



August / September 2020

# HEALTH AT DULWICH

## Message from Dr Alice Kao

And just like that it's August in a year like no other.

We are lucky in South Australia to be able to get back to doing things we enjoy, but let's not be complacent. We all have a part to play to stop the spread of COVID-19: wash your hands regularly, keep your distance from others and stay home if you are unwell.

While we continue to navigate our way through the pandemic, please do not delay your regular check-ups or cancer screening programs eg Breast Screen, Bowel Cancer Screen, Prostate Cancer Screen. To make an appointment visit [www.healthatdulwich.com.au](http://www.healthatdulwich.com.au) or call reception on 7221 2588.

Kudos to our amazing practice nurse Ann-Louise who has worked hard on our Flu Clinic, making wellbeing check phone calls and reminding our patients not to neglect their chronic health conditions. If you haven't had a call yet, Ann-Louise is still following up patients on behalf of the doctors to discuss management of your chronic health conditions.

It's a couple of months of celebration here with quite a few birthdays at the practice! Happy Birthday to Dr Nick Then, Dr Crina Solomon, and our receptionists, Magdolina and Alli.

Finally, please note that the Practice hours have changed. We now open 9am Monday through Saturday.

*Alice*

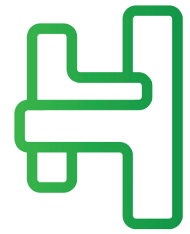
## COVID-19 Update

Psychologically we need to be prepared for a marathon. There are many months ahead of gradual reduction in restrictions, with potential for setbacks and re-tightening of restrictions when a peak in cases occurs. The marathon ahead can cause stress, anxiety and depression. It's a risk for all of us. We need to raise the awareness of mental health and encourage each other to seek help early.

Although we have increased face-to-face consults, we will continue to provide telephone consults throughout this pandemic.

If you have any COVID-19 symptoms, even if mild, get tested. Your GP can provide a referral to attend a drive-through testing clinic, or you can visit a dedicated COVID-19 or Respiratory Clinic to be assessed and tested.

Remember, in an emergency always call Triple Zero (000).



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## Turning Australia Blue

September is International Prostate Cancer Awareness Month raising awareness and much-needed funds to assist in the fight against prostate cancer.

Did you know Prostate Cancer is the most commonly diagnosed cancer in Australian men with 20,000 diagnoses and close to 3,300 deaths each year? Prostate cancer kills more men than breast cancer kills women.

We want to encourage all men over 50, or 40 if they have a family history of prostate cancer, to talk to their GP about testing for prostate cancer as part of their regular health check-up.

## Daffodil Day

Every four minutes an Australian is diagnosed with cancer. That's 150,000 Australians each year, bet you know someone who has or is fighting cancer.

August 28 is Daffodil Day, an appeal raising funds for cancer research. Like so many things this year, it will be a little different to previous years but the need remains the same.

You can provide your support by purchasing a digital Daffodil, **find out how as well as other ways of getting involved here**. Share your yellow #DaffodilDay



## RU Okay Day

What a year! If there were ever a time to check if someone in your world is struggling with life's ups and downs, it is definitely 2020.



R U OK? Day is Thursday 10 September 2020, a national day of action when we remind Australians that every day is the day to ask, "Are you OK?"

But what do you say when someone says they're not OK. **Visit the website** for a guide on how you can help someone, or yourself, who's not feeling OK.

## World Heart Day

Tuesday 29 September is World Heart Day.

There is no single cause for any one heart condition, but there are risk factors that increase your chance of developing one. National Heart Foundation has an initiative 'Heart Health Checks' for anyone aged 45+, **learn more here**.

**For support and help with these health conditions please make an appointment with one of our doctors.**

**Telephone: (08) 7221 2588**

12 Stuart Road, Dulwich

**[www.healthatdulwich.com.au](http://www.healthatdulwich.com.au)**

Monday – 9am to 6pm

Tuesday & Wednesday – 9am to 5:00pm

Thursday – 9am to 7:30pm

Friday – 9am to 5pm

Saturday – 9am to 12pm