



# MELVILLE FAMILY HEALTH CENTRE

Integrated Family Healthcare

## NEWSLETTER

June - July 2019 Edition

Free to Take Home!

### Opening Hours

Mon - Fri: 8am to Late  
Sat: 8am to Lunchtime  
Sun: Closed

### Contact

Phone: (08) 9330 3922  
Fax: (08) 9317 2317

### Address

340 Marmion St  
Melville, WA 6156

### Practitioners

#### **Medical:**

Dr Jonathon Dalitz Dr Bree Wright  
Dr Rosanna Som Dr Dana Ildayhid  
Dr Astrid Valentine Dr Tammy Tai  
Dr Marissa Casotti

#### **Physiotherapy:**

Tyler Chalwell Rebekah Taylor

#### **Psychology:**

Amanda Landwehr Roxanne Buktenica

#### **Dental:**

Dr Aus Dr Mostafa  
Dr Yousr



## MFHC News

### **Dr Aus**



Dr. Aus (*pronounced "house" with a silent "h"*) graduated from the University of Queensland with a Bachelor in Dental Science in 2008.

Dr Aus enjoys all aspects of Dentistry, specifically oral surgery. That's why in 2016, he decided to go on to complete postgraduate studies, and graduated with a Master of Clinical Dentistry in Dental Implantology from Griffith University

Dr Aus personifies Melville Family Dental's ethos of Preventative Dentistry. He strongly believes that prevention is better than cure, and creates holistic treatment plans that aim to preserve teeth in the long run.

Aus is married and has two little ones that keep him busy. When not at work, he enjoys spending time with his family, reading and running.

### ***Don't let Flu season stop you!***

Stop the flu before the flu stops you!

Flu shots are now available at Melville Family Health Centre with our lovely Doctors and Nurses.

Book an appointment with us to get your flu vaccination and beat the sniffles this winter.



### **Dr Bree Wright**

Our wonderful Dr Bree Wright now has her own professional Facebook and Instagram pages where you can follow to see the life and work of our doctor!

You can find Dr Wright at @drbreewright

## FOLLOW US

For more health and practice related content, as well as access to our online booking system on our website!



Melville Family Health Centre



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[www.melvillefamilyhealthcentre.com.au](http://www.melvillefamilyhealthcentre.com.au)

# Healthy Mind

## Nutrition Quiz!

- How much fibre should you aim for every day?
  - 5 grams
  - 10 to 15 grams
  - 21 to 35 grams
  - 50 grams
- Which of the following is lowest in fat?
  - 2% milk
  - Whole milk
  - Skim milk
  - Low-fat milk
- Which mineral helps build strong bones?
  - Iron
  - Calcium
  - Zinc
  - Potassium
- How many servings of fruits and vegetables should you eat every day?
  - 1-3
  - 2-4
  - 5-9
  - 10-15
- Which food is NOT a good source of vitamin A?
  - Spinach
  - Apples
  - Sweet potatoes
  - Rock Melon
- How much water should you drink per day?
  - 2 Litres
  - 3 litres
  - 500 ml
  - 5 litres

### Answers

A	6.
B	5.
C	4.
B	3.
C	2.
C	1.

## Healthy Eating

### Healthy Banana Pancakes



Quantity	Ingredients
½ cup	Rolled oats
3	bananas, roughly chopped
2	Eggs
½ cup	Reduced-fat milk
½ tsp	Cinnamon
	Olive oil spray
1 cup	Fresh berries
2 tsp	Honey
¾ cup	Light Greek-style yoghurt, to serve

#### Directions:

- Preheat oven to 180°C. Line a baking tray with baking paper.
- Place oats in a food processor and pulse until fine. Add banana, eggs, milk and cinnamon and pulse until banana is smooth and mixture is combined.
- Heat a non-stick crepe pan or frying pan on low heat and spray lightly with oil. Pour approximately 1/3 cup batter into the pan and cook for 2 minutes or until golden, flip, and cook for 1 minute. Place on prepared tray and keep warm in the oven. Repeat with remaining batter.
- Spoon berries and honey over pancakes and serve with yoghurt.

## Healthy Living

### The health benefits of bananas



Bananas are one of the world's most appealing fruits. Global banana exports reached about 18 million tons in 2015, according to the United Nations.

Bananas are good for your heart. They are packed with potassium, a mineral electrolyte that keeps electricity flowing throughout your body, which is required to keep your heart beating. Bananas' high potassium and low sodium content may also help protect your cardiovascular system against high blood pressure.

Bananas are high in fibre, which can help keep you regular. One banana can provide nearly 10 percent of your daily fibre requirement. Vitamin B6 can also help protect against type 2 diabetes and aid in weight loss. In general, bananas are a great weight loss food because they taste sweet and are filling, which helps curb cravings.

Another benefit of the humble banana is that they can be helpful in overcoming depression "due to high levels of tryptophan, which the body converts to serotonin, the mood-elevating brain neurotransmitter," Flores said. Additionally, the tryptophan in bananas is well known for its sleep-inducing properties.

Science, L. (2017). Bananas: Health Benefits, Risks & Nutrition Facts. Live Science. Retrieved 8 April 2019, from <https://www.livescience.com/45005-banana-nutrition-facts.html>