BACCHUS MARSH MEDICAL CENTRE

Turner Street
Bacchus Marsh
VIC 3340

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E: admin@bmmc.com.au
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CONSULTING DOCTORS

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Dr Paul WILLIAMS
Dr Niresh MADHANPALL
Dr Ravin SADHAI
Dr Om NAIDU
Dr Jessica TINT
Dr Michael O'MALLEY
Dr Senthooran ARUDSHIVAM
Dr Karinne TUNNECLIFF
Dr Minh Thanh LE
Dr Faro HACE
Dr Sumaya ZAZ
Dr Inushka PERERA
Dr Nazmin SULTANA
Dr Maung THET
Dr Stephanie WILLIAMS
Dr Palwasha SAREER
Dr Teena JOSEPH
Dr Nirmala PINTO
Dr Ferhat YAZICI

STAFF DETAILS

Katie Bielecki (Practice Manager)

Emma Thompson
(Clinical Care Co-ordinator)

RECEPTIONISTS

Amanda, Dana, Eve, Joanne, Karen, Kylie, Laura, Lauren, Lucy, Naomi, Sandra, Susan, Olivia, Alison, Kasey, Robyn and Grace

NURSES

Bri, Katie H, Keeley, Kiara, Lea, Mark, Simone and Tammy

CONSULTATION TIMES

Monday to Friday	8 am – 6 pm
Saturday	8 am – 5 pm
Sunday & Public Holidays	9 am – 1 pm

DARLEY MEDICAL CENTRE

147 Gisborne Rd
Darley, VIC 3340

P: (03) 5367 5000
F: (03) 5367 7510

E: darley@bmmc.com.au

HOURS

Monday to Friday	8.30 am – 5 pm

MADDINGLEY MEDICAL CENTRE

4 O'Leary Way
Maddingley VIC 3340

Ph: 03 5367 1875
F: 03 5367 5260

E: maddingley@bmmc.com.au

HOURS

Monday to Friday	8am – 8pm
Saturday	8am – 5pm
Sunday & Public Holidays	9am – 1pm

YOUR DOCTOR

JULY 2025

UNLOCKING VITAMIN K

GONORRHOEA EXPLAINED

THE POWER OF LEGUMES

WIDER EFFECTS OF DIABETES

Compliments of your GP

Building a positive future for our children

Self-esteem and why it matters

Self-esteem means how you feel about yourself. Do you see yourself in a positive light, or do you focus on mistakes and negative thoughts?

A healthy sense of self-worth begins early in life. Children who believe in their own value are more likely to become confident, resilient adults. Helping your child develop these traits can shape how they handle challenges, form relationships, and see their place in the world.

As a parent, it's natural to feel frustrated or unsure at times - especially when dealing with noisy kids or moody teenagers! However, building self-esteem in your children has benefits for everyone. When children know their efforts are appreciated, they often respond with greater cooperation, independence, and pride in their achievements.

It doesn't have to be complicated. Try these simple steps to help your child feel valued, and become confident and resilient:

Give them tasks – it's a win-win!

When children contribute in the home - whether by feeding the pet or setting the table - they begin to see that their actions matter. Even if they complain at first, knowing that their input is valued still gets through.

Encourage safe independence

Allowing children to do things for themselves, in ways that suit their age and ability, builds confidence. For example, you might let them walk on their own to the local park or shops if it's safe to do so. Showing that you trust them to take responsibility supports their journey toward becoming confident, self-reliant adults.

Praise them – for real achievements

Children need encouragement, but it works best when it's specific and genuine. Praise helps them feel proud of their efforts, but too much can lessen its impact and lessen the need for them to try hard. Save it for when it really counts - it teaches them to value effort and progress.

Let them to learn from their mistakes

Children need the freedom to try new things, even if that means making mistakes. The first step towards healthy independence might be preparing their breakfast, even if it leads to spilt milk. Encouraging them to clean up, try again, and problem-solve, builds resilience and self-belief.

Set realistic goals

Setting and achieving small goals gives children a sense of success. Whether it's moving up a reading level or learning to ride a bike, progress helps them feel capable and proud of what they've achieved.

