

HOURS

The surgery is open:

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

APPOINTMENTS - BOTH IN-PERSON & TELEPHONE CONSULTS

Please ring (08) 7221 2588 for an
appointment or book online at 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

Winter 2021 Edition 98

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YOUR COPY — FREE TO TAKE HOME

Pneumonia

Symptoms, causes and treatments

Pneumonia is an infection of the lungs caused by bacteria, viruses or sometime fungi. It often develops after someone has been sick with a cold or the flu, as the cold or flu virus can get into the lungs.

In some people, pneumonia can be a mild illness. For others, particularly babies, young children and people older than 60, it can be a serious and life-threatening condition. If you, or someone you are caring for, have symptoms of pneumonia, it is important to see your doctor as soon as possible.

The most common symptoms of pneumonia include a cough, fever, difficulty breathing, rapid breathing (especially in young children) or shortness of breath, fatigue, loss of appetite and chest pain.

Anyone can develop pneumonia, but some people are at higher risk include:

- Babies and young children.
- People over 70 years.
- People with medical conditions, such as diabetes, cancer or chronic diseases affecting the lungs, heart, kidney or liver.
- People with weak immune systems or who are taking medicines that suppress their immune systems.
- Aboriginal and Torres Strait Islander people.
- People who smoke.

Bacterial pneumonia is treated with antibiotics, but antibiotics won't help with viral pneumonia. Other treatments include getting plenty of rest, drinking lots of fluids, taking paracetamol for pain and fever, and not smoking. Babies, young children and older people will usually need hospitalisation, but other people with milder illness will often be able to recover at home.

The pneumococcal vaccine can protect against one of the most common types of bacterial pneumonia, pneumococcal pneumonia, which is caused by infection with *Streptococcus pneumoniae*. The vaccine is recommended at ages 2, 4 and 12 months, over 70 (or over 50 if you are Aboriginal or Torres Strait Islander) and at any age if you have a medical condition that puts you at risk of pneumococcal disease. The vaccine is free if you belong to one of these groups but for everyone else who has the vaccine, there is a cost.

You can also reduce your risk by practising good hand and home hygiene to prevent the spread of germs and not smoking. Since pneumonia often occurs after being unwell with the flu, having the influenza vaccine can also reduce your risk.

Find out more about the pneumococcal vaccine and whether you are eligible for a free vaccine by visiting www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule



Recipe

Cauliflower and Edamame Dhal

Preparation time: 10 minutes
Cooking time: 20 minutes
Serves: 6

Bring the fragrant spices of India and the goodness of legumes to dinner with this hearty plant based meal.

Ingredients

- 1 tbsp oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 2 tbsp madras curry paste
- 2 tbsp no added salt tomato paste
- 1 ½ cup dried red lentils, rinsed and drained
- 2 carrot, chopped
- 750g cauliflower, cut into small florets
- 1 litre reduced salt vegetable stock
- 1 ½ cups frozen edamame (soybeans)

Instructions

1. Heat oil in a saucepan and sauté onion and garlic until onion is soft.
2. Stir through curry paste and cook for 1 minute.
3. Add tomato paste, lentils, carrot, cauliflower and stock.
4. Bring mixture to boil then reduce heat and simmer for 15-20 minutes or until lentils are soft.
5. Add edamame and heat for 2 minutes or until cooked.
6. Can be served with cooked brown rice or naan bread.

Nutrition

PER SERVE: Energy 1271 kJ (303 Cal), Protein 18.5 g, Fat 5.6 g, Saturated Fat 0.6 g, Carbohydrate 37.5 g, Sugars 1.0 g, Fibre 12.3 g, Sodium 698 mg, Potassium 1120 mg, Calcium 76 mg, Iron 4.7 mg.

© Recipe and image kindly provided by Sanitarium Health & Wellbeing Company.

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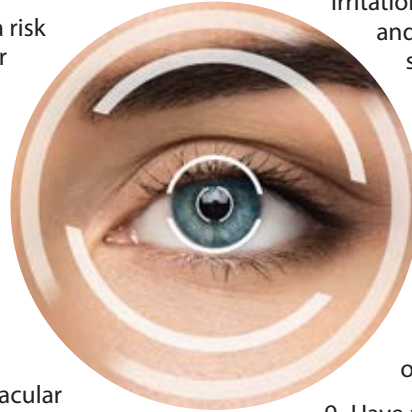
Use code: **HFHEALTH40**

12 Ways to Protect Your Vision

Over 13 million Australians had one or more chronic (long-term) eye conditions in 2017–2018, with 93% of those over 65 years having some form of long-term vision disorder. The good news is that there are many things you can do to maintain good eye health and around 90% of all blindness and vision impairment in Australia is preventable or treatable if detected early.

Here are the most important steps you can take to protect your eyes and reduce the risk of eye conditions including infections, cataracts and age-related macular degeneration.

