



FEBRUARY - MARCH 2025 EDITION

FREE TO TAKE HOME!



Back-to-School Anxiety



Understanding Puberty



The Importance of Sleep



Skin Cancer Checks

● PRACTICE DOCTORS

Dr Kandiah Sritharan

MBBS, LRCP, MRCS, DA, DRCOG
Aged Care, Family Medicine

Dr Adrian Jameson

MBBS(WA), DA(U.K.), DipRACOG
(Advanced),
Colposcopy, Women's Health, Antenatal
Care, Family Medicine, Minor Surgery,
Diabetes and Obesity Management

Dr Ted Collinson

MA, MB, BChir(Cantab), MRCP, DRCOG,
FRACGP
Aged Care, Minor Surgery

Dr Jane Potter

BSc, MBBS, MRCP, DCH, FRACGP
All aspects of family medicine with
a particular emphasis on Children &
Women's Health and Chronic Disease
Management.

Dr Leif Thonell

MBBCh, D.T.M.H. M.Fam., FRACGP
Men's Health, Skin checks,
Tropical Medicine

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MBBCh, FRACGP
Family Medicine, Women's Health,
Mental Health, Chronic Disease
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Dr Ayesha Arshad

BSc MBBS
Womens Health, Preventive Medicine,
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BSc, MD
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Dr Rebecca Heylen

MD

Dr Saira Rahim

MBBS

Dr Kate Kenny

MD

Dr Tania Liz Jacob

MBBS

Dr Duy Phuong Nguyen

MD

Please note:

Kelvale hosts Medical Students and mentors Post Graduate
Resident and Registrar Doctors. This furthers their skills and
expertise to prepare them for admission to the RACGP.

Please ensure to advise your doctor prior to your
consultation if you do not wish to have a medical student
present.

Infection control: If you have any respiratory
symptoms please wear a mask before entering
the practice

● SURGERY HOURS

Monday to Friday.....8.00 am to 5.00 pm

Saturday.....9.00 am to 2.00 pm

Sunday & Public Holiday.....CLOSED

For Emergency After Hours phone advice ring: 0417 924 576

● OTHER SERVICES OFFERED

- Audiometry
- Chronic Disease Management
- Colposcopy
- Diving Medicals
- Driving Medicals
- Employment Medicals
- Gynaecology
- Health and Wellness Checks
- Home Visits
- Immunisations
- Iron Infusions
- Lung Function Tests
- Musculo-skeletal Medicine
- Occupational Medicine
- Paediatric
- Pathology
- Podiatry
- Pregnancy Care
- Skin Checks
- Travel Advice
- Travel Vaccinations
(including yellow fever)
- Veterans' Medical Issues
- Workers Compensation
- Wound Dressings
- Motor Vehicle Accidents
- Dietician

● AFTER HOURS & EMERGENCY

You may talk to one of our doctors by calling: **0417 924 576**.
Alternatively you may call:

GP After Hours:.....**9391 2285**

Armadale Hospital:.....**9391 2000**

Weekdays.....**7pm to 10pm**

Weekends & Public Holiday.....**2pm to 9pm**

For life threatening situations please call: **000**

● BILLING ARRANGEMENTS

We are a mixed billing practice.

Some of our doctors' bulk-bill - Pension, & Healthcare
Card holders, DVA Card holders and children below
16 years of age. Certain medical procedures incur a
private fee please check with your doctor at time of
consultation.

Private billed patients incur a small fee in excess of
the Medicare rebate and is to be paid on the day of
consultation- via Cash OR EFT and most Medicare
rebates are refunded immediately at time of payment.

Please note failure to attend your appointment
without 4 hours notification to the practice may incur
a fee.

● APPOINTMENTS

Appointments can be made via online at our Website
www.kelvale.com.au OR your smart phone HotDoc
App OR phone 9495 1230.

Standard Appointments are made in 10- and
15-minute intervals. Individual appointment booking
is required for each family member to be seen.

Appointments are to be made with the appropriate
doctor as per listing.

Longer appointment times are required in the case of
Insurance, superannuation, driving medicals, workers
compensation and motor vehicle claims.

Home visits will be arranged if needed for Kelvale
patients. Please phone the practice on 9495 1230.

For more information, visit www.kelvale.com.au

● OTHER TELEPHONE SERVICES

Our Practice Nurse can advise on simple matters or tell
you if a matter requires an appointment with the doctor.

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.

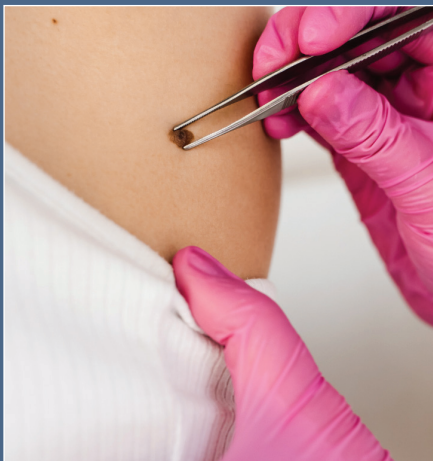
Good sleep hygiene practices can enhance the quality of rest. Effective strategies include maintaining a consistent sleep schedule, creating a comfortable sleep environment, limiting screen time before bed, and avoiding stimulants like caffeine late in the day.

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.



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.

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 and Disability Services Complaints Office (HaDSCO) on 1800 813 583 (Free Call).

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention. Thank you for your consideration.

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. Consistent with our commitment to quality care, this practice has developed a policy to protect patient privacy in compliance with the privacy legislation.

Ask your doctor for a copy of our policy or visit our website on: www.kelvale.com.au

Reminder system. Because our practice is committed to preventive care, we may send you an occasional reminder regarding health services appropriate to your care. If you wish to opt out of this, please let us know.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind.

Most test results will not be discussed over the phone.

Patients are requested to make a follow up appointment with their doctor to discuss their results.

PRESCRIPTIONS & REFERRALS

New Prescriptions - Patients must be seen by the doctor.

Repeat Prescriptions - Patients are required to book a telephone consult with their doctor. eScripts can be sent securely to your smart phone via SMS, Email OR the printed script can be picked up from the practice.

Telephone consults maybe bulk-billed.

Most prescriptions allow for 6 months' supply of medication after which it is appropriate to see your doctor for a review.

Authority Prescriptions - prescriptions requiring Health Department Authority require a face-to-face consultation with the doctor.

This practice does not accept email requests for new OR repeat prescriptions.

Referrals - In accordance with Medicare your doctor will need to see you before writing a referral to a specialist in order to organise relevant medical details. Please note we are not permitted to back date referrals.

WORD SEARCH

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

