



June / July 2020

HEALTH AT DULWICH

Message from Dr Alice Kao

Once again we thank you for your patience and understanding during this stressful time.

We have been working hard to ensure our continued commitment and dedication to providing personal service in support of the health and wellbeing of our community.

As you are aware, we have been providing telephone consultations during the pandemic, safeguarding the health and safety of our community and doing our part to reduce the spread of the virus.

Telephone consultations will continue with a gradual return to face-to-face consults as restrictions are eased. We hope to be back to full face to face consultations within the next couple of months. Health at Dulwich will continue to take all necessary precautions, abide by social distancing and infection controls as patient and staff safety remains our focus.

We have also simplified access for our patients and, for the course of the pandemic, will be bulk billing patients that meet the Medicare rules for such.

To book your telephone appointment, please ring our reception on 7221 2588.

Alice

Flu Vaccine Clinic

It's not too late to get vaccinated against the flu.

For information on our Flu Vaccine Clinic, please call reception on 7221 2588.

Telephone: (08) 7221 2588

12 Stuart Road, Dulwich

www.healthatdulwich.com.au

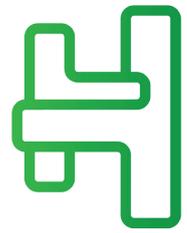
Monday – 9:00am to 6:00pm

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



June / July 2020

COVID-19 and Healthy Living

With so many people working from home, and gyms and workout spaces closed for weeks, it has been easy to let bad habits creep in.

Now, as restrictions are being lifted and gyms are reopening, it's a good time to check your eating habits. Winter is here and eating well and staying active can help keep you healthy through the cold months. Make sure you are:

- Eating plenty of vegetables, pulses and fruit everyday
- Including a variety of grains such as couscous and quinoa
- Drinking plenty of water
- Limiting saturated fat and alcohol.

During these unusual times it's also important to maintain good hygiene practices, with physical distancing and other restrictions still in place taking some time to prepare before grocery shopping can help to reduce stress and risks:

- Have a list
- Wipe down trolley or basket
- Pay with card
- Wash your hands before and after shopping.

For more information on preparing, planning and shopping to eat healthily, **click here**.

Physical exercise also supports healthy eating, as it boosts your mental health as well as your physical. **Click here** to find out the many benefits of, and ideas about how to get moving.

COVID-19 and Chronic Health Conditions

People with chronic health conditions, or weakened immune systems, are more vulnerable at this time and need to take care to protect themselves.

If you have a chronic health condition such as arthritis, asthma, cardiovascular disease, chronic obstructive pulmonary disease, diabetes or are battling leukaemia, lymphoma or having chemo or radiotherapy, it is vital you do everything you can to protect yourself.

It is important that you don't neglect your regular health care during this time. Ensure you continue to take your regular medication, take advantage of the COVID-19 Home Medicine Service if needed, and have any regular blood tests.

Our team of practitioners can assist in the management of your health condition with a GP Medical Plan. **Click to find out more.**

Call or book an appointment online to arrange an appointment.

Keep Up to Date

If you would like to receive our bi-monthly newsletters via email, let our reception team know and have your email address added to our records.

Don't forget to follow us on **Facebook**