



# BLACKBURN CLINIC FAMILY GENERAL PRACTICE

## WINTER 2021

An independent association of medical practitioners.

### BLACKBURN CLINIC

5/195 Whitehorse Rd, Blackburn  
[www.blackburnclinic.com.au](http://www.blackburnclinic.com.au)

**HOURS** (open 365 days of the year)  
 Monday to Thursday 8 am - 7 pm  
 Friday 8 am - 6 pm  
 Sat-Sun 8 am - 12 noon  
 Public Hols 8 am - 12 noon  
 Good Fri, Xmas Day 9 am - 11 am

- Dr Suzanne ASHDOWN
- Dr Grant CONNOLEY
- Dr Sean DAS
- Dr Ann DONAGHY
- Dr Scott GARDINER
- Dr Melanie HATTOTUWA
- Dr Janice KRELTSZHEIM
- Dr Kazunori NAKAJIMA
- Dr Peter LOVASS
- Dr Andrew RAWLIN
- Dr Claire St JOHN
- Dr Jasdeep SANDHU
- Dr Adrian TANG
- Dr Aaron ZHANG
- Dr Yashar ZADEH



2/195 Whitehorse Rd, Blackburn  
[www.blackburnspecialistcentre.com.au](http://www.blackburnspecialistcentre.com.au)

**HOURS**  
 Monday to Friday 8 am - 5 pm  
 Hours extend past 5pm some days, dependent on GP availability.  
 Weekend/Pub Hols Closed

- Dr Andrew BROAD
- Dr Peter ELLIOTT
- Dr Yeganeh KHAVAR
- Dr Praba RATNARAJAH
- Dr Terence TING

**General enquiries: 9875 1111**  
**Appointments: 9875 1123**

BOOK ONLINE AT:  
[www.blackburnclinic.com.au](http://www.blackburnclinic.com.au)

## Welcome Dr Yashar Zadeh

*We are delighted to welcome Dr Zadeh to our team of doctors at Blackburn Clinic. Yashar grew up in Iran and became a Doctor of Medicine in 2002. Since moving to Australia in 2007 he has worked in several General Practices in Victoria. He is a good fit with our philosophy of fostering GP education as he was a GP Training Supervisor at his last practice. Yashar brings a wide range of experience, is compassionate and speaks fluent Farsi.*

### Q. Why did you decide to become a GP?

"My father suggested that I consider being a doctor as "you have a caring manner". But the decision to become a General Practitioner was a different matter. During medical school, every rotation I had, I fell in love with that rotation specialty. However, over time, I felt that helping people and connecting with them was the most rewarding part. I believe General Practice is the ultimate medical practice as it relies on so many skill sets. More importantly, it is one of the very few specialities that offer the opportunity for a long-term connection with people. All of these made me choose General Practice rather than any other specialty.

### Q. Before working at Blackburn Clinic, what was the most unusual or interesting job you've ever had?

"Well, back in Iran, while I was a medical student, I was also a science reporter for a newspaper that was published nationally, and along with two other friends, we had a science page that was published once a month. My main task was to interview scientists and science celebrities in Iran. I have to say that the money I earned from this job was barely covering the travel cost to meet with the science celebrities. However, the nature of the job was so rewarding that I have always wondered should I have a part-time science reporting job?"



### Q. What were you like as a child? Did you get into any trouble / what was the worst thing you did?

My first-grade teacher told my Dad Yashar is a "gentleman!" but I suspect she had an extremely flexible definition of the word "gentleman". In general, I was not a trouble maker. One of the worst things that I did as a child was to listen to my brother, who convinced me to use a magnifier under the hot summer afternoon sun to light up a big bundle of matches hanging inside a sealed glass balloon. The result was a massive explosion that disrupted the neighbourhood siesta on an otherwise calm, hot summer day. Luckily, no one was injured!

**CONTINUED ON BACK PAGE**

## Recipe

### Cauliflower and Edamame Dhal

**Preparation time:** 10 minutes  
**Cooking time:** 20 minutes  
**Serves:** 6

Bring the fragrant spices of India and the goodness of legumes to dinner with this hearty plant based meal.

### Ingredients

- 1 tbsp oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 2 tbsp madras curry paste
- 2 tbsp no added salt tomato paste
- 1 ½ cup dried red lentils, rinsed and drained
- 2 carrot, chopped
- 750g cauliflower, cut into small florets
- 1 litre reduced salt vegetable stock
- 1 ½ cups frozen edamame (soybeans)

### Instructions

1. Heat oil in a saucepan and sauté onion and garlic until onion is soft.
2. Stir through curry paste and cook for 1 minute.
3. Add tomato paste, lentils, carrot, cauliflower and stock.
4. Bring mixture to boil then reduce heat and simmer for 15-20 minutes or until lentils are soft.
5. Add edamame and heat for 2 minutes or until cooked.
6. Can be served with cooked brown rice or naan bread.

