



MELVILLE FAMILY HEALTH CENTRE

Integrated Family Healthcare

NEWSLETTER

April - May 2019 Edition

Free to Take Home!

Opening Hours

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

Contact

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Address

340 Marmion St
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Practitioners

Medical:

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

Physiotherapy:

Tyler Chalwell Rebekah Taylor

Psychology:

Amanda Landwehr
Roxanne Buktenica

Dental:

Dr Aus Dr Mostafa
Dr Yousr

MFHC News

We would like to welcome and introduce the two practitioners that have joined the Melville Family Health Centre Team in 2019!



Dr Dana Ildayhid

Dr Dana Ildayhid enjoys all aspects of general practice. She has special interests in mental health, musculoskeletal presentations and the management of chronic diseases. She also holds a diploma of child health.



Dr Georgina Smith

Since graduating from The University Of Western Australia (MBBS) Dr Smith has worked in many aspects of medicine ranging from Emergency Medicine, Paediatrics, Women's Health and General Medicine. She will be pleased to assist in all areas of General Practice with a particular interest in Women's health.

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Melville Family Health Centre



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Healthy Mind

WORD SEARCH

Words to look for!

- Teeth Kids
- Skin Healthy
- Sport Eat
- Smile Medicine
- Exercise



Healthy Eating

Prawn and Vermicelli Thai Salad



Salad

- 60 gram rice vermicelli noodles
- 400 gram cooked medium king prawns
- 2 green onions, sliced thinly
- 1 (150g) small red capsicum, sliced thinly
- 1 (150g) small green capsicum, sliced thinly
- 1 (130g) Lebanese cucumber, seeded, sliced thinly
- 2 tablespoon fresh mint, finely shredded
- 1/4 cup fresh coriander leaves
- 1 tablespoon fried shallots

Dressing

- 1 1/2 tablespoon fish sauce
- 1 tablespoon lime juice
- 1 tablespoon water
- 2 teaspoon brown sugar

Directions:

1. Place vermicelli in large heatproof bowl, cover with boiling water, stand until just tender, drain. Cut into random lengths.
2. Make dressing. Place ingredients in screw-top jar, shake well.
3. Shell and devein prawns, halve prawns lengthways.

Place vermicelli and prawns in large serving bowl with onion, capsicums, cucumber, herbs and dressing, toss gently to combine. Top with shallots, serve immediately.

Heathy Living

Skin moisturiser could reduce risk of disease

According to recent studies, moisturising our skin might reduce the risk of developing a range of chronic conditions, such as heart disease, diabetes, and other diseases.

As people age, levels of inflammation in their bodies increase. Scientists call this inflammaging.

Cytokines are important drivers of this inflammation, and scientists want to know if skin might be involved.



Once we age, we have dermatological symptoms like itchiness, dryness, and changes in acidity. It could be that the skin has very minor inflammation, and because it's such a large organ, it elevates circulating cytokine levels.

Researchers measured cytokine levels at the start of the study; then, for 30 days, the participants applied moisturizer all over their bodies twice a day. As expected, applying moisturizer for 30 days reduced the levels of all three cytokines in the blood.

As the population ages, one can only hope that a solution as easy as applying moisturiser is the key success for this issue.

Newman, T. (2019). Skin moisturizer could reduce risk of disease. Medical News Today. Retrieved from <https://www.medicalnewstoday.com/articles/324717.php>