



# GP UPDATE

## Message from the Director Medical Services



Welcome to the September edition of the GP Update.

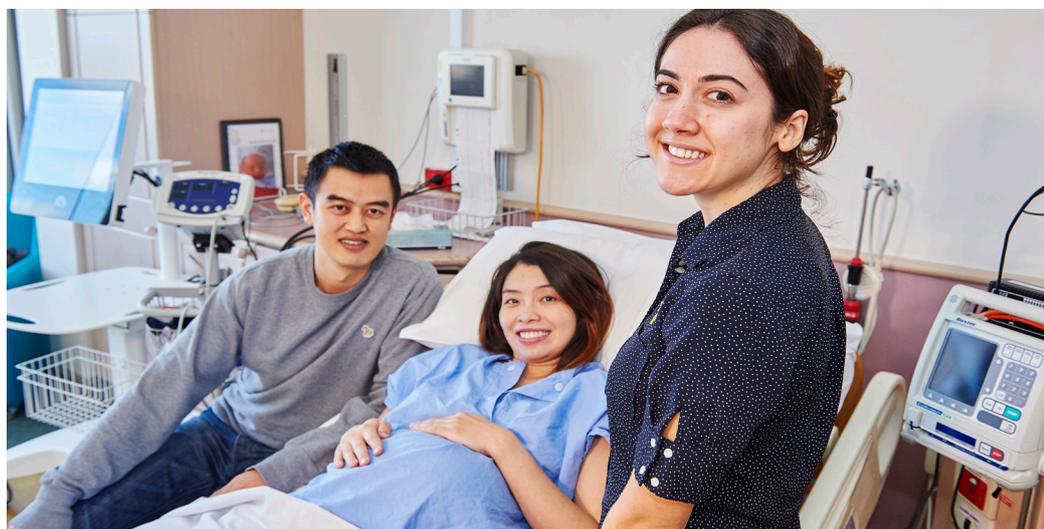
This month I am pleased to invite you to our second GP CPD session for the year, this time on 'Gynaecology and Obstetrics'. I am delighted to present four specialists, Dr Charles Armstrong, Dr Pierre Smith, Dr Damon Bell and Dr Anjana Thottungal, to talk on a variety of topics in these fields. Full details can be found on the accompanying invitation.

We have been busy recruiting a variety of new specialists to the hospital to continue expanding our services. This includes several new general surgeons, plastic surgeons and gynaecologists, of which you can learn about in this update.

Finally, we have established a 24/7 on-call physician service to make it easier for you to refer patients with acute or complex medical conditions. I encourage you to phone 0418 955 437 to utilise this service.

As a general practitioner myself, I hope if you ever have any queries, you won't hesitate to contact my office on (08) 9370 9294.

Dr Stuart Prosser  
Director Medical Services



## Continuing our work in women's health services

This hospital has witnessed the birth of thousands of babies in its time. St John of God Mt Lawley Hospital has continued this tradition, with a strong focus on obstetrics and gynaecology.

To continue this long standing achievement of delivering more than 1400 babies a year, we have assembled a leading team of accredited obstetricians and gynaecologists including recently recruited obstetricians and gynaecologists, Dr Aseel Alkiaat, Dr Rae Watson-Jones and Dr Su Hamid.

"Ensuring we have the best obstetricians and gynaecologists to support the demand for women to give birth at the hospital is critical to our commitment to the community in providing leading women's health services," said Dr Stuart Prosser, Director Medical Services.

The hospital works closely with the onsite Perth Obstetrics and Gynaecology Ultrasound (POGU), led by Dr Anjana Thottungal, an obstetrician and gynaecologist who specialises in ultrasound. POGU is the first ultrasound practice to establish sonovaginography and detailed assessment of severe endometriosis. The expertise and experience in detailed assessment of the pelvis and use of 3D imaging helps in detecting pathologies more accurately than a routine pelvic scan.

For a full list of our admitting obstetricians and gynaecologists, please view our specialist list at [www.sjog.org.au/mtlawleyreferrals](http://www.sjog.org.au/mtlawleyreferrals).

## Expansion of breast cancer surgery service

Responding to an increase in demand for oncology breast surgery, St John of God Mt Lawley Hospital has expanded its services to provide a 'one stop shop' for women requiring breast cancer surgery.

The hospital recently recruited general surgeons Dr Farah Abdul Aziz and Dr Vineeta Singh who conduct mastectomy and other oncological breast surgeries.

Their services complement those of plastic surgeons Dr Paul Quinn and Dr Jeremy Rawlins who provide reconstructive breast surgery post-mastectomy.

"Our expansion of breast cancer surgery provides a much-needed service to women living in Perth's eastern suburbs and the Wheatbelt region. We intend to grow this specialty as we aim to develop a comprehensive unit," said Dr Stuart Prosser, Director Medical Services.

The hospital continues to provide elective breast plastic surgery offered by a range of well-regarded plastic and general surgeons.

For a full list of these specialists, please view our specialist list at [www.sjog.org.au/mtlawleyreferrals](http://www.sjog.org.au/mtlawleyreferrals).

# Meet Dr Aseel Alkiaat, Obstetrician and Gynaecologist

T: (08) 9370 9329  
F: (08) 9370 9350  
A: Suite 11/L1 Medical Centre, SJG Mt Lawley Hospital



**Q. How long have you been working as an obstetrician and gynaecologist?**

I have been working as an obstetrician and gynaecologist since 2006. I started doing obstetrics and gynaecology at King Edward Memorial Hospital and really enjoyed it, so I finished my training there. During that time I was sent to other hospitals including Osborne Park, Joondalup and several rural hospitals.

