costs associated with proposed investigations, referrals or treatments, to enable patients to make informed decisions about their health.

COST OF PRIVATE CONSULT

Standard Consult - \$85.00
Medicare Rebate - \$42.85
Long Consult - \$120.00
Medicare Rebate - \$82.90
Extended Consult - \$150.00
Medicare Rebate - \$122.15

AFTER HOURS PRIVATE CONSULT

Standard Consult - \$100.00
Medicare Rebate - \$55.80
Long Consult - \$130.00
Medicare Rebate - \$95.70

These consultations are claimable from Medicare

HOME VISITS

Home visits available for patients of the practice weekdays between 8am and 4pm please contact reception for further information.

Communication Policy

Our practice's primary reason for communicating electronically to patients is to issue appointment reminders and we verify the correct contact details of the patient at the time of the appointment being made.

Currently our practice does NOT allow patients an opportunity to obtain advice or information related to their care by electronic means. All email communication is only via the practice manager. Our practice will not initiate electronic communication (other than SMS appointment reminders) with patients. Any electronic communication received from patients to the practice manager, is also used as a method to verify the contact details we have recorded on file are correct and up-to-date.

PHYSIOTHERAPISTS

Ying Li (Leon) is a graduate of the University of Sydney, with a deep dedication to his profession in the realm of musculoskeletal conditions, acute and chronic sports injuries, spinal disorders, and post-operative rehabilitation.

Drawing on a wealth of experience and his astute analytical mindset, he consistently delivers outstanding results.

What truly sets Leon apart is his commitment to providing individualised care that prioritises each patient's unique needs and goals. His diverse treatment repertoire includes the art of 'hands-on' manual therapy, precise active release techniques, targeted trigger point therapy, skillful dry needling, and customised exercise plans. In addition to his expertise in physiotherapy, Leon is a seasoned remedial massage practitioner and a registered Traditional Chinese Medicine (TCM) practitioner, specialising in herbal medicine and acupuncture. With Leon, you can trust that you're in the hands of a seasoned, passionate, and caring provider.

Wei Liu (Vivian), a seasoned Musculoskeletal Physiotherapist, brings nearly a decade of experience from varied clinical environments in Sydney, Beijing, and Guangzhou. Specializing in lower back and neck pain, sports injuries, post-operative rehabilitation, and women's health—including pregnancy-related concerns—and work-related injuries. Proficient in dry needling, PIM technique, Mulligan Concept, and myofascial release.

Complete Hearing Care

Can help people improve the quality of their lives in Mona Vale and surrounding areas. We provide excellent service to our patients by diagnosing your hearing problem providing you with the best solution for your lifestyle. Conveniently located within Gateway Medical Centre, Complete Hearing Care are here to assist with all your hearing concerns. Please contact us on: **9999 6314**. Complete Hearing Care are proud to be one of the very few selected Authorised Lyric Providers in NSW to offer Lyric- the world's first 100% invisible extended wear hearing device. Visit www.phonak.com/lyric for more information.
Neeti Chadha Audiologist



CLASSIC CHRISTMAS GINGERBREAD COOKIES

These delicious gingerbread cookies are perfect for the holiday season. They're easy to make, fun to decorate, and fill your kitchen with warm, festive aromas.

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground ginger
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 3/4 cup unsalted butter, softened
- 3/4 cup brown sugar, packed
- 1 large egg
- 1/2 cup molasses
- 1 teaspoon vanilla extract
- For Decoration: Icing, sprinkles, or any decorative toppings

Method

1. Prepare the Dough: In a medium bowl, whisk together the flour, baking soda, salt, ginger, cinnamon, cloves, and nutmeg.
2. Mix Wet Ingredients: In a large bowl, cream the butter and brown sugar until light and fluffy. Beat in the egg, molasses, and vanilla extract until smooth.
3. Combine Ingredients: Gradually add the dry ingredients to the wet mixture, mixing until combined. Divide the dough in half, wrap each in plastic wrap, and refrigerate for at least 1 hour.
4. Bake: Preheat the oven to 350°F (175°C). Roll out the dough to 1/4-inch thickness and use cookie cutters for your desired shapes. Place on a baking sheet lined with parchment paper and bake for 8-10 minutes.
5. Decorate: Let cookies cool completely before decorating with icing and sprinkles.



**MERRY
CHRISTMAS**