

Online Appointment Bookings

You can now book appointments online 24/7. Go to our website: jpmedical.com.au and follow the links to book your appointment.



● PRACTICE DOCTORS

Dr Peter Beaton

Dr Rhona Marques

Dr Nnaemeka (Nemy) Ezeorakwe

Dr Yara Mohamed

We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.

● PRACTICE MANAGER

Toni

● PRACTICE NURSE

Michelle & Dorothy

● RECEPTION STAFF

Rhiannon, Claire, Sarah & Danielle

● SURGERY HOURS

Monday to Friday - 9am – 5pm

Saturday - Closed

● AFTER HOURS & EMERGENCY

For medical emergencies dial **000**.

For urgent after hours care go to the Narrogin Hospital or phone **9881 0333** where a Dr is on call.

● OTHER SERVICES OFFERED

- Cardiographs
- Vaccinations
- Spirometry
- Mental Health Care Plans
- GP Management Plans
- 45 to 49 Health Assessments
- 75+ Health Assessments
- Assessment and Management of Diabetes
- Registration for Closing the Gap
- Skin Checks
- Cervical Screen
- Asthma action plans

● SPECIAL PRACTICE NOTES

Facility Fees. Please speak to Reception or your Doctor before agreeing to a procedure at JPMC. The charge covers the cost of consumables used for the procedure at the practice.

It is important that you make sure you are aware of any out of pocket expenses before they are incurred.

Referrals. Doctors in our surgery are competent at handling all common health problems. When necessary, they are able to draw opinion from Specialists, and if need be, refer you for further investigation. Please note: all initial referrals will require a consultation with the doctor. **Any lost referrals or follow up referrals will incur a charge, please ask at reception for information.**

Test Results. If the Doctor needs to convey your results, you will be contacted to make a follow up appointment.

Repeat Prescriptions. To order a repeat prescription a charge is applicable, please speak to our reception for further information.

This Medical Centre is Telehealth enabled.

This practice has a no smoking policy.

● APPOINTMENTS

Consultation is by appointment.

Booking a long appointment. If you require an insurance, employment or driving 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.

Please notify us if you are unable to attend an appointment, well in advance.

● WAITING TIMES

There is currently a shortage of Doctors in WA. This means all Doctors that are available are stretched to the limit. There are times our Doctors' appointments will be running behind schedule. The Doctor may have been called out, or may have had some unexpectedly long consults. We acknowledge that this is annoying for patients waiting, however it is beyond the Doctor's or the Receptionists' control. Patients being rude, angry or aggressive regarding such delays will not be tolerated. Being angry at the staff won't expedite your appointment, it just causes them additional mental distress and slows the process further. Some tips to reduce the stress of waiting:

- Phone the Clinic in advance to see if your Doctor is running on time.
- Bring a phone, tablet, book, puzzle, podcast or similar to keep yourself occupied.

● BILLING ARRANGEMENTS

Accounts must be paid on the day. Those patients with Concession cards and children under the age of 16 are eligible to be bulk billed at the discretion of the Dr.

Payment can be made by cash, cheque, credit card, EFTPOS or direct debit. Direct debit details: **BSB: 086-852 Acct: 83 912 2652** and a notation saying that a remittance notice with the account holder name and invoice number is to be emailed to: practicemanager@jpmedical.com.au. Please put your invoice number in the Payee description when paying by online banking.

▶ Please see the Rear Cover for more practice information.



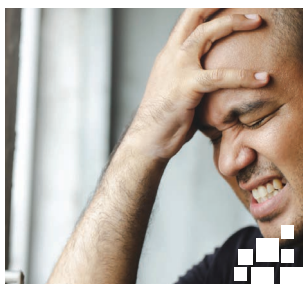
Gallstones



Osteoarthritis



Fainting



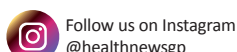
Headaches

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





Gallstones

Gallstones are hard stones made of cholesterol, calcium and bile, which form in the gallbladder. This is the pouch under the liver, which stores bile. In turn, bile is released into the intestine after meals to help absorb fats.

Gallstones are found in up to 30% of people, most of who don't know they have them. It is only when they cause symptoms that treatment may be required. Risk factors include being female, being overweight, increasing age and family history. The stones can be as small as grains of sand or as big as golf balls.

