

## HOURS

The surgery is open:

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

## APPOINTMENTS

Please ring (08) 7221 2588 for an  
appointment or book online at [www.healthatdulwich.com.au](http://www.healthatdulwich.com.au) or through the  
HotDoc App. If you need more time or  
have multiple concerns to discuss with  
your doctor, please tell the receptionist  
when you make your booking.

Urgent medical problems will always be  
dealt with promptly.

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# YOUR HEALTH™

*healthy advice from your family doctor*

**Autumn 2021 Edition 97**

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**YOUR COPY — FREE TO TAKE HOME**

## Healthy Eating at Every Size

**H**ealth At Every Size (HAES) is a weight-neutral approach to health. HAES practitioners believe that, regardless of your size, it is more important to focus on healthy behaviours than weight loss.

HAES is based on evidence that dieting for weight loss is ineffective (most people eventually gain back the weight they lose) and often harmful (some weight loss methods and repeatedly losing and regaining weight can have their own health risks). Advocates of HAES also point out that, apart from at the extremes, there is little evidence to show carrying extra weight reduces longevity. In fact, in many cases the research shows that those who are overweight live longer.

Several studies have compared the HAES approach to conventional treatment (focused on weight) and the findings are in favour of HAES. Changing the focus from weight to health is associated with significant improvements in:

- ▶ Health measures, such as blood pressure and blood fats.
- ▶ Health behaviours, such as diet quality and eating and activity habits.
- ▶ Psychosocial outcomes, such as self-esteem and body image.

These improvements are greater than with weight-focused treatments and without the negative effects. And studies don't show that taking the focus off weight leads to weight gain.

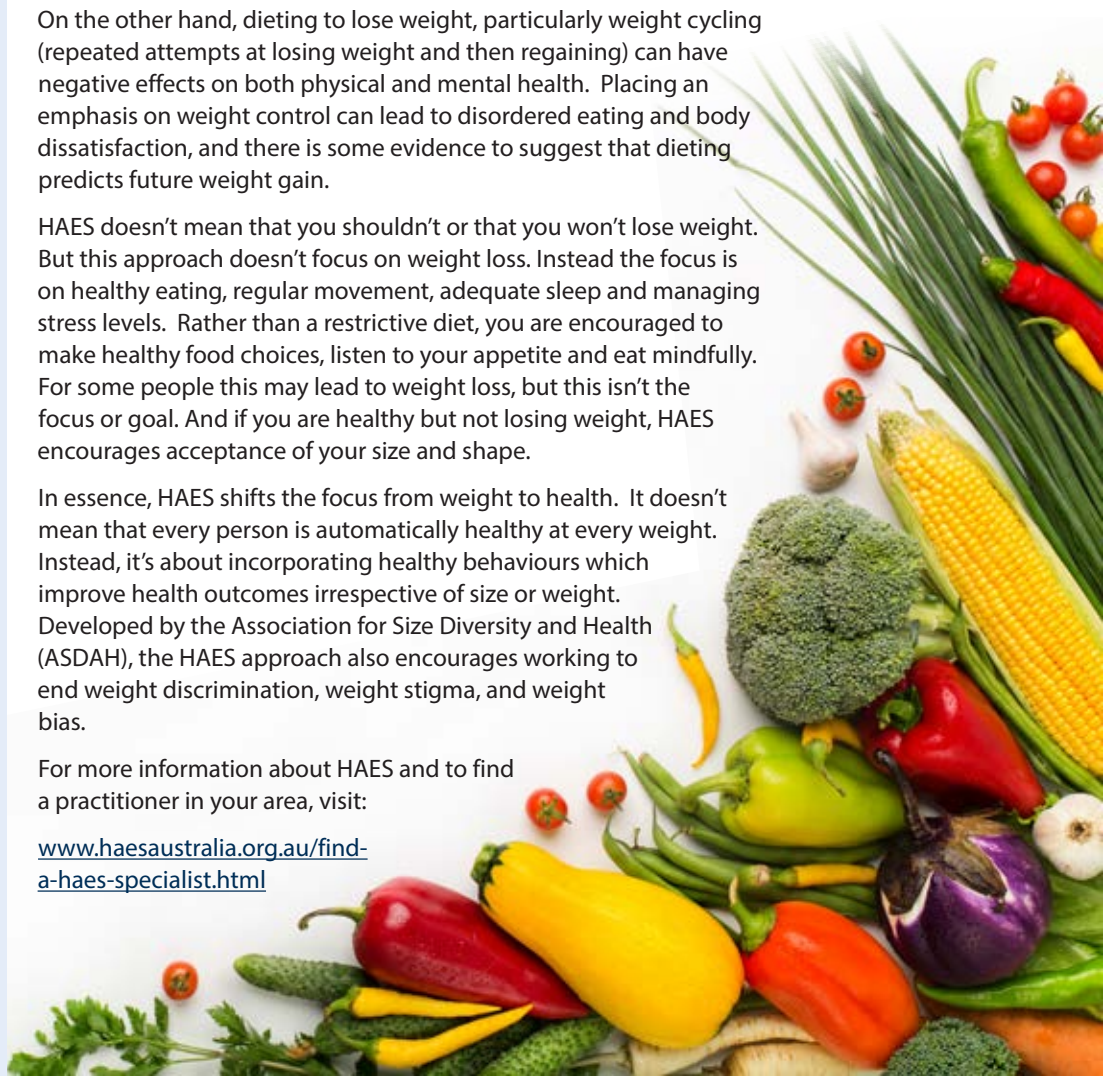
On the other hand, dieting to lose weight, particularly weight cycling (repeated attempts at losing weight and then regaining) can have negative effects on both physical and mental health. Placing an emphasis on weight control can lead to disordered eating and body dissatisfaction, and there is some evidence to suggest that dieting predicts future weight gain.