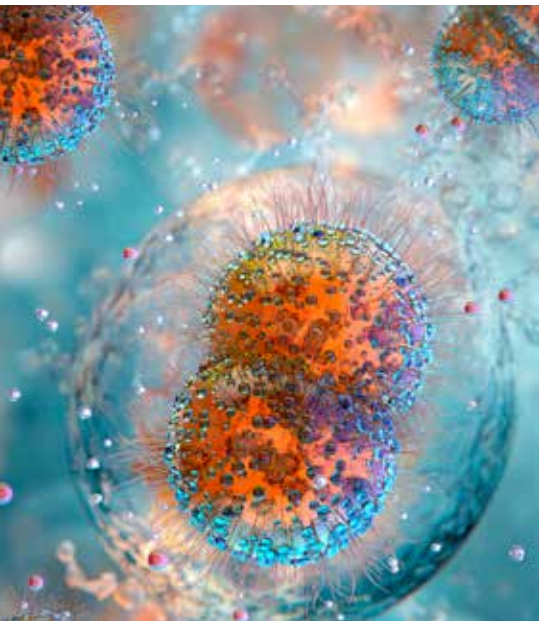
It's important to remember that it's okay when things don't go to plan - and that's true for parents as well as children. Nobody's perfect, and setbacks are part of life. What matters most is the way we respond to these challenges.

Children build confidence when they feel their place in the family matters. Discover simple ways to make it happen.

Our newsletter is free - please take a copy with you

Gonorrhoea: what everyone should know

Gonorrhoea is a sexually transmitted infection (STI) caused by bacteria. It's more common than many people realise, and you can catch it more than once – having had it before doesn't make you immune.



Understanding the basics

Gonorrhoea can affect different parts of the body, including the urethra, cervix, throat, anus, or even the eyes. It spreads through unprotected sex – that is, sex without using a condom or dental dam – with someone who has the infection. If left untreated, it can lead to serious health problems, including infertility. Gonorrhoea can also be passed on to a baby during birth.

Spotting the signs

Gonorrhoea doesn't always cause symptoms, so regular sexual health check-ups are important. When symptoms do appear, they can include:

- unusual discharge from the penis, vagina, or anus
- bleeding between periods
- pain in the lower belly
- a burning feeling when urinating
- pain during sex
- sore or swollen testicles.

Many STIs have no symptoms, so it's smart to get tested before and after unprotected sex – especially with new partners. If you or your partner has multiple partners, ask your doctor how often to screen.

Taking positive action

If you're diagnosed with gonorrhoea, here's what to do:

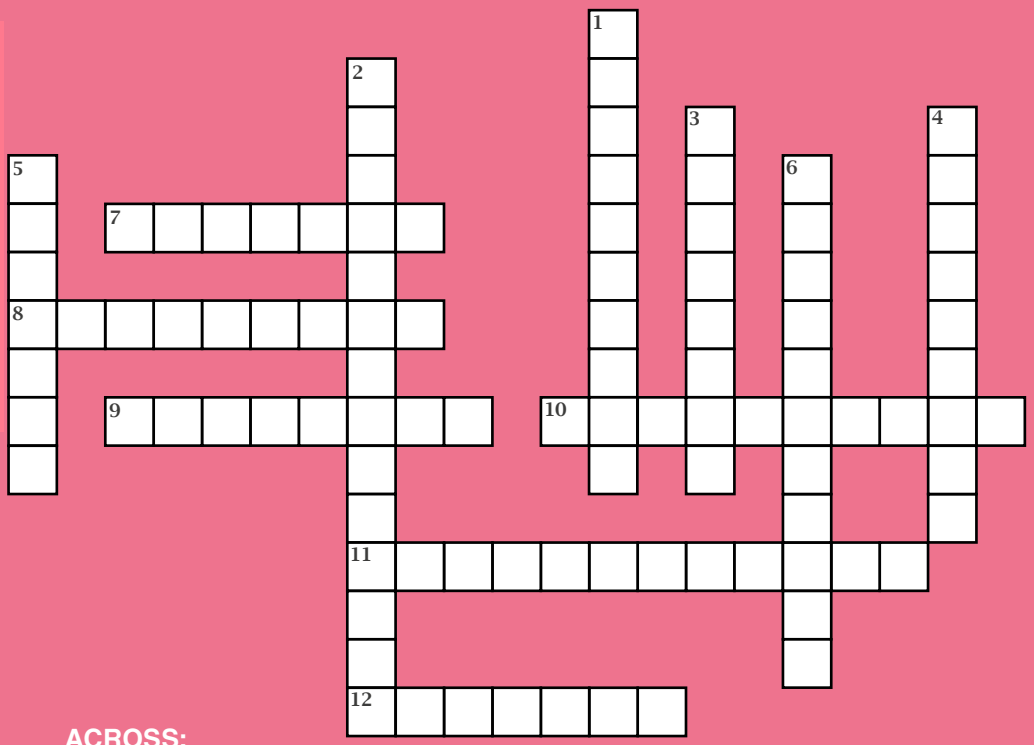
- **Seek treatment:** treatment is straightforward — just book an appointment with your doctor or sexual health clinic. Ignoring gonorrhoea can lead to serious health problems.
- **Inform partners:** let your recent sexual partners know they might need to get tested and treated.
- **Pause sexual activity:** wait until you and your partner have completed treatment, and your healthcare provider says it's safe to resume sex.

