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NEWSLETTER AND P.N. MINUTES for 11th September 2023

The meeting opened at 10.10 am.

ATTENDANCE: Mike Kiff, Celia Miraglia, Laurel Morris, Barbara Morris, Ron Gascoigne

Faye Breslin , Margaret Hunt, Philip Surtees, Eileen Senn. Lorainne Keen

APOLOGIES: Lindsay Gibson , Faye Holloway

CONFIRMATION OF MINUTES OF LAST COMMITTEE MEETING AS circulated as being true and correct.

Accepted : Celia Miraglia

Seconded : Faye Breslin

CORRESPONDENCE :

- **Helpline Diabetes W.A.** wanted confirmation of correct name and address for P.N. Group.
- To contact Diabetes W.A Helpline Tel: 1300001880. Email : info@diabeteswa.com
Web address : www.diabeteswa.com

Query from Hugh Sylvester re P.N. Group. Booklets sent 10th September

Connect Groups Peak Post for August

Updates from, the Peer Support Centre.

Letter from a member, Margaret Rickard. She joined in 2022 but as she's had long covid she's found it difficult to keep up with all her prescriptions. She thanked us for all the newsletters and wished us well.

Accepted : Celia Miraglia

Seconded : Faye Breslin

TREASURER'S REPORT AS AT 30/08/2023

RECEIPTS

Attendance	18.00
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TOTAL	18.00
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Balance b/f

PAYMENT

Postage	<u>135.55</u>
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135.55

407.18

BANK ACCOUNT

Cheque Acc. Paid	135.55
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Balance C/f	<u>289.63</u>
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Deposits	18.00
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TOTAL	425.18
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425.18

Balance c/f

289.63

ACCOUNTS FOR PAYMENT = nil

ACCEPTED: Philip Surtees

Seconded : Mike Kiff

GENERAL BUSINESS

I must admit to inserting the incorrect date for Dr Chin's presentation in last month's newsletter. The correct

date was Monday 11th September, (just passed) not the 14th September as put in the newsletter. I apologise very much for those who were going to attend his talk on 14th September and will now be unable to.

Dr. Chin is a qualified Medical Doctor but has a love of engineering and it was through this combination of interests that he researched acupuncture as a treatment. He went into using laser beams for the acupuncture after much research and has come up with a suitable workable solution. He has ceased working as a G.P. and is concentrating on laser acupuncture.

The notes he gave us have been copied out as follows. However most of his presentation was covered in a leaflet we had from him in July and was printed in the July Newsletter.

LASER ACUPUNCTURE FOR PERIPHERAL NEUROPATHY

Dr. Chris K. Chin MB BS (WA) FAMC

State President Australian Medical Acupuncture College (AMAC WA0)

This presentation is to provide information about Laser Acupuncture in general terms and is not medical advice.

AGENDA. What is Chinese Acupuncture? What is Laser Acupuncture? Mechanism of Peripheral Neuropathy. How can Laser Acupuncture help?

Medical Acupuncture –Following is a brief explanation of Medical Acupuncture as practiced by Dr. Chris K Chin MB BS FAMAC. Australian Medical Acupuncture College West Australian State President.

What is Traditional Chinese Medical Acupuncture

There is an ancient Chinese Treatise on health and disease said to have been written by the famous Emperor Huangdi around 2600 BC. However Huangdi is a semi-mythical figure and the book probably dates back from later around 300BC. Traditionally, needles were inserted into specific points on the surface of the body to relieve symptoms and speed up the healing process. Modern research has discovered a 93% correlation between Traditional acupuncture points and myofascial trigger points.

What is Medical Acupuncture

- Integration of traditional Chinese Medicine (TCM) principles
- Neuro- anatomy
- Neuro- physiology
- Anatomy of Myofascial Trigger Points and referred pain patterns.

Acupuncture combines knowledge from both Traditional Chinese acupuncture and Western research on the neurophysiology of Myofascial Trigger Points and Meridians. By understanding both ancient Eastern and modern Western medical knowledge, we can better manage patients with multiple or complex pain and health problems.

What is Laser Acupuncture?

Laser Acupuncture is a non-invasive form of acupuncture that replaces traditional acupuncture needles with low level laser beams to stimulate acupuncture points on the body. Laser Acupuncture can also be known as Laser Therapy, laser acupuncture therapy, low level laser therapy. Very low laser therapy, photobiomodulation.

