

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

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

Continued on back page...

YOUR COPY — FREE TO TAKE HOME

DISCOVER THE SECRET TO A LONG AND HEALTHY LIFE!

Lessons from the Blue Zones

The Blue Zones are populations around the world where people live longer and have lower rates of chronic disease than the rest of the world. People living in these areas are not only more likely to live to 100, but also tend to remain healthy and active well into their eighties and nineties.

Identified by National Geographic Fellow Dan Buettner, the five Blue Zones include Ikaria (Greece), Loma Linda (California), Sardinia (Italy), Okinawa (Japan) and Nicoya (Costa Rica).

Research has shown that only about 20% of how long most people live is determined by our genes, while the other 80% depends on our lifestyle. Along with a team of medical researchers, anthropologists, demographers, and epidemiologists, Dan found some common lifestyle factors shared by all of the Blue Zone populations, which can contribute to health and longevity. These include:

- Eating a mostly plant-based diet. This doesn't necessarily mean being totally vegetarian but legumes, vegetables, fruit and wholegrains make up most of the diet in all Blue Zones, with meat only eaten in small amounts. They also don't overeat and have their smallest meal in the early evening.
- Moving throughout the day. Rather than going to the gym or for a run and sitting the rest of the day, people living in Blue Zones have physical activity built into their daily

life including walking, gardening and doing housework.

- Alcohol in moderation. Many Blue Zone populations drink wine regularly, but only in moderation, with a meal and in the company of family and friends.
- Managing stress. Blue Zone residents build stress-relieving practices into their daily routines. This includes prayer for the Adventists in Loma Linda, an afternoon nap for Ikarians and happy hour in Sardinia.
- Having a life purpose. Called "Ikigai" by the Okinawans, having a reason for living makes you healthier, happier and increases life expectancy.
- Belonging. Having strong family connections, close friends, strong social networks and being part of a faith-based community are common among the world's longest-lived people. Older and younger people often live together in Blue Zone populations, and grandparents often live with their families and look after their grandchildren.

Want to know more? You can learn all about the Blue Zones and the lessons they can teach us, by visiting: www.bluezones.com

Recipe

Pizza Muffins

Serves:	Preparation time:	Cooking time:
12	10 minutes	5 mins

Lay out the ingredients and let the family make their own. A great snack or quick weekday evening meal.

Ingredients

- 6 wholemeal English muffins, cut in half
- 140g tub pizza sauce
- 4 slices can pineapple, drained, diced
- 2 x 125g can diced capsicum, rinsed and drained
- ½ cup sliced black olives, rinsed and drained
- 1 cup grated low fat cheese

Instructions

1. Toast English muffins in a toaster. Place on a baking tray.
2. Spread pizza sauce evenly over bases and top with pineapple, capsicum, olives and cheese.
3. Place under grill until cheese has melted. Serve.

Tips

- Topping alternatives – canned corn, canned asparagus, canned artichokes, red onion, sliced potato
- Base alternatives – wholemeal bread roll or Lebanese bread

Nutrition

PER SERVE: Energy 593kJ (142Cal), Protein 8g, Fat 4.0g (Saturated 2.0g), Carbohydrate 18g (Sugars 4.0g), Sodium 373mg, Potassium 215mg, Calcium 115mg, Iron 1.1mg.

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

Reducing Your Risk of Skin Cancer

Skin cancer is Australia's most common cancer, but is almost entirely preventable. By protecting your skin from sun damage, you can reduce the risk of being one of the many Australians treated for skin cancer each year.

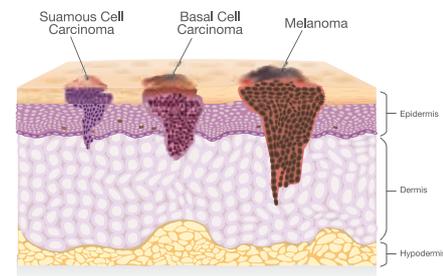
Every year in Australia:

- More than 750,000 basal and squamous cell carcinomas are treated
- More than 11,000 new melanomas are diagnosed
- Around 2,000 people die from melanoma and basal and squamous cell carcinomas

You can protect your skin from sun damage and reduce the risk of skin cancer by:

1. Wearing sun protective clothing, a hat and sunglasses on days when the UV Index is forecast to be 3 or above, including:
 - Clothes that cover your shoulders, neck, arms, leg and body.
 - A hat that shades your face, neck and ears.
 - Sunglasses that wrap around your face to protect your eyes and surrounding skin.
2. Using a sunscreen that is rated at least SPF 30+ and is broad-spectrum and water resistant. Apply sunscreen 20 minutes before going out and reapply at least every 2 hours when spending time outdoors.
3. When outside try to seek shade from direct sunlight and reflective surfaces, by sitting under trees or an umbrella or standing in the shade of a building.
4. Avoiding sun lamps, solariums and sunbeds, which emit high levels of UV radiation.
5. Download and use the Cancer Council Australia's free SunSmart app and:
 - Set up a sun protect alert to receive daily reminders of the times of day sun protection is needed
 - Receive alerts about the time the UV is forecast to reach a level that can damage your skin and eyes
 - Use the sunscreen calculator to find out how much sunscreen you need to use

Type of skin cancer



Most skin cancers can be successfully treated, especially if found early. Check your skin regularly and look for any new spots or changes in existing spots or moles, including changes in size, shape or colour. If you notice any changes, see your doctor who can work out whether it is harmless or something that needs to be looked into further.