### Nutrition

**PER SERVE:** Energy 1271 kJ (303 Cal), Protein 18.5 g, Fat 5.6 g, Saturated Fat 0.6 g, Carbohydrate 37.5 g, Sugars 1.0 g, Fibre 12.3 g, Sodium 698 mg, Potassium 1120 mg, Calcium 76 mg, Iron 4.7 mg.

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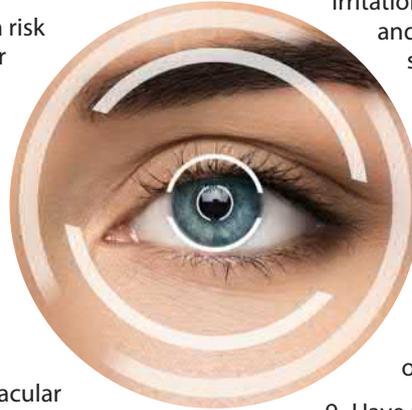
Use code: **HFHEALTH40**

# 12 Ways to Protect Your Vision

Over 13 million Australians had one or more chronic (long-term) eye conditions in 2017–2018, with 93% of those over 65 years having some form of long-term vision disorder. The good news is that there are many things you can do to maintain good eye health and around 90% of all blindness and vision impairment in Australia is preventable or treatable if detected early.

Here are the most important steps you can take to protect your eyes and reduce the risk of eye conditions including infections, cataracts and age-related macular degeneration.

1. Use eye protection. This is particularly important if you work in an environment where there's a risk of getting something in your eyes (such as dust, wood chips, metal fragments or chemicals), but also at home when using garden equipment, cleaning or working with chemicals, and when playing sport.
2. Protect your eyes from UV light. Regular UV light exposure can lead to cataracts and age-related macular degeneration, so wear sunglasses with good UV protection and a sun hat when outside.
3. Don't rub your eyes and avoid touching them with dirty hands, to reduce the risk of eye infections. Always wash your hands with warm soapy water before and after touching your eyes.
4. If your eyes are affected by allergens such as fur, dust or pollen, try to avoid these triggers and wear sunglasses outside to avoid pollen getting into your eyes.
5. Don't share personal items such as towels, face washers or make-up.
6. If you have an eye infection, use a cotton wool pad soaked in water to wipe from the corner of the eye outwards and always use a new cotton pad for each eye, to prevent transferring the infection into the other eye. If the infection doesn't improve, see an eye care professional.



7. Be careful when inserting and removing contact lenses from your eyes and always wash your hands first. Follow the instructions from your optometrist when cleaning your lenses and avoid wearing them for long periods of time. If you have any signs of infection or irritation, remove your contact lenses and leave them out until the symptoms have improved.
8. When using screens, take regular screen breaks (every 20 minutes), sit at least an arm's length from a computer screen, don't hold your device screen too close to your eyes and ensure the room is well lit and that there isn't a reflection on the screen.
9. Have an eye test every two years. If you have diabetes, are over 60 or have a family history of eye conditions, you may need more regular eye checks, so talk to your eye care professional.
10. If you have diabetes, aim to keep your blood glucose levels and blood pressure well managed to reduce the risk of diabetes-related eye damage and have regular eye checks.
11. If you smoke, consider quitting. Smoking increases the risk of cataracts, age-related macular degeneration, thyroid eye disease and general eye irritations. Call the Quitline on 13 7848 or talk to your doctor.
12. Eat a diet rich in fruits and vegetables (particularly green leafy vegetables), nuts, seeds, legumes and oily fish, which can reduce the risk of age-related macular degeneration.

### For more information:

Visit [www.healthdirect.gov.au/eyes](http://www.healthdirect.gov.au/eyes)

## DON'T FORGET YOUR FLU VAX!

With the focus on COVID-19, it is also important not to forget your flu vaccine, which is your best defence against flu viruses.

Vaccination experts recommend flu vaccination for all people aged 6 months and over, but the following groups are eligible for a free vaccination under the National Immunisation Program:

- Children aged between 6 months and 5 years.
- All Aboriginal and Torres Strait Islander people aged 6 months and over.
- People aged 6 months and over with certain medical conditions.
- Pregnant women.
- People aged 65 years and over.

You can also reduce your risk of catching the flu by maintaining good hand hygiene, keeping surfaces clean and building healthy lifestyle habits including eating well, exercising

# Women's Health: Urinary Tract Infections

According to Jean Hailes for Women's Health, one in two women will get a urinary tract infection (UTI) in their lifetime and nearly one in three women will have a UTI needing treatment before they are 24 years of age.