The rise of 'super gonorrhoea'

In recent years, a strain of gonorrhoea, often called 'super gonorrhoea', has been found in Australia. This version doesn't respond well to the usual antibiotics, making it harder to treat. Researchers are working on new treatments, and a new antibiotic has shown promise in clinical trials, offering a potential solution.

Stay safe and informed

With the emergence of drug-resistant strains, practicing safe sex is crucial. Using protection reduces your risk of contracting gonorrhoea and other STIs. Regular testing and talking openly with your doctor are essential to staying healthy.



DOWN:

1: A sexually transmitted bacterial infection.

2: A joint disease that causes your joints to become painful and stiff.

3: A condition affecting memory and thinking skills, often in older adults.

4: A condition in which the lens of your eye becomes cloudy and you cannot see well.

5: A mineral which is essential for healthy bones and teeth.

6: Medication that is used to treat bacterial infections.

ACROSS:

7: A food group that includes beans and lentils; good for heart health.

8: A type of legume used in hummus and rich in protein and fibre.

9: A condition that affects your body's ability to regulate blood sugar.

10: The ability to recover quickly from difficulties; mental toughness.

11: Your body's response to injury or infection, often causing redness and swelling.

12: A dark leafy green vegetable rich in iron and other nutrients.

Love your legumes: simple nutrition, big benefits

Legumes – such as beans, lentils, chickpeas, and peas – are nutritional 'powerhouses'. They can support your heart, help manage blood sugar, and supply long-lasting energy.

So why are legumes so healthy?

Legumes are rich in a variety of essential nutrients, including:

- **protein:** for immune function, muscle growth and repair
- **fibre:** for digestive health and healthy weight control
- **complex carbohydrates:** for steady long-lasting energy
- **vitamins and minerals:** essential for numerous bodily functions.

Rich in folate and iron

Lentils are an excellent source of folate, a B-vitamin that helps your body make healthy red blood cells and supports cell repair. Chickpeas are also rich in iron, which is vital for carrying oxygen in your blood and keeping your energy up, especially if you follow a plant-based diet.

Heart health benefits

Regular consumption of legumes has been linked to improved heart health.It may help lower cholesterol levels, reduce blood pressure, and decrease the risk of heart disease.

The high fibre content in legumes helps lower levels of LDL cholesterol – often called "bad" cholesterol – by binding to it in your digestive system and helping your body remove it. This can keep your arteries healthier over time.

Blood sugar control and diabetes

If you're managing or trying to prevent diabetes, legumes can be particularly beneficial. They have a low glycaemic index (GI) and a high fibre content, which both help slow the absorption of sugar into the bloodstream. This can lead to more stable blood glucose levels.

Weight management

Legumes are low in fat and can support weight management. Their protein and fibre help you feel fuller for longer, which may reduce overall kilojoule intake.

