

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 Nnaemeka (Nemy)
Ezeorakwe

Dr Yara Mohamed

Dr Venugopala Reddy

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

● PRACTICE MANAGER

Toni

● OFFICE MANAGER

Jacki

● PRACTICE NURSE

Elmarie

● ADMINISTRATION STAFF

Danielle, Leandri, Kiren & Princess

● 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.**



Back-to-School Anxiety



Understanding Puberty



The Importance of Sleep



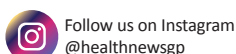
Skin Cancer Checks

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



Managing Back-to-School Anxiety in Children

The start of a new school year often brings excitement, but for many children, it also triggers anxiety.

This anxiety can stem from a variety of factors, such as fear of academic challenges, social pressures, or changes in routine.

Recognizing and addressing these concerns is essential to helping children transition smoothly back to school.

Children may express their anxiety through physical symptoms like headaches, stomach aches, or disrupted sleep. Others might become irritable, clingy, or withdrawn. It's important for parents and caregivers to acknowledge these feelings rather than dismiss them.

Open communication is key—encourage children to share their worries and validate their emotions.

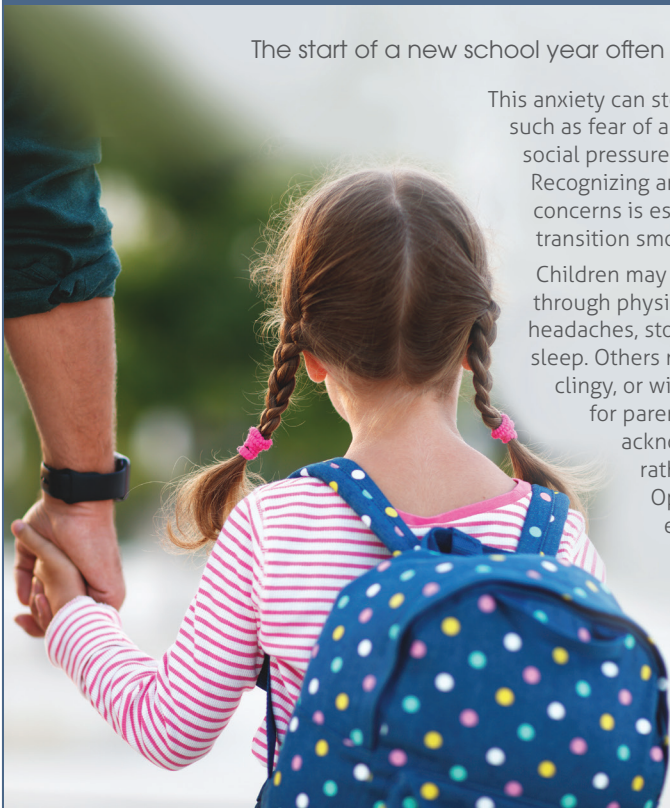
Preparation can significantly reduce anxiety. Visiting the school ahead of time, meeting teachers, and familiarizing children

with their schedules can provide a sense of control. Setting a consistent routine a few weeks before school starts, including regular sleep and meal times, also helps ease the adjustment.

It is vital to equip children with coping strategies. Teach them deep breathing exercises, positive self-talk, or effective time management. Encouraging friendships and social interactions can also boost their confidence and comfort.

Parents should model a positive attitude toward school and demonstrate problem-solving skills. If anxiety persists or becomes overwhelming, consider seeking support from school counsellors or mental health professionals.

Returning to school can be a challenging transition, but with patience, preparation, and support, children can overcome their fears and thrive in the new academic year. Fostering resilience and confidence will empower them for future challenges.



Understanding Puberty: A Vital Stage of Growth

Puberty is a critical phase in human development, marking the transition from childhood to adolescence. It is driven by hormonal changes that trigger physical, emotional, and psychological transformations, preparing the body for adulthood.

