

CARING - COMPASSIONATE - COMMITTED

*Comprehensive healthcare throughout your family's life*

12 Stuart Road  
Dulwich SA 5065

Telephone: 08 7221 2588  
Facsimile: 08 7223 2018

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

Dr Alice KAO MB BS, FRACGP  
Special interests: women's, health, children's health, preventative health, chronic disease management

Dr Nick THEN MB BS, FRACGP  
Special interests: men's health, children's health, general & emergency medicine, preventative health & wellbeing, skin cancer checks, toenail surgery, iron infusion therapy

Dr Melissa Wright MD, FRACGP, DCH  
Special interests: women's health, paediatrics, chronic disease management, mental health

Dr Ruth BAIGENT MB BS (Hons), FRACGP, DCH  
Special interests: women's health, paediatrics, chronic disease management, wound care

Dr Crina SOLOMON MD, FRACGP  
Special interests: lifestyle medicine, chronic medical conditions, shared obstetric care, women's health, children's health, mental health

Dr Anita DANIEL MD, FRACGP  
Special interests: women's health, paediatrics, preventative health & wellbeing, ophthalmology

Dr Demelza TOH MB BS, FRACGP, DCH  
Special interests: women's health, children's health

Vanessa KAO IBOP - Podiatrist  
Special interests: general & paediatric podiatry, diabetic footcare, orthotic therapy, ingrown toenail treatment & management

Ratha RN - Practice Nurse

## HOURS

The surgery is open:

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

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YOUR COPY — FREE TO TAKE HOME



## Preventing Diabetes

**D**iabetes is Australia's fastest growing chronic disease, affecting about 1.8 million Australians. In fact, 280 of us are diagnosed each day – that's one every five minutes. The good news is that type 2 diabetes (which accounts for around 85% of all cases of diabetes) is largely preventable and there are many things you can do to reduce your risk.

The development of type 2 diabetes begins with a condition called insulin resistance, where the body's insulin (a hormone produced in the body that is needed to use glucose as energy) cannot work properly. Initially, the body makes extra insulin to overcome this resistance, so blood glucose levels remain normal. But if nothing is done to reduce the extra workload on the body's insulin producing (beta) cells, eventually they can't keep up and blood glucose levels rise.

As blood glucose levels rise, you progress from insulin resistance to impaired glucose tolerance or impaired fasting glucose, both also known as 'pre-diabetes'. This is where blood glucose levels are above normal but not high enough to be diagnosed with diabetes. At this stage, lifestyle changes, moderate weight loss and possibly the use of medication can significantly reduce the risk or delay the development of diabetes. Without intervention, however, it is likely that blood glucose levels will continue to rise and progress to type 2 diabetes within 5-10 years, or sometimes sooner.

Several studies have now shown the benefits of lifestyle intervention for preventing diabetes but the best evidence comes from two large studies, one in the USA (called the Diabetes Prevention Program) and another in Finland (called the Finnish Diabetes Prevention Study) which both found that people with pre-diabetes who took part in a lifestyle intervention program reduced their risk of developing diabetes by 58%. This means you can more than halve your risk of developing diabetes just by improving your eating habits, exercising regularly and losing a few kilograms.

If you are ready to take steps to reduce your diabetes risk, here are the lifestyle changes that matter:

- 1. Move more.** Including regular moderate intensity exercise (such as a 30 minute daily brisk walk), increasing incidental activity and reducing sitting time and/or breaking up sitting time regularly during the day can all help to improve insulin sensitivity and reduce diabetes risk.
- 2. Eat a healthy diet.** Diets high in saturated fat, red meat and processed meats have been linked with an increased risk of diabetes while diets high in fibre, wholegrains, legumes, nuts and vegetables are associated with a reduced risk.
- 3. Reduce your waist measurement.** Carrying excess weight increases the risk of diabetes, particularly when it's around the middle. Losing just 5-10% of your weight can significantly reduce your risk of developing diabetes.
- 4. If you smoke, quit now.** Studies have shown that smokers are more insulin resistant and have an increased risk of developing type 2 diabetes.
- 5. Get a good night's sleep.** Lack of sleep has been shown to worsen insulin resistance and studies have shown that both sleep quality and quantity are related to diabetes risk.