If untreated, UTIs can lead to kidney infection, which can be very serious, so if you have symptoms of a UTI, it is important to see your doctor for treatment as soon as possible.

UTIs are caused by bacteria entering the urinary system, usually via the urethra (the tube that takes urine from the bladder to outside the body). Anyone can develop a UTI but they are more common in women who are sexually active, those with health conditions such as diabetes or urinary incontinence, and post-menopausal women.

Symptoms of a UTI include:

- A burning sensation when urinating.
- Urinary frequency.
- Feeling the need to urinate often but only passing small amounts.
- Having a feeling that the bladder is still full after urinating.
- Having blood in the urine.
- Urine that is smelly, cloudy or darker than usual.

- Discomfort in your lower abdomen.
- Fever.

In most cases, UTIs respond to treatment with urinary alkalisers (which makes the urine less acidic and can reduce the pain and burning sensation during urination), drinking plenty of water, and antibiotics if needed. But if left untreated, they can develop into a serious kidney infection. If symptoms persist for more than 24 hours and include fever, chills, back pain, nausea or vomiting, it is important to see your doctor immediately. If you have recurring UTIs, you may need further investigations to help determine the cause.

You can reduce the risk of a UTI by:

- Drinking plenty of fluids to flush out bacteria.
- Urinating immediately after having sex.
- Gently wipe from front to back after urinating.
- Wear cotton underwear and loose-fitting pants.
- Considering an alternative method of birth control if you use spermicides.
- Avoiding the use of douches or vaginal deodorants, which can irritate or create an unhealthy vaginal bacterial imbalance.

Some studies suggest that drinking cranberry juice or using cranberry products might help to reduce the risk of UTIs, but the research isn't consistent.



## Visit The Men's Shed!

There are currently over 1,000 Men's Sheds across Australia, aimed at improving the health and wellbeing of Aussie men.

Men's sheds provide a safe, friendly and inclusive environment where men can meet and work on meaningful projects in the company of other men. This could include many activities from furniture making to restoring or repairing items to gardening. Some Men's Sheds may hold health and wellbeing events and provide opportunities to learn new skills such as cooking or first aid.

Men typically don't talk about their feelings and emotions and don't take as much interest in their own health as women. They also often drink more, take more risks and are more likely to suffer from isolation, loneliness and depression. Men's Sheds help to address social isolation and improve men's mental health by helping members to feel safe, make new friends and share in meaningful activities.

Aussie men join a Men's Shed for a variety of reasons including:

- To meet new friends
- To give back to the community
- To keep busy

- To share their knowledge and expertise
- To learn new skills
- For their health

A 2013 study of Australian Men's Shed members confirmed the mental and physical health benefits of joining a Men's Shed. While health benefits are not the primary motivator for most men joining a Men's Shed, the study found that Shed members scored significantly higher physical functioning, physical roles, general health, vitality, and mental health than non-Shed members.

The health benefits of being a member of a Men's Shed may come from organised health checks, health-related talks and provision of health information along with increased recognition of symptoms and peer advice. Men's Shed members also have increased awareness of anxiety and depression, and they are more likely to seek help for these conditions.

Men's Sheds can play an important role in addressing health and wellbeing and helping men to become valued and productive members of our community.

**For more information:**

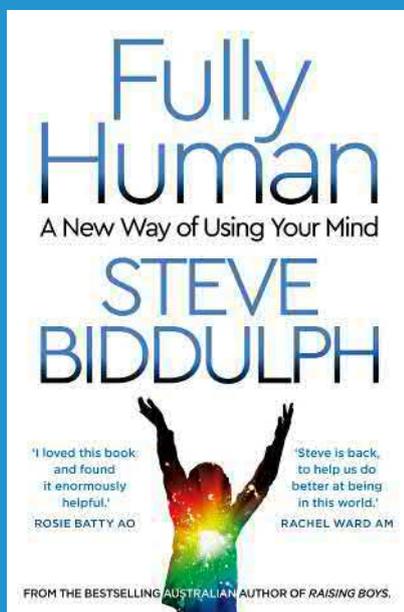
Visit Australian Men's Shed Association (AMSA) website: [mensshed.org](http://mensshed.org) or call 1300 550 009.

Dr. LoL:)



"I'll need to run some tests to be sure, but I'm guessing you dislocated your shoulder."

## COMPETITION



Win a copy of *Fully Human* courtesy of Pan Macmillan.

From the cutting edge, where therapy meets neuroscience, Steve Biddulph explores the new concept of 'supersense' - the feelings beneath our feelings - which can guide us to a more awake and free way of living every minute of our lives.

In *Fully Human*, Steve Biddulph draws on deeply personal stories from his own life, as well as those of his clients, and from the frontiers of thinking about how the brain works with the body and the wisdom of the 'wild creature' inside all of us.

