



October / November 2020

HEALTH AT DULWICH

Message from Dr Alice Kao

Spring is here, South Australia is managing the pandemic by continuing to do the right things - wash your hands regularly, keep your distance from others and stay home if you are unwell.

With the COVID-19 situation under control, we have returned to face-to face consultations with telephone consults continuing until March 2021 as per the recent government announcement. A fee will apply for all telephone consults from 1 October 2020.

We would like to remind you that patients need a follow up appointment with a doctor to receive test results. An appointment is also required if you need a repeat referral to ensure your doctor is providing up to date information regarding any health conditions, medication, allergies and other important information including test results to the specialist. See our reception team to make a booking.

As part of good health care, all treatment and medication for any medical condition requires regular review, even if your condition is stable. Your doctor needs to assess your health condition and medication to ensure it is still appropriate for you. Hence, we require all patients to make an appointment to see a doctor when they are due to renew their medication.

Also, a very happy birthday to Dr Demelza Toh and Dr Ruth Baigent!

Alice

Mental Health Month

There has been a definite increase in demand for mental health support since the global pandemic hit.

National Mental Health Month is an initiative of the Mental Health Foundation Australia to advocate for, and raise awareness of Australian mental health #MentalHealthMatters.

Things you can do to take care of your mental health and wellbeing:

- Look after your physical health
- Stay connected to family and friends, digitally if necessary
- Develop new routines
- Take breaks

If you need support, please make an appointment with one of our doctors.



October / November 2020

Nutrition Week

October 11 to 17 is Nutrition Week, which aims to inspire healthy eating.

It's very timely given the end of winter and COVID restrictions mean many may have gained a few extra kilos. Spring sunshine can definitely motivate us to get moving and eat better, so this is a good time to provide some nutrition suggestions.

Dr Crina Solomon has a special interest in Lifestyle Medicine. Lifestyle Medicine uses evidence-based therapeutic approach to prevent, treat and often reverse lifestyle related chronic disease. Lifestyle Medicine can address issues with nutrition, physical activity, smoking, alcohol, sleep and stress and may lead to a reduction of obesity, diabetes and cardio-vascular disease.

It's all about prevention and improving chronic medical conditions, not just weight problems. If you would like some help with healthy eating and weight management, make an appointment with Dr Solomon.

World Osteoporosis Day

Osteoporosis is often under diagnosed and under treated but has a significant impact on independence and quality of life.

World Osteoporosis Day is 20 October, and this year's focus is on getting men to make bone health a priority. Hip and Spinal fractures often result in the loss of independence as a result of immobility and also increases the risk of other health complications. Awareness, early detection, prevention methods and treatment help to reduce incidence of hip and spinal fractures.

Speak to your doctor about bone health and having a bone density test to assess your risks of osteoporosis.

For more information about Osteoporosis, click here.

Diabetes Day

World Diabetes Day is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

Diabetes is the epidemic of the 21st century and one of the biggest challenges confronting Australia's health system with 280 Australians developing diabetes every day. That's one person every five minutes. More than 100,000 Australians have developed diabetes in the past year.

The Australian Government has created a Health Initiative for 40-49 year olds who are at risk of developing type 2 Diabetes. Are you at risk? **Take the risk assessment here.**

Please speak to your doctor or our nurse about a 40-49 year old Health Assessment, which is fully funded by Medicare. This is aimed to reduce your risk or prevent type 2 diabetes, **click here for more details.**

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

Monday – 9am to 6pm
Tuesday & Wednesday – 9am to 5:00pm
Thursday – 9am to 7:30pm
Friday – 9am to 5pm
Saturday – 9am to 12pm