Symptoms commonly occur if a stone blocks the bile duct (biliary colic) or the gallbladder gets infected (cholecystitis). Pain in the abdomen (or back), nausea and or vomiting and fever are typical symptoms. Pain is generally worse after a fatty meal. Some may develop yellow jaundice. If you have abdominal pain, see your doctor, as there are many potential causes.

Diagnosis may be obvious on history and examination. The standard test is an ultrasound, which will show if stones are present.

Sometimes stones pass through the duct, and the symptoms resolve. If there is an infection, antibiotics will be needed. In severe cases, urgent hospitalization is required. The simplest treatment is analgesics and reducing fat intake in the diet.

Surgery to remove the gallbladder (and stones) is standard treatment. This is now generally done via the keyhole (laparoscope), and you are home in a few days. Medication to dissolve stones is not very effective. Sound wave treatment to "shatter" stones is useful in only 20% of cases.



More info »



Osteoarthritis

As we age, our joints show wear and tear. The cartilage (lining) of the joints is affected most, but bones, ligaments and muscles can also be involved. This is known as degenerative or osteoarthritis. It affects almost everyone over 40. The severity varies. Knees, hips, hands and the spine are the most commonly affected joints. Risk factors include being overweight, positive family history and joint injuries.

Symptoms include pain and stiffness, and swelling in the joint. It develops gradually over many years. Pain may be worse with activity, although stiffness is usually worse in the morning. Symptoms may be intermittent at first and may become constant.

Diagnosis is generally on clinical findings. X-rays can help assess severity and see the extent of cartilage degeneration.

Treatment depends on severity. Weight loss (if overweight) reduces the load on the joint. Heat packs can help, as does strapping the joint. Regular exercise helps preserve function. This needs to be tailored to the individual, and a physiotherapist can assist. Water-based exercise puts less load on the joints.

Medications do not cure osteoarthritis, but analgesics (e.g. Paracetamol) can ease symptoms. Anti-inflammatory medications can be used but may have side effects and are not suitable for all. Talk to your GP about this. Braces, walking aids and shoe insoles can have a role too. In more severe cases, injections into the joint can ease symptoms and surgery, including joint replacement, can be beneficial when non-surgical treatments have failed.



More info »



[More info](#) »

Acne

Acne is a skin infection. Under hormonal (mainly testosterone) influence, sebaceous glands in the skin produce excess oil, which can block the pores allowing bacteria to multiply. It is most common in the teenage years but can also affect adults. Males are more prone, and there are genetic tendencies too.

The face, chest, back and neck are the most affected areas. Acne can be made worse by stress, oily cosmetics and some medications. For women, it may be worse with periods. Although an infection, it is not contagious. There are many myths about food causing acne – but no specific foods have been shown to make a difference. Eating sensibly and drinking plenty of water will help but not cure acne.

Basic treatments include keeping the skin clean and using good quality skin cleansers. The next step is more specific anti-acne creams or gels on the affected areas. Most are available without a prescription. If this

is not helping, your doctor can prescribe antibiotics. The length of the course depends on how long it takes to improve. For some females, a hormonal treatment doubles as a contraceptive.

In the most severe cases, you may be referred to a dermatologist. Severe cystic acne can be treated with more potent medications, which must be carefully monitored, as side effects can be problematic.

Fortunately, most acne resolves by the late teens or early twenties. Scarring can occur, although not frequently. This can be treated increasingly successfully.

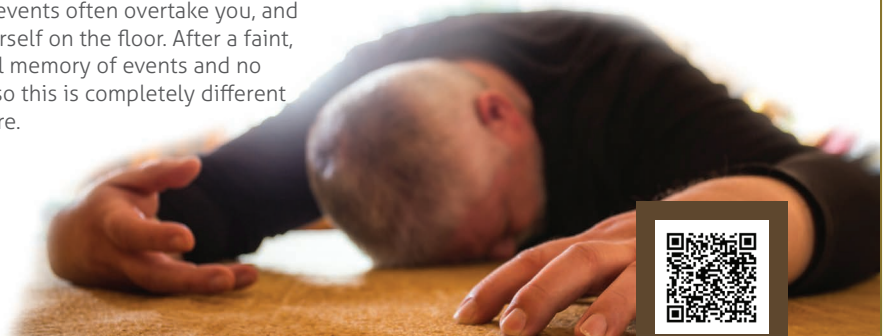
Fainting

There are numerous reasons why people may feel dizzy or pass out. A true faint (vaso-vagal episode) is a brief episode of unconsciousness caused by a drop in blood pressure. In turn, this can be due to a change in the blood vessels or the heart rate. When we faint, the blood vessels typically widen, causing the pressure inside them to drop.