In the past few years, I have been working as the Head of Service, Maternity Unit at Bentley Health Service.

**Q. What attracted you to obstetrics and gynaecology?**

Primarily, I am passionate about women's health and education. I also enjoy working with women and helping them during different stages of their lives. I feel honoured to look after them during their pregnancy and deliver their babies, one of the most precious times in a woman's life. Then over the years I might see them again if any gynaecology issues arise. This

continuity of care is beneficial for my patients.

**Q. What are your areas of special interest?**

My areas of special interest are endometriosis, infertility, laparoscopy, menorrhagia, colposcopy, hysteroscopy and prolapse management.

**Q. What is the most important thing expectant mothers can do to ensure a healthy pregnancy?**

Expectant mothers need to be prepared to have a baby and therefore lead a healthy lifestyle, have a healthy diet, avoid smoking and drinking and take their folic acid, which they hopefully started taking one month before getting pregnant. They also need to have tests and the baby checked regularly.

**Q. What have you learnt from your patients?**

I have learnt to be considerate of each of aspect of their life. I also feel very grateful and lucky to lead a healthy and happy life.

## 24/7 on-call physician

Around-the-clock admission and treatment for general acute medical care is just a phone call away at St John of God Mt Lawley Hospital.

Our 24/7 on-call physician service makes it easy for you to refer patients with acute or complex medical conditions. A highly experienced physician is always at hand to ensure your patient gets the right care at the right time. Please phone 0418 955 437 so we can arrange your patient's admission.

## Upcoming RACGP CPD education sessions

Each event earns 4 category 2 points.

Date	Topic	Location
20 Sept 6.30pm	Orthopaedics	SJG Subiaco Hospital
8 Oct 8.30am	Midland Physician Service GP Post Graduate Day  This event earns 40 category 1 points.	SJG Midland Hospitals
11 Oct 6.30pm	Obstetrics and Gynaecology	SJG Mt Lawley Hospital
15 Nov 6.30pm	Vascular Surgery	SJG Subiaco Hospital

For more information or to RSVP, please contact Elise Bertoncini, Doctor Marketing Coordinator. t: (08) 9382 6127 e: elise.bertoncini@sjog.org.au

# Contralateral Prophylactic Mastectomy: A Surgeon's View

Dr Farah Abdul Aziz  
T: (08) 9310 3934  
A: 36/85 Monash Ave, Nedlands



Contralateral Prophylactic Mastectomy (CPM) rates have substantially increased in recent years, reflecting an exaggerated perceived benefit from the procedure. Patients can undergo CPM following the diagnosis of unilateral breast cancer (UBL). However, some patients overestimate the risk of developing contralateral breast cancer (CBC) and have unrealistic expectations of the benefits of CPM.

Bilateral mastectomy is justifiable in patients with genetic predisposition when the risk of developing CBC is high, however the majority of our patients do not fit this criteria. There is a need to clarify the clinical logic of performing a more aggressive intervention to address a patient's reactions and fears following a diagnosis of UBL.

Ironically, despite the rising rate of CPM, the rate of CBC is decreasing largely due to the increased use of systemic therapies, which markedly reduce the risk of a second primary breast cancer in both ER+ and ER- breast cancer patients.

Long term survival for a woman with UBL treated with or without CPM is multifactorial, which includes mortality of the primary breast cancer,

risk of CBC, stage and mortality of CBC and the patient's individual life expectancy.

The annual probability of developing CBC is approximately 0.4% for patients with ER+ breast cancer on Tamoxifen and 0.5% for patients with ER-cancer. All age, tumour, treatment subgroups had probabilities of less than 0.7% per year. At 20 years, the risk is estimated to be 12%.

The effectiveness of CPM in reducing the risk of CBC is approximately 90%. Analysis of this data using various models has predicted the absolute survival benefit from CPM was less than 1% at all ages, ER status and cancer stage groups.

Sensitivity analyses predicted that CPM is more beneficial amongst younger women, stage 1 and ER negative breast cancer, however this benefit is minimal.

It is important to counsel breast cancer patients thoroughly prior to surgery. Survival is only one potential benefit: effects on cancer related anxiety, cosmetics and self-image are also important factors in the decision-making processes. Patients have reported regret as losing a normal breast impacts on their sexual health.

## Our newly accredited specialists

St John of God Mt Lawley Hospital has recently accredited the following specialists. Please find their full referral details on the specialist list.

- Dr Aseel Alkiaat, Obstetrics & Gynaecology
- Dr Su Abdul Hamid , Gynaecology
- Dr Peggie Nair , Neonatology & Paediatric Medicine
- Dr Cecilia Wee, General Surgery
- Mr Indrajith Withanage, General Surgery

## A Night on the Swan – Ovarian Cancer Research Fundraiser

St John of God Foundation is pleased to invite you to 'A Night on the Swan'.

The event will be held at Acqua Viva on Swan on Wednesday 19 October 2016 to raise funds for Ovarian Cancer Research at St John of God Subiaco Hospital.

Please come along and enjoy the fine art auction and sale coordinated by Jahroc Galleries and participate in the exclusive limited edition Armani Vespa auction.

Tickets available at [NightOnTheSwan.eventbrite.com.au](http://NightOnTheSwan.eventbrite.com.au)

To unsubscribe or for any other queries or comments, please contact [info.mtlawley@sjog.org.au](mailto:info.mtlawley@sjog.org.au) or call (08) 9370 9222