Ideas for adding legumes

Adding legumes to your meals boosts both flavour and nutrition. Try them in salads, soups, dips like hummus, roasted as a snack, or as main dishes such as veggie burgers and casseroles.

If you're not used to eating legumes, the high fibre content may cause some digestive discomfort at first – yes, we're talking about gas! But don't let that put you off – your gut usually adapts pretty quickly.

Legumes offer numerous health benefits, plus they're easy to cook, versatile, cost-effective, and readily available.

Start your health journey by trying our easy recipe below for chickpea patties.

CHICKPEA, SPINACH & CHEESE PATTIES

A colourful, tasty way to enjoy legumes with a veggie boost!

INGREDIENTS

- 1 x 400g tin chickpeas, drained and rinsed
- 1 cup fresh spinach, chopped
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 1 egg beaten
- ½ cup breadcrumbs (or rolled oats)
- ¼ cup crumbled feta or grated parmesan
- 1 tsp cumin or mixed herbs
- Olive oil for frying

INSTRUCTIONS

1. Heat a little oil in a pan. Sauté onion and garlic for a few minutes. Add spinach and cook until wilted and set aside to cool slightly.
2. In a bowl, mash the chickpeas until mostly smooth.
3. Add sautéed mix and remaining ingredients. Mix until firm enough to shape (add more breadcrumbs if needed).
4. Form into 6–8 patties.
5. Heat oil in a pan over medium heat. Cook patties 3–4 minutes each side until golden.

Serve warm with yoghurt and salad in a wrap or pita bread

Beyond blood sugar:

the wider effects of diabetes

Many people think of diabetes in terms of blood sugar and diet. However, diabetes can also affect your hearing, eyesight, joints, and mental health. Understanding the broader effects may help you manage your overall health more effectively.

Diabetes and joint health

If your knees or fingers feel stiff and sore, diabetes could be playing a role. High blood sugar levels can lead to inflammation, potentially affecting your joints and increasing the risk of conditions like osteoarthritis. Additionally, diabetes can damage the small blood vessels and nerves that support joint health. Maintaining an active lifestyle and stable blood sugar levels can help protect your joints.

Vision and hearing

Diabetes is a major cause of vision loss. High blood sugar levels can damage the small blood vessels in your eyes, leading to conditions like diabetic retinopathy, cataracts, and glaucoma. Regular eye checks can detect early signs of damage, often before you notice any changes in your sight.

Many people aren't aware that diabetes can contribute to hearing loss by damaging the delicate blood vessels and nerves in the inner ear, which makes hearing more difficult. If you find yourself frequently having to turn up the volume or are having trouble following conversations, it's a good idea to have your hearing assessed.

Mental health matters

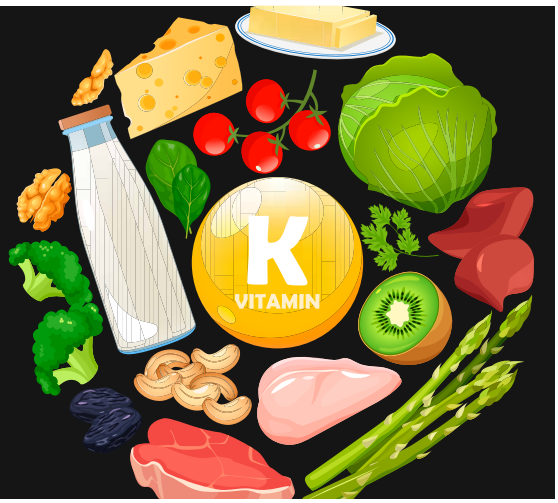
Living with diabetes can sometimes feel overwhelming. There's a well-documented link between diabetes and conditions like anxiety and depression. Fluctuating blood sugar levels can affect mood and energy, and the daily effort of managing diabetes can be stressful. If you're feeling low, it's important to seek support.

Taking care of the whole you

Diabetes isn't just about blood sugar – it's about overall health. Staying informed, keeping up with regular check-ups, being active and eating healthily are key. Listen to your body, if something doesn't feel right consult your doctor. Small changes and early action can help you feel your best.