When blood pressure to the brain is not maintained, we lose consciousness and fall to the ground. Usually, the episode is rapid and may last a few seconds. You may feel unwell for a time afterwards. Some people will go through life never fainting, whereas others are a bit prone.

Risk factors for fainting include prolonged standing, extreme heat (leading to dehydration), stress or emotional distress, intense pain and certain medications. Typical lead-up symptoms are a feeling of anxiety, nausea, and a lightheaded feeling. At this point, it is best to sit or lie down, but realistically events often overtake you, and you find yourself on the floor. After a faint, you have full memory of events and no convulsing, so this is completely different from a seizure.

It is important to consult your GP if you have suffered a faint. Whilst the condition is harmless (excluding the potential for injury when falling), it is important to exclude other reasons for loss of consciousness. Your doctor will do a physical examination and may recommend blood tests.



[More info](#) »

Headaches

Headaches are one of the commonest symptoms experienced. Virtually everyone will get a headache at some stage. Some get them often, and others rarely. Whilst there are serious causes, the vast majority are not. The most typical form of headache is the “tension-type headache” felt as a band around the head. It can last from half an hour to an entire day. Stress can be a factor but not necessarily. Treatment is with simple analgesia. Ensure you drink adequate water.

Treatment depends on the cause. Eye strain can lead to headaches coming on with reading or watching screens. Treatment is getting your eyes checked and appropriate glasses if need be. Neck strain and neck arthritis can cause headaches. Heat treatments on the neck and physiotherapy may help. Sinuses infection or congestion can cause headaches which can be seasonal.

Migraines are a particular type of headache, more common in females and usually one-sided, which can be associated with nausea

or vomiting and sometimes an aura.

Headaches can be part of a viral illness or various other medical conditions.

Accurate assessment by your GP is important. This is through history examination and, in some instances investigations. Treatment is directed towards the underlying cause.

General preventative measures for headaches include getting enough sleep, drinking enough water, managing stress and avoiding any known specific triggers. Simple analgesics have a role but should not be relied upon.



● **SPECIAL PRACTICE NOTES**
Communication. SMS confirmations will be sent to patients with mobile phone numbers the day before their appointment. Please indicate with a Y or N whether you will be attending.

Follow Up. A computerised reminder system is available and used for follow up of many medical conditions. If you wish to participate in this, please inform your doctor. This surgery participates in State & National registers.

Interpreter. An interpreter service can be accessed for your consultation. Please discuss this with reception prior to your appointment to arrange an interpreter.

Cultural Background Details. Please advise reception staff or your doctor of any cultural background when you arrive for your appointment.

Emergency Contact Details need to be updated on your patient files. Please see reception staff or your doctor when you arrive for your appointment.

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.

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 and Disability Services Complaints Office (HaDSCO) Free Call: 1800 813 583, E: mail@hadsco.wa.gov.au

Email Policy. We encourage our patients to call the practice for any communication as our emails are not checked regularly and are not used for medical advice, sending or receiving results and making appointments etc.



QUICK AND EASY FRENCH ONION CHICKEN POTATO BAKE

Ingredients (serves 6)

- 30g Butter
- 1 cup thinly sliced button mushrooms
- 3 spring onions finely chopped
- 120grams baby spinach
- 2 x 200 gram tubs of French Onion Dip
- ½ Cup pouring cream
- 500 grams cooked chicken – shredded
- Potatoes – enough to cover the base of your cooking dish
- 2 cups of your favourite grated cheese blend

Method

1. Melt butter in frying pan and add mushrooms and ¾ of the spring onions. Cook until softened stirring occasionally.
2. Add spinach and stir until wilted
3. Add French Onion dip and Cream and stir in well, then add the chicken.
4. Bring to the boil and season to taste.
5. Add the sliced, par boiled potatoes to the bottom of a baking dish and top with the chicken mixture. Sprinkle with the cheese blend.
6. Grill in a preheated oven for 2-3 minutes until the cheese is melted and garnish with the remaining spring onion.

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SUDUKO