



# GET CHECKED BEFORE IT'S TOO LATE

Since 2007 Darwin Day Surgery's experienced team of qualified doctors, nurses and support staff has been delivering personalised, quality patient centred care, ensuring the safety and well-being of all their patients at the highest possible standard.

Left to Right:  
Yvette Wing,  
Theatre Manager.  
Dr Guru Iyngkaran,  
Gastroenterologist  
Ann Holden-Church,  
CSSD Technician.

The Resident article Issue 27 which prompted Mark and Tim to have the check up.

A typical Aussie larrikin, Brendan Perry nearly died on the operating table two years ago, simply because he didn't seek medical assistance until it was almost too late.

**N**ow he goes to the doctor for regular check-ups, and when given the all clear in December 2017 he has come back for two years, the 33-year-old spent \$40,000 on a Queensland Ranges Iron in Queensland. It was a life. 'It's worth every cent,' he laughs. 'Plus it reminds me not to be an outdoors and agricultural over again.' Brendan moved to Darwin from the Pilbara three years ago and today works for Super. He'd been laid up in his studio for more than four years. But I learned it in my mind because I had a massive headache on the pain. There really wasn't anything wrong, I felt fine, and I usually didn't need to see a doctor. He said 'I won't until Easter 2016 after coming back from Thailand and a week of being pretty fit, it wasn't until I became concerned I was being caught of blood. I'd come back from there.'

At Royal Darwin Hospital Emergency he passed out and was admitted to the intensive care unit where they said he was an acute gastric infection. They'd kept me in isolation, probably I'd picked up something in Thailand, Brendan continues. 'At home when I was still being blood, I asked my nurse who is an Australian Nurse. She told me to go to a doctor and get a referral to see a Gastroenterologist immediately.'

The doctor referred Brendan to Dr Guru Iyngkaran, a Gastroenterologist at WF Medical Services who performed a colonoscopy at Darwin Day Surgery. 'Brendan was extremely fortunate. He's one of the worst bleeding cases I've seen in Darwin. While there were many people who were laid up for a long time, he was able to return to work in a matter of weeks. He's a real survivor. He wouldn't be here. By the time bowel cancer is detected it has usually spread to other parts of the body.' Because of Brendan's unusual position after the operation, he was taken to hospital for observation.

'That was the wake-up call,' he recalls. 'My only disappointment was I had to pay my Darwin Day Surgery and Gals Bill online to a mate - over \$700 worth.' But he was not grateful to Dr Guru and the fabulous nurses at Darwin Day Surgery. They're the ones who kept me up at night. They put me to sleep, I was then diagnosed as Christmas eve.'

'Brendan's family received news that he had a small polyp, but my middle brother still refuses to be tested. He's suddenly stupid, like me,' he said. 'I'm just glad I had three and not seen anyone and would've ended up in a box. Now I can continue my travels around Australia and the rest of the world. Every now and then you go to a new colonoscopy - and I still have plenty to talk. I hope that anyone reading my story takes note. It in double get checked out.'



Expanding their services in 2012, they now offer a range of procedures and specialties, such as Gastroenterology, IVF, dental surgery, general surgery, and plastic surgery; by either a General Anaesthetic, sedation or local anaesthetic. 'We also perform a variety of routine investigative procedures, such as a colonoscopy,' said Dr Guru Iyngkaran, a Gastroenterologist with Darwin Day Surgery. 'Men are more susceptible to bowel cancer and also less likely to consult their doctor. But early detection means less invasive surgery and longer-term prevention.'

When Resident Magazine's previous issue featured a bowel cancer survivor, Resident's publishers, Tim and Mark, decided they were way overdue for a check-up.

'While it had always been in the backs of our minds, the survivor story was the catalyst for our action. He was so young,' said Mark. 'After our initial doctor's consultation, we arrived on the appointed day for the surgical procedure at Darwin Day Surgery. Their experienced team of qualified doctors and nurses were friendly and helpful, quickly putting us at ease. The whole process was quick and painless and we were told straight after if there was anything wrong. As it turned out, neither of us had anything to worry about we were both fighting fit. Now we don't have to worry about it for another five years.'

Bowel cancer is Australia's second most common cancer in both men and women. On average one in eleven men and one in every sixteen women are at risk. 'Most people think it's an old person's disease,' continued Dr Guru. 'But like all cancers, it doesn't discriminate, and people in their early twenties have died of bowel cancer.'

The professionals at Darwin Day Surgery work in partnership with their patients and families to provide the best approach to health care.

For more information contact Darwin Day Surgery T: 8920 2899 Level 1/7B Gsell Street, Wanguri NT. [www.darwindaysurgery.com.au](http://www.darwindaysurgery.com.au)



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Editors Tim and Mark before and after the procedure with Dr Zina Valaydon, Gastroenterologist.