### For more information:

- Visit Diabetes Australia: [www.diabetesaustralia.com.au/about-diabetes/pre-diabetes/](http://www.diabetesaustralia.com.au/about-diabetes/pre-diabetes/)
- Check out your risk of developing type 2 diabetes online with the AUSDRISK interactive tool – by answering ten questions based around the known risk factors for type 2 diabetes, you can calculate your risk of developing type 2 diabetes in the next 5 years. [www.health.gov.au/internet/main/publishing.nsf/Content/diabetesRiskAssessmentTool](http://www.health.gov.au/internet/main/publishing.nsf/Content/diabetesRiskAssessmentTool)

## Recipe

### Nepalese vegetable curry

Serves:	Preparation time:	Cooking time:
6	15 minutes	30 mins

Keep the whole family happy with this spring with a Nepalese inspired vegetarian curry-in-a-hurry.

### Ingredients

- 2 tbs canola oil
- 2 medium onions, finely chopped
- 2 cloves garlic, crushed
- 1 tsp grated fresh ginger
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp curry powder
- 1/2 cauliflower, cut into florets (650g)
- 825g can crushed tomatoes
- 1 cup frozen peas
- 425g can chickpeas, drained and rinsed
- 1/2 cup light coconut milk
- 1 tsp salt

### Instructions

1. Heat oil in a large saucepan and sauté onion, garlic, and ginger until soft.
2. Add spices and sauté a further minute. Fold through cauliflower.
3. Add tomatoes and bring mixture to the boil, reduce heat and simmer until cauliflower is just tender.
4. Add peas, chickpeas, coconut milk and season with salt. Heat through and serve with boiled rice.

### Tips

- To add extra flavour to this curry, squeeze some fresh lime juice over the top just before eating.
- To make a wholesome wholegrain meal, serve this curry with brown rice. Also great served with roti or naan bread.

### Nutrition

**PER SERVE:** Energy 920kJ (230Cal), Protein 10g, Fat 9.0g, Carbohydrate 22, Sodium 680mg, Potassium 830mg, Calcium 120mg, Iron 3.5mg.

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

# The Importance of Fibre

**F**ibre is the part of food that is not digested in the stomach or small intestine. It is found only in plant foods including breads, cereals, grains, fruit, vegetables, legumes, nuts and seeds. Fibre is actually a type of carbohydrate, but unlike starches and sugars, it is in a form that your body can't digest or absorb.

Fibre in foods comes in several forms:

- ▶ **Soluble Fibre** includes pectins, gums and mucilage, which are found mainly in plant cells. Good sources include legumes, oats, oat bran, barley, psyllium, flaxseed and some fruits and vegetables. This type of fibre can help to control blood glucose levels by slowing down the rate of digestion of food and can also help to lower cholesterol levels.
- ▶ **Insoluble Fibre** includes cellulose, hemicelluloses and lignin, which make up the structural parts of plant cell walls. Good sources include wholegrain foods, skins of fruits and vegetables, nuts, seeds and wheat bran. This type of fibre adds bulk to stools, helping to keep us regular and preventing constipation and associated problems such as haemorrhoids. It also helps to reduce the risk of bowel cancer.
- ▶ **Resistant starch** is the part of starchy food that resists normal digestion. It is not a fibre in the traditional sense, but acts in a similar way and has been shown to have benefits for gut health. Bacteria in the large bowel ferment and change the resistant starch into short-chain fatty acids, which keep the lining of the bowel healthy and may protect against digestive diseases and some types of cancer. Resistance starch is found in many

unprocessed cereals and grains, firm bananas, legumes, nuts and seeds, and cooked and cooled potatoes, rice and pasta.

Fibre is important for everyone. Eating a diet high in fibre can help with appetite regulation, digestive health, improving insulin sensitivity and lowering blood fats. A high fibre diet may also protect against heart disease, type 2 diabetes and some types of cancer.

However, most Australians don't consume enough fibre. In fact, the average Australian adult consumes around 21g of fibre each day. The recommended intake for adults is at least 25g per day for women and 30g per day men. And even higher amounts have been recommended to reduce chronic disease risk – 28g/day for women and 38g/day for men.

To ensure you get enough fibre in your diet, aim to eat:

- at least 5 serves of vegetables and salads each day
- at least 2 serves of fruit each day
- at least 4 serves of wholegrain foods each day, such as oats, barley, quinoa, freekeh, brown rice, wholemeal or wholegrain pasta and wholegrain breads and cereals
- a handful of nuts and seeds most days
- legumes (such as dried beans, peas, and lentils) at least a few times per week (daily if you follow a vegetarian or vegan diet)

When increasing fibre intake, it is not uncommon to have problems with wind, bloating and discomfort as your body adapts to a higher fibre intake. You can minimise these side effects by increasing your intake gradually and making sure you drink plenty of water.