HAES doesn't mean that you shouldn't or that you won't lose weight. But this approach doesn't focus on weight loss. Instead the focus is on healthy eating, regular movement, adequate sleep and managing stress levels. Rather than a restrictive diet, you are encouraged to make healthy food choices, listen to your appetite and eat mindfully. For some people this may lead to weight loss, but this isn't the focus or goal. And if you are healthy but not losing weight, HAES encourages acceptance of your size and shape.

In essence, HAES shifts the focus from weight to health. It doesn't mean that every person is automatically healthy at every weight. Instead, it's about incorporating healthy behaviours which improve health outcomes irrespective of size or weight. Developed by the Association for Size Diversity and Health (ASDAH), the HAES approach also encourages working to end weight discrimination, weight stigma, and weight bias.

For more information about HAES and to find a practitioner in your area, visit:

[www.haesaustralia.org.au/find-a-haes-specialist.html](http://www.haesaustralia.org.au/find-a-haes-specialist.html)



## Recipe



# Honey Chicken & Roast Potatoes

**Preparation time:** 35 minutes  
**Cooking time:** 25 minutes  
**Serves:** 4

## Ingredients

- Extra-virgin olive oil
- 4 Large potatoes
- 2 Tomatoes
- 3–4 tsp All-purpose spice blend
- 1 Bunch chives
- 1 Bag mixed salad leaves
- 2 Chicken stock cubes
- 2 Cucumbers
- 500g Chicken thighs
- 250g Sour cream
- 4 tbsp Honey
- Drizzle white wine vinegar

## Instructions

1. Preheat the oven to 240°C/220°C fan forced. Cut the potato (unpeeled) into 2cm chunks. Place on an oven tray, sprinkle over the chicken stock, season with pepper and drizzle with olive oil. Toss to coat, then bake until tender, 20–25 minutes.
2. Roughly chop the tomato and thinly slice the cucumber. Cut the chicken thighs in half. In a medium bowl, combine the spice blend, 2tbs water, and a drizzle of olive oil. Add the chicken thigh and toss to coat.
3. Cook the chicken in a large pan with olive oil, turning occasionally. When browned and cooked through remove from heat and add the honey, turning until well coated.
4. While the chicken is cooking, finely chop the chives and combine with sour cream in a small bowl.
5. In a large bowl, combine a small drizzle of white wine vinegar and olive oil and season with a pinch of salt and pepper. Add the tomato, cucumber and mixed salad leaves to the bowl with the dressing and toss to coat.
6. Divide the chicken, roast potatoes and salad between plates. Spoon over and juices from the pan. Serve with the chive sour cream.

HelloFRESH

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# Protect Yourself Against Hearing Loss

**A**round 3.6 million Australians suffer from hearing loss. While age-related factors are the most common cause, more than one-third of Australians with hearing loss have noise-related ear damage, which is preventable.

It is therefore important to be aware of how to prevent hearing loss and the signs of hearing loss.