Why vitamin K matters for your bones, heart and brain

As we age, keeping our minds sharp is just as important as looking after our hearts and joints. While omega-3s and B vitamins often steal the spotlight, vitamin K is also gaining attention - so what exactly does it do?



What is vitamin K?

Vitamin K comes in two main types – K1 and K2 – and they both help your body use calcium in the right way. K1 is essential for blood clotting and may also reduce inflammation and support heart health by preventing calcium build-up in blood vessels.

K2 helps guide calcium into bones and teeth, and away from places it shouldn't be – like soft tissues and arteries. Vitamin K may also support brain health, though more research is needed. While K1 and K2 have different roles, they work together, and your body may convert some K1 into K2 – a process still under investigation.

What does the research say?

A study from Tufts University found that mice fed a diet lacking in vitamin K had more brain inflammation, struggled with learning and memory, and produced fewer new brain cells. This suggests vitamin K may help the brain stay adaptable as it ages.

Where do we get vitamin K?

Vitamin K1 is easy to find, great sources include: spinach, kale, broccoli, silver beet and parsley. Vitamin K2 is a little harder to get, but can be found in:

- Natto (a fermented soybean dish)
- aged cheeses such as Gouda and Brie
- egg yolks
- chicken, especially thighs and liver
- fermented foods like sauerkraut.

Anything to watch out for?

Vitamin K deficiency is uncommon in healthy adults, as most people obtain enough through diet. However, babies are born with low levels, so a vitamin K injection is routinely offered shortly after birth to prevent a rare but serious bleeding disorder.

Getting a mix of vitamin K types, especially K2, may benefit your heart, bones, and brain. It's a simple and natural way to support long-term health, but if you're on blood-thinning medication, check with your doctor before making major changes to your diet.

NAIDOC Week 6 – 13 July 2025 is a national event which honours the resilience, history, and culture of Aboriginal and Torres Strait Islander peoples. **www.naidoc.org.au**

Questions to ask at your doctor's visit

Asking questions helps you get the care you need. To make the most of your visit, jot down anything you'd like to know about in the space below. Take this list with you so it's easy to remember what you wanted to ask.

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

Crossword Answers:

1. Gonorrhoea
2. Osteoarthritis
3. Dementia
4. Cataracts
5. Calcium
6. Antibiotics
7. Legumes
8. Chickpeas
9. Diabetes
10. Resilience
11. Inflammation
12. Spinach

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

PRACTICE INFORMATION

GENERAL CONSULTATION POLICIES

Longer consultation times are available, so please ask our receptionists if you require some extra time

HOME VISITS

Home and other visits are available for regular patients of this practice whose condition prevents them from attending the surgery

AFTER HOURS

If you get sick at night or on the weekend, please ring 5367 3333 for advice. We look after our patients 24 hours a day, 7 days a week.

APPOINTMENTS

Please ring 5367 3333 for an appointment. Patients attending without a booking will be fitted in at the earliest available time.

Emergencies will always be seen quickly – simply notify the receptionist

PHONE CALLS

Your regular doctor may arrange to phone you under particular circumstances. Unfortunately we are not able to connect telephone calls to our doctors routinely, as the interruption caused to the patients they are seeing can be harmful. Our staff will usually be able to pass on a message to your doctor.

FEES

Fees are payable at the time of consultation by cash, cheque, Mastercard or Visa. The GPs at this practice bulk-bill pensioners, Health Care Card holders and children under 16. Veterans may sign the service voucher.

An increased fee applies on Sundays and public holidays.

From March 1st 2023 a non-attendance fee will be charged for appointments that are not cancelled with at least 2 hours notice.

SMOKING POLICY

This practice has a no smoking policy.

SERVICES AVAILABLE

- General family medicine
- Check-ups, medical examinations
- Family planning
- Cervical screening tests, pregnancy tests
- Antenatal care, obstetrics
- ECG, heart check
- Counselling
- Vaccination: children and travel
- Blood tests / pathology
- Minor surgery: stitching cuts, removing moles, skin cancers
- Liquid nitrogen (freezing) therapy for sunspots and warts
- Acupuncture
- Weight control, nutrition advice
- Treatment of fractures
- Ear wax removal