



February / March 2020

HEALTH AT DULWICH

Message from Dr Alice Kao

We hope you've had a healthy start to 2020 and an enjoyable summer!

As you will be aware, the big health issue so far this year has been the Novel Coronavirus outbreak. We ask patients who have travelled to China, Hong Kong, Singapore, Malaysia, Japan, Thailand, Vietnam, South Korea etc in the past 14 days and have symptoms such as fever, cough, sore throat or breathing difficulties to avoid contact with other people, crowded places or taking public transport.

If you are unwell, you can **phone** the practice or your nearest hospital emergency department or the HealthDirect Helpline on 1800 022 222.

With summer coming to an end, this is the best time to have your skin checked. Health at Dulwich and Dr Nick Then are running a Bulk-Billed Skin Check Clinic. Please speak to your doctor and/or our receptionists to book a Bulk-Billed Consult with Dr Nick Then for a full skin check.

Alice

Health at Dulwich Services

GP Care Plan

If you have a chronic health condition, such as asthma, cancer, diabetes, heart disease, osteoporosis or stroke, you may be eligible for a GPMP. This is a plan developed between you and your GP. [Click here for more information.](#)

Health Check for 45-49 Year Olds

The 45 - 49 health check is to help find, prevent or lessen the effect of chronic disease. To find out if you are eligible and for [information on what's involved, click here.](#)

Senior Health Assessment

Free yearly Senior Health Assessments are available for people aged 75 or older, or a DVA Card Holder living at home. [For more information, click here.](#)

Iron Infusions

Your doctor may prescribe this procedure to treat iron deficiency anaemia. The procedure delivers iron to your body intravenously. [For more information, click here.](#)



Smart Eating

Did you know that becoming overweight or obese can be linked to 13 different types of cancers? There are many ways you can improve your eating habits including:

Plate Portioning

Cancer Council has a guide on portion sizes and practical meal ideas, [click here to find out more](#).

Traffic Light System

A pocket guide from the Cancer Council can help you to choose healthier food and drink when shopping, [get the guide here](#).

Dietary Fibre

Almost 20% of colorectal cancers could be prevented by ensuring dietary fibre requirements are met. Are you getting enough fibre in your diet? [Want some ways to boost your fibre intake, click here](#).

One third of cancers in Australia are preventable. Here are seven lifestyle changes that can help cut your cancer risk:

1. Find cancer early
2. Limit alcohol
3. Maintain a healthy weight
4. Eat a healthy diet
5. Be physically active
6. Be SunSmart
7. Quit smoking.

Book an appointment with one of our doctors to discuss how nutrition, physical activity, quitting smoking, and reducing alcohol intake may significantly reduce your risk of diseases and help maintain good health.

Telephone: (08) 7221 2588

12 Stuart Road, Dulwich

www.healthatdulwich.com.au

Monday – 9:00am to 6:00pm

Tuesday & Wednesday – 8:30am to 5:00pm

Thursday – 8:30am to 7:30pm

Friday – 8:30am to 5:00pm

Saturday – 9:00am to 12:00pm