



## DECEMBER 2024 - JANUARY 2025 EDITION

FREE TO TAKE HOME!



Breast Cancer



Vitamin B6



School Holidays



New Year's Resolutions

### ● PRACTICE DOCTORS

- Dr Chris Denz
- Dr Jasper Mahon
- Dr Mathew John
- Prof Tunde Abioye-Kuteyi
- Dr Edmond Ip
- Dr Georgia Frew
- Dr Zachary Denz
- Dr Jenny Ho (on maternity leave)
- Dr Selina Tsui (on maternity leave)
- Dr Nara Kim
- Dr Romi Gordon
- Dr Peter Trinh
- Dr Christine Kwok (on maternity leave)

### ● NURSING STAFF

Jean, Faye & Emmeline

*The philosophy of this practice is to provide comprehensive and thoughtful medical care. We work hard to keep up-to-date with the latest medical innovations and to bring you efficient personal service.*

### ● SURGERY HOURS

Weekdays.....7am – 6pm  
Weekends & Public Holidays.....9am – 6pm

### ● AFTER NORMAL BUSINESS HOURS & EMERGENCIES

Phone the locum service: **1300 030 030**  
A home visit can be arranged with Locums if required.

### ● BILLING ARRANGEMENTS

We are a private billing practice and settlement of your account is required after your consultation.

Standard Consultation .....\$100.00  
Long Consultations .....\$150.00  
After Hours Standard Consultation ...\$115.00  
After Hours Long Consultation .....\$175.00

There is a \$10 establishment fee for all new patients.

Your receipt may then be submitted to Medicare for an instant refund. Payment can be made by cash, cheque, credit card or EFTPOS.

Patients are informed of costs before treatment, investigations or procedures are performed in addition to the consultation.

### ● SPECIAL PRACTICE NOTES

**Vaccinations:** We offer COVID-19, monkeypox, flu, all travel and all childhood vaccinations. Please book online at [www.ccmc.net.au](http://www.ccmc.net.au).

**Telephone Consultations** now available.

**Flu Vaccinations.** Flu vaccinations are available now. Flu vaccinations are free for all patients over 65 years, children aged between 6 months and 5 years, pregnant women and Aboriginal People aged over 15 years. The flu vaccination is \$25 for all other patients. Please contact reception to book your flu vaccination.

**Communication.** A nurse is available during normal surgery hours for emergency advice.

Our staff are experienced in deciding the appropriate response to any phone request.

Our doctors will return your telephone calls or respond to your emails once they have finished dealing with their patients. If a phone call or email cannot be dealt with quickly, you should book an appointment to see your doctor to ensure your concerns are addressed properly.

There will be a fee for the telephone/email consultations.

**Patient Health Information.** Your medical record is confidential. 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.

If you request a copy of your medical records or test results, we will ask you to complete a request form and to provide a copy of your photo ID to confirm that you are the patient. There is a administration fee for the release of medical records to yourself or to another Practice. Please ask our reception staff to provide you with the necessary paperwork.

**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.

**Test Results.** We will contact you if there is any concern with your test results. If you would like to discuss these with your doctor please make a follow-up appointment. Most test results usually take 3-5 working days to come back to us, but may take a week or more for some tests.

### ● APPOINTMENTS

**Online bookings are now available.** Please visit our website at [www.ccmc.net.au](http://www.ccmc.net.au) and click the link to online bookings.

**Walk-ins.** Walk-in appointments are usually available within the hour, but it is preferred that you book in advance.

**Long appointments and Procedures.** If you need a full medical examination, a procedure, review of a complex health problem or counselling, please call us on 9225-1188, to ensure we allow enough time, and a treatment room if needed. This ensures you get the attention you deserve.

**Family members.** Please book an appointment for each family member who needs to see the doctor. We cannot squeeze you all into one appointment!

**Cancellations.** If you cannot attend your appointment, please give us at least 2 hours' notice of your cancellation to avoid a fee.

▷ Please see the Rear Cover for more practice information.

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.



## 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**



**CENTRAL CITY  
MEDICAL CENTRE**

### ● PRACTICE STAFF

#### Practice Manager:

Claire Stocks

#### Reception Staff:

Barbara, Kate, Lucy, Emma, Isabella, Hayley & Kendra

#### Admin:

Tracy, Christine, Anna & Chevaun

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### ● OTHER SERVICES OFFERED

- COVID-19 vaccinations
- Monkeypox Vaccinations
- Ear micro-suction
- Dietician
- Colposcopy
- Traveller Vaccinations
- Minor Surgery
- Spirometry
- Executive Medical Reviews
- Aviation Medicals
- ECG & Cardiac Risk Assessment
- Audiometry
- Pre-Employment Diving & Dive Medicals
- Central City Health Professionals including Chiropractor, Pilates, Podiatrist & Physiotherapy located next door – [www.perthpainfree.com.au](http://www.perthpainfree.com.au)

### ● SPECIAL PRACTICE NOTES

**Patient Feedback.** We would like to hear about your concerns, complaints or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer to make your concerns known outside the surgery, you can call the Health and Disability Services Complaints Office on 08 9323 0600 or 1800 813 583.

 Quality Practice  
Accreditation