1. Use eye protection. This is particularly important if you work in an environment where there's a risk of getting something in your eyes (such as dust, wood chips, metal fragments or chemicals), but also at home when using garden equipment, cleaning or working with chemicals, and when playing sport.
2. Protect your eyes from UV light. Regular UV light exposure can lead to cataracts and age-related macular degeneration, so wear sunglasses with good UV protection and a sun hat when outside.
3. Don't rub your eyes and avoid touching them with dirty hands, to reduce the risk of eye infections. Always wash your hands with warm soapy water before and after touching your eyes.
4. If your eyes are affected by allergens such as fur, dust or pollen, try to avoid these triggers and wear sunglasses outside to avoid pollen getting into your eyes.
5. Don't share personal items such as towels, face washers or make-up.
6. If you have an eye infection, use a cotton wool pad soaked in water to wipe from the corner of the eye outwards and always use a new cotton pad for each eye, to prevent transferring the infection into the other eye. If the infection doesn't improve, see an eye care professional.



7. Be careful when inserting and removing contact lenses from your eyes and always wash your hands first. Follow the instructions from your optometrist when cleaning your lenses and avoid wearing them for long periods of time. If you have any signs of infection or irritation, remove your contact lenses and leave them out until the symptoms have improved.
8. When using screens, take regular screen breaks (every 20 minutes), sit at least an arm's length from a computer screen, don't hold your device screen too close to your eyes and ensure the room is well lit and that there isn't a reflection on the screen.
9. Have an eye test every two years. If you have diabetes, are over 60 or have a family history of eye conditions, you may need more regular eye checks, so talk to your eye care professional.
10. If you have diabetes, aim to keep your blood glucose levels and blood pressure well managed to reduce the risk of diabetes-related eye damage and have regular eye checks.
11. If you smoke, consider quitting. Smoking increases the risk of cataracts, age-related macular degeneration, thyroid eye disease and general eye irritations. Call the Quitline on 13 7848 or talk to your doctor.
12. Eat a diet rich in fruits and vegetables (particularly green leafy vegetables), nuts, seeds, legumes and oily fish, which can reduce the risk of age-related macular degeneration.

For more information:

Visit www.healthdirect.gov.au/eyes

DON'T FORGET YOUR FLU VAX!

With the focus on COVID-19, it is also important not to forget your flu vaccine, which is your best defence against flu viruses.

Vaccination experts recommend flu vaccination for all people aged 6 months and over, but the following groups are eligible for a free vaccination under the National Immunisation Program:

- Children aged between 6 months and 5 years.
- All Aboriginal and Torres Strait Islander people aged 6 months and over.
- People aged 6 months and over with certain medical conditions.
- Pregnant women.
- People aged 65 years and over.

You can also reduce your risk of catching the flu by maintaining good hand hygiene, keeping surfaces clean and building healthy lifestyle habits including eating well, exercising

Women's Health: Urinary Tract Infections

According to Jean Hailes for Women's Health, one in two women will get a urinary tract infection (UTI) in their lifetime and nearly one in three women will have a UTI needing treatment before they are 24 years of age.

If untreated, UTIs can lead to kidney infection, which can be very serious, so if you have symptoms of a UTI, it is important to see your doctor for treatment as soon as possible.

UTIs are caused by bacteria entering the urinary system, usually via the urethra (the tube that takes urine from the bladder to outside the body). Anyone can develop a UTI but they are more common in women who are sexually active, those with health conditions such as diabetes or urinary incontinence, and post-menopausal women.

Symptoms of a UTI include:

- A burning sensation when urinating.
- Urinary frequency.
- Feeling the need to urinate often but only passing small amounts.
- Having a feeling that the bladder is still full after urinating.
- Having blood in the urine.
- Urine that is smelly, cloudy or darker than usual.

- Discomfort in your lower abdomen.
- Fever.

In most cases, UTIs respond to treatment with urinary alkalisers (which makes the urine less acidic and can reduce the pain and burning sensation during urination), drinking plenty of water, and antibiotics if needed. But if left untreated, they can develop into a serious kidney infection. If symptoms persist for more than 24 hours and include fever, chills, back pain, nausea or vomiting, it is important to see your doctor immediately. If you have recurring UTIs, you may need further investigations to help determine the cause.

You can reduce the risk of a UTI by:

- Drinking plenty of fluids to flush out bacteria.
- Urinating immediately after having sex.
- Gently wipe from front to back after urinating.
- Wear cotton underwear and loose-fitting pants.
- Considering an alternative method of birth control if you use spermicides.
- Avoiding the use of douches or vaginal deodorants, which can irritate or create an unhealthy vaginal bacterial imbalance.

Some studies suggest that drinking cranberry juice or using cranberry products might help to reduce the risk of UTIs, but the research isn't consistent.

Visit The Men's Shed!