The onset of puberty varies, typically between ages 8-14 for girls and 9-16 for boys. Hormones, particularly estrogen and testosterone, play a pivotal role. In girls, puberty is characterised by breast development, the start of menstruation (menarche), and the growth of pubic and underarm hair. Boys experience a deepening of the voice, facial and body hair growth, and testicular and penile enlargement.

Significant emotional and social developments accompany physical changes during puberty. Adolescents may experience mood swings, heightened self-awareness, and a desire for independence. Peer relationships often take on greater importance, influencing self-esteem and decision-making.

Puberty also involves rapid growth spurts, with bones and muscles maturing quickly. This growth may cause temporary awkwardness as the body adjusts. Acne, a common skin condition during puberty, is another noticeable change, often linked to increased oil production.

Supporting adolescents through puberty

is crucial. Open communication, education about bodily changes, and fostering a positive body image can ease the challenges associated with this transition. Parents, teachers, and healthcare providers play essential roles in providing guidance and reassurance.

Puberty is a natural and necessary stage of life, shaping individuals' physical and emotional identities. By understanding its complexities, we can better support young people navigating this transformative journey.



The Power of Positive Thinking

Positive thinking is more than just a feel-good mantra—it is a mindset that has the potential to transform lives. Rooted in optimism, positive thinking helps individuals focus on possibilities rather than limitations, creating a pathway to personal and professional success.



Scientific research has shown that positive thinking can enhance mental and physical well-being. By fostering an optimistic outlook, individuals can reduce stress, improve coping mechanisms, and boost resilience during challenging times. Positive thinkers are more likely to set goals, persevere through difficulties, and adapt to setbacks, viewing failures as opportunities for growth.

One of the key benefits of positive thinking is its impact on mental health. It encourages self-belief and reduces the risk of anxiety and depression. Physically, it has been linked to lower blood pressure,

a stronger immune system, and a reduced risk of chronic illnesses.

Positive thinking doesn't mean ignoring reality or dismissing challenges. Instead, it involves reframing obstacles as surmountable and focusing on solutions rather than problems. Practising gratitude, affirmations, and mindfulness can nurture this outlook.

The power of positive thinking lies in its ability to shape perspectives, fuel motivation, and cultivate a fulfilling life. By embracing positivity, individuals can unlock their potential and create a brighter future.

The Importance of Sleep

Sleep is a vital component of overall health and well-being, often as important as nutrition and exercise. Despite its significance, many people undervalue sleep, leading to widespread sleep deprivation with serious consequences for physical and mental health.

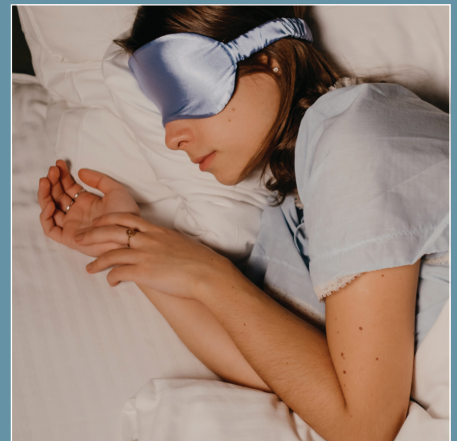
Quality sleep supports essential bodily functions, including tissue repair, immune system strengthening, and hormone regulation. It plays a critical role in brain health, facilitating memory consolidation, problem-solving skills, and emotional regulation. Without sufficient sleep, cognitive abilities decline, increasing the risk of errors and accidents.

For adults, 7-9 hours of sleep per night is generally recommended, while children and teenagers require even more to support their growth and development. Chronic sleep deprivation has been linked to a host of health problems, including obesity,

diabetes, heart disease, and depression. It also weakens the immune system, making the body more vulnerable to illnesses.