Signs of hearing loss include:

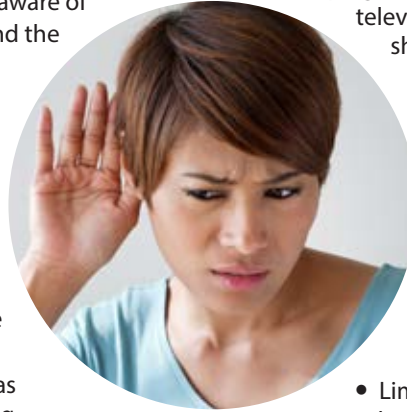
- Having trouble hearing in noisy places.
- Difficulty hearing and understanding conversations.
- Often needing to ask people to repeat themselves.
- Hearing sounds as muffled, as though people are mumbling.
- Needing to have the television or radio up louder than others.
- Not hearing your phone or the doorbell ringing.
- Hearing buzzing or ringing in your ears.
- Finding loud noises more uncomfortable than in the past.

If you are experiencing any of these symptoms, see your doctor. They might refer you to a hearing specialist (audiologist) for a hearing test.

Since most types of hearing loss are permanent, it is important to take steps to prevent hearing loss. And if you already have some hearing loss, you can still do things to stop it getting worse.

The best way to protect your hearing is to limit your exposure to loud noises. You can do this by:

- Keeping the volume on your music, television and radio down — you should be able to easily talk to someone two metres away.
- Wear earplugs at clubs, live music and other loud events, and give your hearing 18 hours to recover.
- Wear earplugs or ear protection equipment, such as earmuffs, in noisy workplaces.
- Limit your use of headphones to one hour at a time, then take a break.



If someone one metre away needs to shout for you to hear them, or if you can't hear traffic sounds or people near you when listening to music with headphones, you are likely exposing yourself to dangerous noise levels.

Learn more about hearing health, take a free hearing test or find out whether your lifestyle could be damaging your hearing health by completing the Noise Risk Calculator at [knowyournoise.nal.gov.au](http://knowyournoise.nal.gov.au)

## A Quick Guide to Shingles

**S**hingles is an infection caused by the same virus responsible for chickenpox. Around 1 in 3 people who haven't been immunised will develop shingles at some stage during their lifetime.

If you have had chickenpox in the past, the virus stays in the body but isn't active and shingles can occur when it's reactivated. It usually affects people over 40 but can occur at any age. Being over 60 years, having a compromised immune system or experiencing significant physical or emotional stress can increase the chance of developing shingles.

The shingles virus causes a rash which develops into painful blisters, usually on one side of the body. The most commonly affected areas include the face, back, chest, abdomen and pelvis. Initial symptoms include pain, a burning, tingling, itching and/or stabbing sensation, sensitivity to touch, numbness in the affected area of the body, sensitivity to light, fever, headache and fatigue. After two to three days, a painful rash appears, which develops into fluid-filled blisters. The rash usually lasts about 10 to 15 days, but around 1 in 10 people experience ongoing pain and tingling for months or even

years after the rash goes away.

If you experience symptoms of shingles, it is important to see your doctor as soon as possible, as treatment with antiviral medicines within three days of the rash appearing can reduce the severity of symptoms and the risk of complications.

While you can't catch shingles from someone who is affected, if you haven't had chickenpox, you can catch chickenpox if you come into direct contact with fluid on the blisters of someone who has shingles. It is therefore important that anyone who has shingles avoids contact with people who may be more at risk, such as pregnant women, people who have a weakened immune system, children who haven't had chickenpox or the chickenpox vaccine, and premature or low birth weight babies.

To reduce the risk of developing shingles, people over 60 years of age are encouraged to have the Zostavax vaccination. In Australia, it is provided free to those aged 70 to 79 years. If you are over 60 years of age, speak to your doctor about whether to have the vaccine.

Find out more by visiting [www.health.gov.au/health-topics/shingles-herpes-zoster](http://www.health.gov.au/health-topics/shingles-herpes-zoster)

# Women's Health: Being Breast Aware

**B**reast cancer is the most common form of cancer affecting Australian women. One in seven women will be diagnosed in their lifetime.

While the incidence of breast cancer is increasing, so are survival rates. Over the past 25 years, the five-year survival rate has increased from 76% to 91%. Early detection gives the best chance of survival, so it is important to be 'breast aware' and to look out for any changes in your breasts.

Being breast aware means becoming familiar with the normal look and feel of your breasts and checking them regularly. You might do this while in the shower, when applying moisturiser to your body or while getting dressed. It is important to check all parts of your breast, your armpit, and up to your collarbone.

Breast changes to look out for include:

- A new lump or lumpiness in the breast or underarm, especially when it's only in one breast.
- Changes in the size or shape of the breast.
- Thickening or swelling of your breast.
- Nipple discharge other than breast milk.
- Changes to the nipples such red or flaky skin or inversion.