There are currently over 1,000 Men's Sheds across Australia, aimed at improving the health and wellbeing of Aussie men.

Men's sheds provide a safe, friendly and inclusive environment where men can meet and work on meaningful projects in the company of other men. This could include many activities from furniture making to restoring or repairing items to gardening. Some Men's Sheds may hold health and wellbeing events and provide opportunities to learn new skills such as cooking or first aid.

Men typically don't talk about their feelings and emotions and don't take as much interest in their own health as women. They also often drink more, take more risks and are more likely to suffer from isolation, loneliness and depression. Men's Sheds help to address social isolation and improve men's mental health by helping members to feel safe, make new friends and share in meaningful activities.

Aussie men join a Men's Shed for a variety of reasons including:

- To meet new friends
- To give back to the community
- To keep busy

- To share their knowledge and expertise
- To learn new skills
- For their health

A 2013 study of Australian Men's Shed members confirmed the mental and physical health benefits of joining a Men's Shed. While health benefits are not the primary motivator for most men joining a Men's Shed, the study found that Shed members scored significantly higher physical functioning, physical roles, general health, vitality, and mental health than non-Shed members.

The health benefits of being a member of a Men's Shed may come from organised health checks, health-related talks and provision of health information along with increased recognition of symptoms and peer advice. Men's Shed members also have increased awareness of anxiety and depression, and they are more likely to seek help for these conditions.

Men's Sheds can play an important role in addressing health and wellbeing and helping men to become valued and productive members of our community.

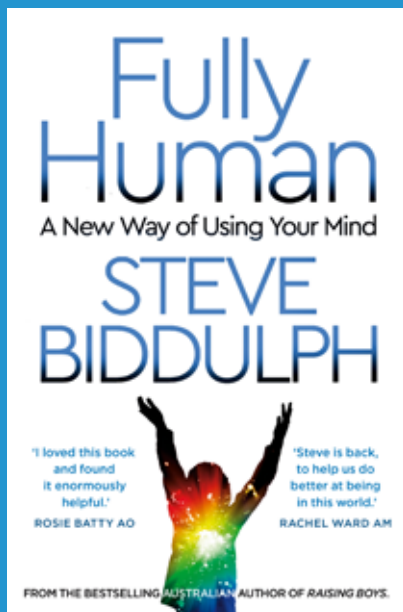
For more information:

Visit Australian Men's Shed Association (AMSA) website: mensshed.org or call 1300 550 009.

Dr. LoL:)



COMPETITION



Win a copy of *Fully Human* courtesy of Pan Macmillan.

From the cutting edge, where therapy meets neuroscience, Steve Biddulph explores the new concept of 'supersense' - the feelings beneath our feelings - which can guide us to a more awake and free way of living every minute of our lives.

In *Fully Human*, Steve Biddulph draws on deeply personal stories from his own life, as well as those of his clients, and from the frontiers of thinking about how the brain works with the body and the wisdom of the 'wild creature' inside all of us.

To enter visit us online at win.yourhealth.net.au

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

Children's Health

Support Your Child Through Puberty

Puberty is a time of physical, psychological and emotional change for your child, and can be a challenging time as a parent. If you are feeling uncertain about how to best support your child through this time, the following tips might help.

- ▶ **Be prepared.** Educate yourself so you know what to expect and are prepared with ways to support them through this transition.
- ▶ **Start the discussion early.** Talking to your child about puberty before they experience the physical changes will help them know what to expect.
- ▶ **Provide reassurance and support.** This is particularly important for children who go through early or late puberty and who may feel embarrassed about being different to their peers.
- ▶ **Stay interested and involved.** While your child will usually want to become more independent, and it's important to give them space, it is also important to be available when they need you and when they want to talk.
- ▶ **Set appropriate rules,** expectations and boundaries. This might include a curfew when they are going out, contributing to household chores, expectations for family time, limits on screen and social media use.
- ▶ **Be a good role model.** Model a healthy lifestyle including healthy eating, being active and healthy sleep routines. It's also important to encourage body acceptance and to help your child understand that bodies come in all shapes and sizes.
- ▶ **Respect your child's privacy.** Your child may become self-conscious or embarrassed as they adjust to their changing body, so make sure they have some privacy and always knock before entering their room.
- ▶ **Support your child in their self-expression,** even if you don't think much of their latest hair colour or odd choice of clothing. But when it comes to making more permanent changes to their body, such as piercings or tattoos, discuss alternative options with them, such as temporary tattoos.
- ▶ **Know the warning signs.** While mood changes are common as your child goes through puberty, if your child is constantly feeling down or has severe or prolonged mood swings, this could be a sign of a mental health condition including depression. If you are concerned, speak with your child and seek help from your GP.

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, and Nicole, are available to make bookings or help in any way. Our caring and wonderful practice nurse, Ratha, 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 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.