NorthWest Gastroenterology

All appointments and enquiries to:
Phone: (03) 9970 6509 **Fax:** (03) 9923 6299 **Email:** northwestmelbournegastro@gmail.com
Healthlink EDI: nwestgas **Website:** northwestmelbournegastro.com.au

Location:

- ☐ **St Vincent's Private Hospitals**
  240 Hoppers Lane,
  Werribee 3030
  Consultation/Procedure
- ☐ **Hobson Healthcare**
  179 Princes Highway,
  Werribee 3030
  Procedure
- ☐ **Knox Private Hospital**
  262 Mountain Highway,
  Wantirna 3152
  Consultation/Procedure
- ☐ **Western Health** (Public)
  Procedure
- ☐ **Northern Health** (Public)
  Procedure
- ☐ **Keilor Private**
  771 Old Calder Highway,
  Keilor VIC 3036
  Procedure

Examination(s):

- ☐ Consultation
- ☐ Colonoscopy
- ☐ Capsule Endoscopy
- ☐ EUS
- ☐ Gastroscopy
- ☐ ERCP
- ☐ Small Bowel Enteroscopy

Appointment Date: ..... **Time:** .....

Patient Details:

NAME .....

ADDRESS .....

MEDICARE ..... D.O.B. ...../...../.....

PRIVATE HEALTH ..... MOBILE .....

Referring GP Details:

NAME ..... PROVIDER # .....

PRACTICE NAME .....

ADDRESS ..... PHONE .....

SIGNATURE ..... DATE ...../...../.....

Clinical Information: .....

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Metabolic Dysfunction Associated Fatty Liver Disease

MAFLD is a condition where extra fat builds up in the liver, and is often linked to overall metabolic health and lifestyle factors. It's one of the most common causes of liver problems in Australia.

Typically occurs in people have risk factors such as being overweight, type 2 diabetes, cardiovascular disease, or comorbid conditions.

Majority of people do not feel any symptoms and is generally diagnosed during routine blood tests.

Lifestyle changes including diet and exercise can potentially reverse the condition and regular check-ups can help monitor for complications.

The FIB04 Index is used to gauge the risk for MAFLD.

Scan QR code or use the link below to access the FIB-4 online calculator.

mdcalc.com/calc/2200/fibrosis-4-fib-4-index-liver-fibrosis

While MAFLD is becoming more common, it can often be reversed with the right care and lifestyle choices. Ongoing medical follow-up and healthy daily habits play an important role in protecting your liver for the future.

Iron Deficiency

Iron deficiency occurs when the body doesn't have enough iron to produce healthy red blood cells. It's one of the most common nutritional deficiencies that affects people of all ages, with underlying gastrointestinal bleeding being the most common cause.

Common causes include inadequate iron intake, malabsorption of iron, and excessive blood loss.

Gastrointestinal bleeding is the most common cause of iron deficiency in all ages expect pre-menopausal women.

Conditions such as coeliac disease, bowel and other GI cancers, Inflammatory Bowel Disease, Peptic Ulcers and bowel polyps can contribute to iron loss.

Blood tests assessing iron levels and related markers are used to diagnose iron deficienies.

A referral to a gastroenterolgist can investigate the causes of iron loss and identify any underlying diseases.

Effective management involves restoring iron levels while identifying and addressing any underlying gastrointestinal cause. This helps prevent recurrence and supports long-term health.