- Redness, dimpling or puckering of the skin on the breasts.
- An unusual pain in any area of the breast.

While most breast changes are not due to cancer, if you have any of these symptoms, it is important to see your doctor, who will examine you. You may then be referred for further tests such as a mammogram/ultrasound. A referral to a breast surgeon may also be warranted. The specialist will organise tests to work out the cause, which could include a mammogram, breast ultrasound and/or needle biopsy.

Breast awareness is important for women of all ages but it doesn't replace having regular mammograms and other screening tests recommended by your doctor. Screening mammograms aim to find breast cancer early, often before there are any noticeable signs or symptoms. Women aged 40 can have a free mammogram every two years through BreastScreen Australia.

If you are concerned about your risk of breast cancer, speak to your GP. You can also find out more about your breast cancer risk and get personalised advice about the type and frequency of screening that might be appropriate for you by completing the iPrevent breast cancer risk tool at [www.petermac.org/iprevent](http://www.petermac.org/iprevent)

Dr. LoL:)



## COMPETITION



Win a copy of *THE HORMONE REPAIR MANUAL* courtesy of Pan Macmillan.

*The Hormone Repair Manual* by Lara Briden, author of the international bestseller *Period Repair Manual*, is a must-have guide to understanding and overcoming the symptoms of perimenopause and menopause. This book is backed by evidence-based research and case studies and is a reassuring guide to soothing, nourishing and strengthening your body, mind and spirit during this time of change

To enter visit us online at [win.yourhealth.net.au](http://win.yourhealth.net.au)

Competition opens 1st March 2021. The winning entry will be selected on 1st June 2021 and notified by email.

# Men's Health: Androgen Deficiency

**A**ndrogens are sex hormones which give men their 'male' characteristics. The main hormone produced in men is testosterone, which is produced mainly in the testes.

Androgens have many different roles in the body and are important for good health. They are essential for male sexual and reproductive function and also play an important role in bone and muscle development and metabolism.

Androgen deficiency occurs when the body doesn't make enough androgens, particularly testosterone, for optimal health. The effects it has will depend on the cause and extent of the deficiency, and at what age it begins. Testosterone levels are at their highest between the ages of 20-30 and then gradually drop, but factors such as being overweight or having certain long-term medical conditions can cause a greater drop.

Symptoms of androgen deficiency in adults may include:

- Low energy levels/fatigue.
- Mood changes such as low mood and irritability.
- Reduced muscle mass and strength.
- Increased body fat, particularly around the

abdomen.

- Reduced sexual desire.
- Difficulties getting and keeping erections.
- Reduced semen production.
- Hot flushes and sweating.
- Reduced facial and body hair.
- Breast development (also called gynaecomastia).
- Reduced bone mass and increased risk of osteoporosis.

In teenage boys, testosterone deficiency can affect normal growth and pubertal development.

Causes of androgen deficiency include genetic disorders, medical problems, or damage to the testicles. Using anabolic steroids also commonly causes testosterone deficiency.

The treatment of testosterone deficiency will depend on the underlying cause. In some cases, it can be treated with testosterone therapy, prescribed by your doctor. In men who are carrying excess weight, weight loss and making healthy lifestyle changes might improve testosterone levels. Treating other health conditions, such as diabetes and obstructive sleep apnoea, can also often help to improve testosterone levels.

Find out more by visiting [www.healthymale.org.au/mens-health/testosterone-deficiency](http://www.healthymale.org.au/mens-health/testosterone-deficiency)

# Children's Health



## Conjunctivitis in Children

Conjunctivitis is a common condition in children, caused by inflammation of the conjunctiva — the clear membrane that covers the front surface of the eye and the inner surface of the eyelid.

It is often caused by a bacterial or viral infection but can also be caused by an allergy, irritant or object in the eye (such as dust, sand or chemicals). In newborn babies, it can develop from blocked or narrowed tear ducts.

Often called 'pink eye', conjunctivitis causes the white part of the eye to become pink or red. The eyes may also be watery, puffy, sensitive to light, itchy and/or sore. If a child has bacterial conjunctivitis, they will often have a yellow or green sticky discharge which makes their eyelids stick together after they have been asleep. Otherwise, the discharge is likely to be clear.

If you think your child has an eye infection, it is important to see your GP so they can diagnose and recommend treatment. This could include antibiotic eye drops or ointment if the infection is bacterial or antihistamine eye drops for allergic conjunctivitis. Viral infections improve without treatment. It can also help to keep your child's eye clean by washing gently with a cotton gauze swab soaked in warm water, several times per day.