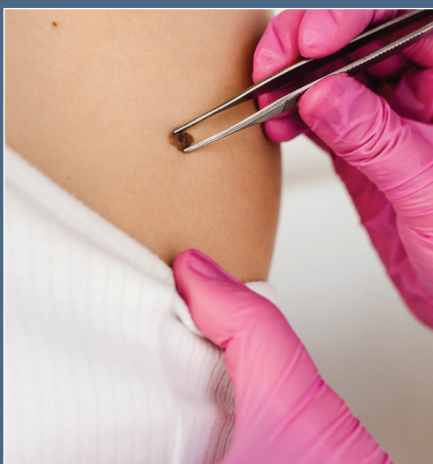
Good sleep hygiene practices can enhance the quality of rest. Effective strategies include maintaining a consistent sleep schedule, creating a comfortable sleep environment, limiting screen time before bed, and avoiding stimulants like caffeine late in the day.

Sleep is not a luxury but a necessity. Prioritizing rest is an investment in long-term health, productivity, and overall quality of life. Make sleep a priority for a healthier, more vibrant you.



The Importance of Skin Cancer Checks

Skin cancer is one of the most common types of cancer worldwide, yet it is highly preventable and treatable when detected early. Regular skin cancer checks are essential for identifying potential issues before they become serious, potentially saving lives.



The primary cause of skin cancer is exposure to ultraviolet (UV) radiation from the sun or tanning devices. Prolonged or intense UV exposure damages skin cells, leading to abnormal growths that can develop into cancer. The three main types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma, with melanoma being the most aggressive and deadly form.

Skin cancer checks allow for early detection of suspicious moles, spots, or lesions. Early-stage skin cancers are often easier to treat and have a higher survival rate. A professional skin examination by a dermatologist or your GP is thorough, but self-examinations also play a crucial role. Regularly checking your skin for changes in

size, colour, or shape of moles and looking for new growths or sores that don't heal can help catch issues early.

People at higher risk, including those with fair skin, a history of sunburns, excessive sun exposure, or a family history of skin cancer, should be particularly vigilant.

Skin cancer checks are a simple yet powerful tool in maintaining skin health. By prioritizing regular check-ups, individuals can reduce risk, catch problems early, and promote a proactive approach to long-term well-being.

If you have noticed any suspicious spots, moles or skin discolouration, seek your local GP's advice.

● **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.



GRILLED BARRAMUNDI WITH MANGO SALSA

This summery, flavourful dish celebrates Australia's fresh seafood and tropical produce that is prevalent at this time of year.

Ingredients

For the barramundi:

- 4 barramundi fillets (or any firm white fish)
- 2 tbsp olive oil
- 1 tsp lemon zest
- Juice of 1 lemon
- Salt and pepper, to taste

For the mango salsa:

- 1 ripe mango, diced
- 1/2 red capsicum (bell pepper), diced
- 1/4 red onion, finely chopped
- 1/2 red chili, finely chopped (optional)
- Juice of 1 lime
- 2 tbsp fresh coriander (cilantro), chopped
- Salt, to taste

For serving:

- Steamed jasmine rice or mixed greens
- Lime wedges

Method

1. Prepare the mango salsa:

In a bowl, combine diced mango, red capsicum, red onion, chili (if using), lime juice, and coriander. Mix gently and season with salt to taste. Set aside.

2. Prepare the barramundi:

Preheat a grill or barbecue to medium-high heat. Pat the barramundi fillets dry with paper towels and rub them with olive oil, lemon zest, and lemon juice. Season with salt and pepper.

3. Grill the barramundi:

Place the fillets skin-side down on the grill and cook for 3-4 minutes, depending on thickness. Flip and cook for another 2-3 minutes until the flesh is opaque and flaky.

4. Serve:

Plate the grilled barramundi with a generous scoop of mango salsa. Serve with jasmine rice or a fresh salad and lime wedges on the side.

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WORD SEARCH

- MANGO
- PUBERTY
- SKIN
- CANCER
- IMAGE
- POSITIVE
- SCHOOL
- BODY
- SLEEP
- IMMUNE
- GRATITUDE
- GROWTH
- RISK
- SUNBURN
- CHILDREN
- CHRONIC