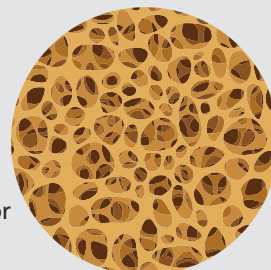
## Men's Health: Osteoporosis

**A**ccording to Osteoporosis Australia, more than 1 million Australians have osteoporosis. In those aged 50 years and over, 66% have osteoporosis or osteopenia.

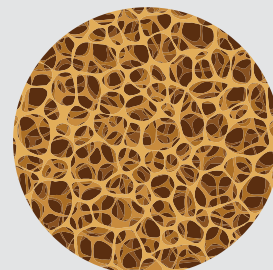
Osteoporosis is less common in men than women because men generally have a larger skeleton and they don't experience the sudden drop in hormone levels that women do at menopause. However, up to 25% of cases of osteoporosis occur in men. And after the age of 65–70 years, bone loss occurs at a similar rate in men and women.

Risk factors for osteoporosis in men include:

- having a family history of osteoporosis
- having low testosterone levels
- having certain health conditions including rheumatoid arthritis, coeliac disease, inflammatory bowel disease, chronic liver or kidney disease, diabetes and an overactive thyroid or parathyroid gland



normal



osteoporosis



# Women's Health: Cervical Cancer Screening

Cervical cancer is a type of cancer that develops in a woman's cervix, the entrance to the uterus from the vagina. It is the fourth most common cancer affecting women worldwide. In 2021 it is estimated that there will be 913 cases of cervical cancer diagnosed in Australia.

Cervical cancer is also one of the most preventable cancers. The best way to reduce your risk is to have regular screening, which can prevent 9 out of 10 cervical cancers. Yet almost half (45%) of eligible Australian women don't undergo screening as frequently as recommended. More than 70% of cervical cancers occur in women who haven't had regular screening. Smoking also increases the risk – another good reason to quit.



In 2017, the Pap test was replaced by the Cervical Screening Test, which is expected to protect up to 30% more women.

The Pap test looked for abnormal cell changes in the cervix. The new test looks for human papillomavirus (HPV) infection, which can cause abnormal cell changes that may lead to cervical cancer. It usually takes many years after infection before cancer develops. HPV is a common infection spread during sexual activity. There are more than 40 types of HPV that affect the genitals and around 15 that can cause cervical cancer. In most cases the immune system fights the virus and it doesn't cause any problems. However, in some cases the virus persists in the

body and this can increase the risk of developing cervical cancer.

You are eligible for screening if you:

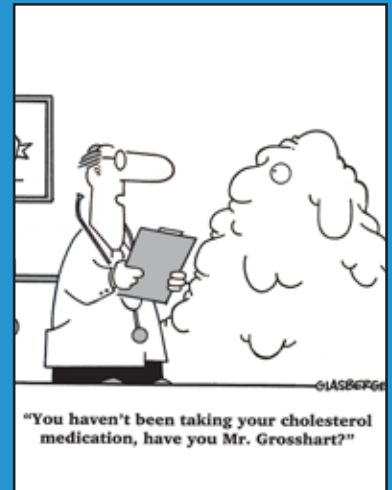
- are aged between 25 and 74
- have ever been sexually active
- are a woman or person with a cervix

Collecting the sample for HPV testing is similar to having a Pap smear. A doctor or nurse will take a small sample of cells from your cervix to send away to a laboratory to be examined. The sample is then sent to a lab and results are usually returned in 2–3 weeks. It is important to make an appointment with your doctor to discuss any abnormal results. If you are found to have HPV you will need more regular screening and may be referred to a gynaecologist for a colposcopy. Otherwise screening is now every five years.

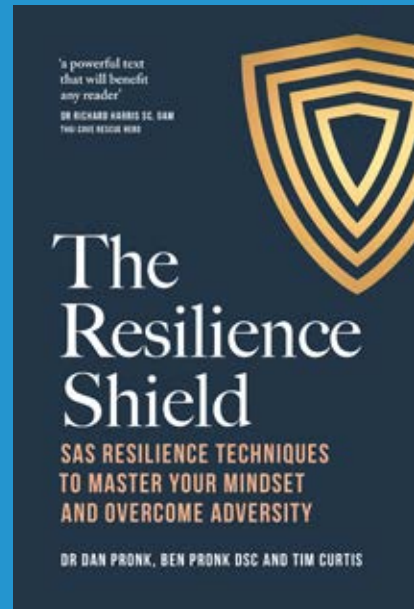
An HPV vaccine is also available in Australia. It is available free of charge to children aged 12–13 years under the National Immunisation Program. The vaccine protects against nine types of HPV, including those that cause around 70% of cervical cancers. However, the vaccine doesn't protect against all types of HPV that can cause cervical cancer, so women who have been vaccinated still need to have regular cervical screening.