Laser Acupuncture, Low Level Laser Therapy (LLLT), Cold Laser, Photo Bio Modulation Therapy (PBMT)

Lasers have been used in modern medicine since 1965. Research has shown that low level lasers stimulate energy reduction in the mitochondria within cells, RNA synthase that speed up of the healing process and Nitrous Oxide production which dilates blood vessels.

Low level lasers are gentle, safe, have no known side effects and are painless. It is particularly useful for children, people who have a fear of needles, people unable to tolerate needles, medications or other stronger therapies. It is very safe and there are no known side effects.

What can Medical Acupuncture help?

Clinical trials have shown that Laser Acupuncture can be useful for headaches, including migraines, orofacial pain, TMJ pain, post-herpetic neuralgia, dizziness, vertigo, nausea, neck pain, shoulder pain, Diabetic neuropathy, peripheral neuropathy, lymphoedema, musculoskeletal pain, myofascial pain.

Dr. Chin has also found it useful in patients with anxiety, depression, osteoarthritis, back pain, sciatica, pelvic pain, pelvic congestion, dysmenorrhea, pudendal nerve pain, endometriosis, chest wall pain, sternal pain, neuropathic pain, complex regional pain syndrome, fibromyalgia and chronic fatigue. It can also be useful in the supportive treatment of patients with concussion, whiplash, head injury and long covid.

What to expect from your treatment.

Most people will feel a significant relief of pain and symptoms after 3 – 6 treatments of Laser Acupuncture.

For some people, the pain and symptoms may feel worse for the first few days after the treatment before settling down. Sometimes the pain may move around after the treatment before improving.

It is better to rest and relax for the rest of the day after the treatment. Shopping, strenuous exercise or manual labour should be avoided for the rest of the day. It is not recommended to have any other medical consultations, treatments, vaccinations or physical therapy on the same day as Laser Acupuncture.

Dr. Chin does not see Workers Compensation , Motor Vehicle Insurance or any other insurance litigation pending cases.

Dr. Chin's schedule of fees.

This is a summary of fees as of the 1st July 2023. These fees only apply to Dr. Chin. A discount applies for same day payment. You can claim a refund from Medicare but not from Private Health Insurance.

A higher rate of refund is available from Medicare once you have reached your Medicare Safety net threshold for the calendar year. The fee for same day payment for the **first** consultation is usually \$175 to \$190 depending on consultation and treatment time. The Medicare rebate for the first consultation is usually \$75.80

Dr. Chris Chin can be contacted on 08 9418 3722 for an appointment at Cockburn Medical Centre, Shop 15 Stargate, 432 Rockingham Road, Spearwood W.A. 6163.

A paperback self help book on how to manage your back pain is available at Dr. Chin's rooms at the COCKBURN MEDICAL CENTRE above. A PDF/Kindle Edition copy is also available at [amazon.com/ebooks](https://www.amazon.com/ebooks). Dr Chin mentioned that if you wish to speak to him, please ring the surgery and make an appointment.

Next month is the A.G.M. and as Ron wishes to retire, it will need to be decided on either folding the Group up altogether and perhaps meet monthly on a 'social' basis, or another person is able and willing to take over from Ron. Please try to attend and let us know your thoughts on this matter.

With nothing further to discuss, the meeting finished at 10.25 am. The next meeting, the A.G.M. will be held on Monday 9th October, 2023 at The Niche, Cnr Aberdare Road and Hospital Avenue, Shenton Park from 10.00 am to 12.00 noon.

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JOKES from Maurie Fields.

A copper pulled over a motorist on the Freeway. *Get out of the car please Sir*, said the Cop, and step to the rear of the vehicle. The driver got out of the car and followed the cop around to the back of the car.

Sir, said the copper, *your rear tail light is out.*

Oh my God, screamed the driver. *Oh no, this is terrible. Oh Lord, I don't believe it. What am I going to do.?* Then he threw himself on the ground. *Settle down Sir*, said the copper, *it's only a tail light.*

Bugger the tail light, said the driver, where's the bloody caravan?

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A travel agent had just finished a very good week, when he noticed an old man and an old woman looking at the specials on his window. *I've gone so well this week* he thought, *I'd like to do these old people a good turn.*

So he went out to the front of his shop and ushered them inside. *How would both of you like to go to Surfers Paradise for a week, all expenses paid?* He asked them. *I'd love to*, said the old man. *How kind.* Said the woman.

About ten days later the old man came to see the travel agent. *Thank you so much for the trip*, said the old bloke. *The flight was marvellous, the hotel was beautiful, and the scenery was gorgeous. Just one Question. What's that?* said the Travel Agent.

Who was that old woman staying with me?.

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