It is particularly important to take your child to see your GP if:

- The infection doesn't clear up after 3–4 days, despite treatment.
- The area around their eye or eyelid becomes swollen, red or painful.
- They have problems with vision.
- They also have a fever and are not feeling well.

Viral and bacterial conjunctivitis can be contagious, so it is important to avoid spreading the infection. You can do this by:

- Always washing your hands after touching your child's eyes.
- Not sharing towels or face cloths.
- Washing your child's hands regularly and try to stop them from rubbing their eyes
- Keeping your child home from childcare, preschool or school until the eye discharge has completely stopped

For more information visit: [www.pregnancybirthbaby.org.au/conjunctivitis](http://www.pregnancybirthbaby.org.au/conjunctivitis)

### AFTER-HOURS & EMERGENCY

In case of emergency, please dial 000 for an ambulance.

When the surgery is closed, please ring Home Doctor Service 13 74 25.

### OUR PRACTICE

Health at Dulwich is fully accredited by QPA.

Experienced and committed doctors and health professionals have come together to provide the highest standard of healthcare with a personalised service involving respect and compassion.

Our friendly reception staff, Alex, Amy Rose, Aimee, Buffy, Magdolina and Nicole, are available to make bookings or help in any way. Our practice nurse, Ann-Louise, assists our doctors with a range of healthcare services. Trien is our business and practice manager.

All patient information and medical records are kept strictly confidential at all times.

### TELEPHONE / ELECTRONIC COMMUNICATION

All telephone calls for doctors will be relayed through reception staff via message and the doctor will return your call at their earliest convenience. Consultations will not be interrupted unless in the event of an emergency.

Our practice uses SMS to issue you with reminders and recalls appropriate to your care. If you do not wish to be part of this SMS system, please advise your doctor.

It is our practice policy that we do not communicate with our patients via email, and we do not answer clinical questions by email. To comply with RACGP Accreditation Standards, Health at Dulwich will not accept any correspondence electronically (ie via email, SMS, social media) from patients, relatives and friends of patients, medical providers, insurance companies etc requesting or requiring medical advice. If medical advice is required, please call (08) 7221 2588 to make an appointment.

### REFERRAL RENEWALS & REPEAT PRESCRIPTIONS

Referral renewals require an appointment with your doctor as this provides you and your doctor an opportunity to review your health conditions. It is also essential to update your medical information to your specialists and other healthcare providers. Repeat prescriptions require an appointment with your doctor to ensure your medications and medical conditions are being managed appropriately. Please check your medication regularly and contact our surgery at least 2 weeks before they run out.

Please book an appointment with your doctor, or alternatively we also offer telephone consults.

There is a charge of \$15 for a repeat prescription without a consultation. This fee covers the cost and time involved in processing your request.

### FOLLOW-UP OF TEST RESULTS

At the time of consultation, your doctor will advise when they expect your results and whether you can call or need to make a return appointment. All test results require an appointment as they will not be given over the phone by our receptionists. Our receptionists can assist you with booking either a face-to-face or a telephone appointment with your doctor.

### OUR SERVICES

As well as routine consultations, we provide the following services:

- Annual Health Checks
- Asthma, Diabetes & Hypertension Management
- GP Medical Care Plan - Chronic Disease Management
- Health Check for 45 - 49 yrs
- Senior Health Assessment > 75 yrs
- Family Planning, Pap Smears, Pregnancy Tests, Obstetric & Ante-natal care
- Vaccinations & Childhood Immunisations
- Implanon Procedures
- ECG: Heart Check. Spirometry: Lung Function Test
- Iron Infusion Therapy
- Skin Cancer Checks
- Minor Surgical Procedures & Wound Care: Stitching Cuts, Removing Moles
- Liquid nitrogen 'freezing' therapy for sunspots and warts

### FEES

We are a private billing practice. Fees are payable at the time of consultation by Cash, Visa, MasterCard, or EFTPOS. A full schedule of fees is on display at reception. Children under 13 yrs and Veterans Affairs cardholders will be bulk billed. Pensioners and Health Care cardholders are billed a reduced fee.

Saturday and weekday evenings after 5pm attract a higher fee, with no bulk billing available.

### PRIVACY POLICY

Your medical record is a confidential document. It is the policy of this surgery to maintain security of personal health information at all times and to ensure that it is only available to authorised members of staff.

### FEEDBACK & COMPLAINTS

If you are concerned with the service you receive, we are keen to hear about it. Please speak to our Practice Manager to discuss your concerns.

You may also contact the Health & Community Services Complaints Commissioner on (08) 8226 8666.