For more information on cervical screening and how to book a test, visit [www.health.gov.au/initiatives-and-programs/national-cervical-screening-program/getting-a-cervical-screening-test/how-to-get-a-cervical-screening-test](http://www.health.gov.au/initiatives-and-programs/national-cervical-screening-program/getting-a-cervical-screening-test/how-to-get-a-cervical-screening-test)

Dr. LoL:)



## COMPETITION



Win a copy of *The Resilience Shield* courtesy of Pan Macmillan.

In their groundbreaking guide to overcoming adversity, Australian SAS veterans Dr Dan Pronk, Ben Pronk DSC and Tim Curtis take you behind the scenes of special operations missions, into the boardrooms of leading companies and through the depths of contemporary research in order to equip you with an arsenal of practical tools for you to start making immediate improvements in your life that are attainable and sustainable.

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

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

- smoking and excess alcohol intake
- having a poor calcium intake or having low vitamin D levels
- being inactive, being underweight or carrying excess weight
- regular use of certain medications

You can build healthy bones reduce the risk of osteoporosis and fractures by:

- ▶ Consuming enough calcium. Recommended intakes are 1000mg for men aged 19–50 years and 1300mg for men over 70 years.
- ▶ Maintaining adequate levels of vitamin D by getting regular sensible sunlight exposure.
- ▶ Exercising regularly including both regular weight-bearing exercise (e.g. brisk walking, running or dancing) and resistance training (lifting weights). If you have been diagnosed with osteoporosis, see an exercise physiologist for advice on a safe exercise program to improve bone strength and reduce fracture risk. Balance training is also important to prevent falls.
- ▶ Limit your intake of alcohol and don't smoke. Excess alcohol and smoking can both negatively impact your bone health.
- ▶ If you have been found to have osteoporosis, depending on your age and risk of fractures, your doctor may also recommend medications to increase bone density, or testosterone therapy if you have been found to have low testosterone levels.

For more information visit [healthybonesaustralia.org.au](http://healthybonesaustralia.org.au)

# Children's Health



## Starting Solids

Whether your baby is breastfed or has infant formula, by the age of six months, they need to start on solid foods to provide iron and other nutrients for growth and development.

Signs that your baby is ready to start solids include sitting upright in a highchair, showing an interest in the food you are eating, or appearing hungry after breast or bottle feeding.

There is no particular order in which you should introduce foods. However, it is important that you include iron-rich foods, and that the foods are an appropriate texture. Start with pureed foods that are smooth and easy to swallow and gradually move to thicker textures, soft lumps and then chopped food and finger foods.

Options to start with include:

- Iron fortified baby cereals
- Pureed or minced meat, poultry and fish
- Mashed tofu or legumes (lentils, chickpeas, dried beans)
- Cooked and mashed egg
- Cooked vegetables
- Stewed or mashed fruit
- Grains and cereals, including oats, rice, pasta and breads
- Dairy foods, such as unsweetened full fat yoghurt and cheese (however cow's milk should not be given as a drink until after 12 months of age)

Foods to avoid include those that could increase the risk of choking (e.g. nuts, popcorn, hard fruits and vegetables, whole grapes, raw or runny eggs, honey, sweetened drinks, fruit juices, caffeinated drinks, reduced fat or unpasturised dairy products and plant-based milks). It is also important that food for your baby is cooked and stored safely to reduce the risk of food-borne illness.

Foods including nuts, fish, shellfish, wheat, cow's milk, soy, sesame and egg should be introduced before 12 months of age as this can reduce the risk of your baby developing an allergy to them. However, nuts and seeds should be given as nut or seed butters (not whole), eggs should be well-cooked and cow's milk or soy milk should only be used in cooking and not given as a main drink until after 12 months of age. If there is a family history of food allergies, seek advice from your GP, paediatrician or dietitian before starting solids.

Breastfeeding or bottle feeding should be continued while introducing solids, until at least 12 months of age. Breastmilk or formula is an important source of nutrition in the first year of life so it is important that solid foods don't replace this.

## APPOINTMENTS - BOTH IN-PERSON & TELEPHONE CONSULTS

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.

## 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 caring and wonderful practice nurse, Ratha, assists our doctors with a range of healthcare services. **Natarsha is our practice manager** and leads our friendly reception staff of Alex, Aimee, Trien, Will, and Nicole, who are available to make bookings or help in any way.

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.