To enter visit us online at [win.yourhealth.net.au](http://win.yourhealth.net.au)

Competition opens 1st June 2021. The winning entry will be selected on 1st September 2021 and notified by email.

# Welcome to Dr Yashar Zadeh... continued

## Q. What would your pet say about you if we asked for a reference?

"It depends on which pet you are asking the question. Between all the pets we have in our house, my two cats would say he is excellent in feeding and caring for us. But we still don't know why he keeps us indoors at night when the wicked voices in our heads ask us to go out and do our cat business!"



*Yashar is a keen photographer and he took the photo above of his cat.*

## Q. If you could redesign the food pyramid without any dire health consequences, how would it look?

"Baklava (the Middle Eastern sweet) would be the thing I would like to be the main item, followed by a Persian dish of rice and chicken cooked by my mother-in-law. Seriously, you should try it to understand what I mean."

## Q. If you could interview one person (dead or alive), who would it be and why?

"I'd really like to interview that first human being who decided to stop being a hunter-gatherer and start growing things instead. My question would be, 'why did you make that mistake? What was so wrong with being a hunter-gatherer that made you take this wrong step?' We enjoyed life for tens of thousand years as hunter-gatherers and now we have to work hard to gain what we had twenty thousand years ago!"

## Q. What TV show/movie are you ashamed to admit you love?

"Twilight! Shamefully, I still like it."

## Q. What's on your bucket list?

"At some stage of my life, I would like to have a hobby farm. I'd plant ten pomegranate trees and ten bitter oranges, then create a pond and breed Koi Fish (only if I get a permit). Hopefully, this year, I'd also like to finish an entry-level triathlon."

## COVID VACCINATIONS

As the guidelines for vaccine eligibility and availability of vaccine stock are constantly changing, we advise all patients to check the home page of our website for the latest advice and information. If booking online, make sure you book your appointment with a COVID VACCINATOR instead of with a doctor.

### Health Awareness

July 1 -31	<b>Dry July</b>	Dry July is a not-for-profit organisation aimed at improving the lives of adults living with cancer. Giving up alcohol for the month of July is a good way to raise awareness of individual drinking habits and the importance of a healthy, balanced diet and lifestyle. <a href="https://www.dryjuly.com/">https://www.dryjuly.com/</a>
July 14-20	<b>National Diabetes Week</b>	1.1 million Australians live with diabetes. National Diabetes Week is a fundraising event that helps to raise awareness and work towards prevention. <a href="https://www.diabetesaustralia.com.au/">https://www.diabetesaustralia.com.au/</a>

## WHEN WE ARE CLOSED

Phone the clinic after hours on 9875 1111 and your call will automatically be transferred to the Blackburn Clinic After Hours Service (up to 11:00pm Mon-Fri, Staffed by the Principal Doctors of Blackburn Clinic) and to our Home Doctor Service (Ph 13 74 25) at all other times. There is a fee for the Blackburn Clinic After Hours Service, details available to all callers. Box Hill, Maroondah and Knox Private Hospitals all have emergency departments.

## APPOINTMENTS

Appointments should be made to see the doctor of your choice. Urgent problems are always seen quickly – please notify the receptionist. Book online at: [www.blackburnclinic.com.au](http://www.blackburnclinic.com.au)

## BILLING POLICY

We are a private billing clinic. Fees are payable at the time of consultation and full payment on the day will attract a discount. Fees are subject to regular review. Current fees and changes to fees are displayed in the waiting room and our website. Veterans Affairs gold card holders will be bulk-billed. If you have difficulty paying our fees at any time, please discuss this with your doctor.

## DIABETES CLINIC

Education and information about use of devices, healthy eating, and strategies to help manage your condition to avoid complications. Our Diabetes Clinic will keep you up to date with the latest approaches. Ask your doctor for a referral.

## SKIN CANCER CHECKS

Most patients should have a skin cancer check once per year. Please ask your doctor for a specific appointment for this, and to send you a reminder when your next SKIN CHECK is due

## IRON INFUSIONS

We can treat iron deficiency anaemia on-site, where medically appropriate, at considerable savings compared to the traditional day-surgery model. Please see your doctor for advice.

## HOME VISITS

On weekdays we do home visits for our patients in the local area if necessary. Where possible we ask that you ring before 10:00am to arrange this. Sometimes demand for this service will exceed our ability to respond and a locum visit may need to be arranged. Fees will apply for all home visits.

## MELBOURNE PATHOLOGY

Blackburn Clinic patients are able to access Melbourne Pathology services within Blackburn Clinic, from 8.00am - 1.00pm, Mon - Fri. Please take a number at reception and wait in our reception waiting area to be called.