For more information:

Download the SunSmart app www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-app

Men's Health: Breast Cancer in Men

Breast cancer doesn't only occur in women. While much less common in males, it can still occur and affects around 1 in 700 men in their lifetime in Australia. It is estimated that 164 Australian males will develop breast cancer in 2021.

Men have breast tissue, although smaller amounts than women, and the symptoms of breast cancer are similar in men to those in women. They include:

- A painless lump in the breast
- Changes in the skin covering the breast including thickening, dimpling, swelling or scaling
- A change in the shape or appearance of the nipple, including the nipple turning inwards
- Discharge from the nipple
- Swollen glands in the armpit

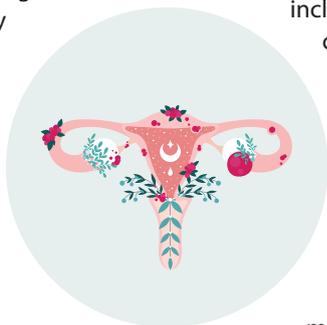
If you, or someone you know, has any of these symptoms it is important to see a doctor as soon as possible. While there could be other causes of these symptoms, early detection of breast cancer improves the chances of successful treatment. Lack of awareness of male breast cancer means that many men are diagnosed at a later stage.

There are several factors that affect the risk of breast cancer in men, including:

Women's Health: Endometriosis

Endometriosis affects around 1 in 10 women of reproductive age. It is a condition where cells similar to those which line the uterus (called the endometrium) grow outside the uterus, usually within the pelvis. Endometriosis can cause pain and difficulties falling pregnant. It can also affect quality of life, interfering with a woman's ability to go to school or work and to participate in sporting and recreational activities.

If you have endometriosis, although cells are outside the uterus, they still respond to hormones produced by your ovaries. At the time of your period, they can bleed and leak fluid, which can lead to inflammation, scarring and adhesions. The cause isn't clear but it is more common in women with a family history of endometriosis.



The symptoms of endometriosis vary from one woman to another, and some may have no symptoms at all. However, symptoms may include:

- Painful periods, including immediately before and during your period
- Heavy or irregular bleeding, sometimes with clots
- Chronic pelvic pain, which can be severe and may get worse over time
- Pain during and/or after sexual intercourse
- Painful urination or bowel movements
- Changes to urination or bowel movements, such as urinary frequency, constipation or diarrhoea

- Bleeding from the bladder or bowel
- Abdominal bloating, particularly at the time of your period
- Tiredness and fatigue, particularly around the time of your period
- Depression or anxiety as a result of living with chronic pain
- Difficulties falling pregnant

There are no known cures for endometriosis, but the symptoms can be managed with medical and/or surgical treatments. The choice of treatment will depend on your symptoms, extent of your endometriosis and your goals including whether you would like to conceive, either now or in the future.

Your doctor may also suggest seeing a pelvic floor physiotherapist and/or psychologist to help with managing symptoms including pain, anxiety and depression. Endometriosis usually goes away after menopause although can sometimes return if a woman is using menopausal hormone therapy.

If you have symptoms of endometriosis, it is important to see your doctor, particularly if:

- You are missing work, school or recreational activities due to pain or heavy bleeding
- You need to stay in bed due to the pain
- Medications for period pain don't help to relieve your pain
- Your symptoms are getting worse
- You are experiencing symptoms of anxiety or depression due to chronic pain

For more information:

Download a copy of the Jean Hailes for Women's Health booklet: Understanding Endometriosis at www.jeanhailes.org.au/health-a-z/endometriosis/resources

- Age – breast cancer is usually diagnosed after the age of 50
- Having a family history of breast cancer, in either male or female family members
- Having a BRCA gene mutation
- Having high oestrogen levels which can result from carrying excess weight, liver cirrhosis, genetic conditions such as Klinefelter's syndrome and certain medications, such as those used for treating prostate cancer
- Previous radiotherapy to the chest area

Healthy lifestyle habits, including maintaining a healthy body weight, exercising regularly, avoiding or limiting alcohol, eating a healthy diet and not smoking may help to reduce the risk.

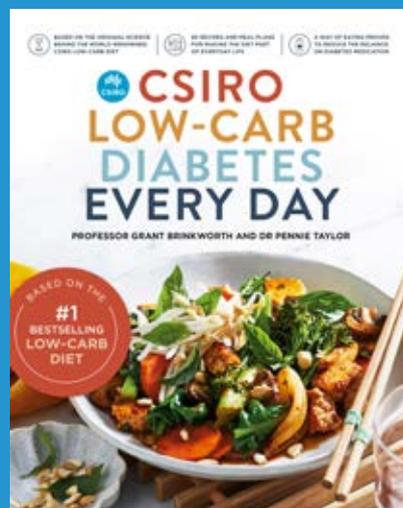
Research by the Breast Cancer Network Australia (BCNA) has found that a diagnosis of breast cancer can be particularly challenging for men due to difficulties accessing appropriate information as well as emotional and social support. Stigma and isolation can also result from low public awareness of male breast cancer.

There are some resources developed specifically for men with breast cancer including an information booklet from the Breast Cancer Network Australia (BCNA): Men get Breast Cancer Too, which can be downloaded from: www.bcna.org.au/understanding-breast-cancer/resources/download-bcna-resources and the book, Male Breast Cancer: Taking Control by Professor John Boyages, available from www.breastcancertakingcontrol.com.au/book/male-breast-cancer.

Dr. LoL:)



COMPETITION



Win a copy of *CSIRO Low-Carb Diabetes Every Day* courtesy of *Pan Macmillan*.

The CSIRO low-carb diet and exercise plan is proven to reduce risk factors of type 2 diabetes, dramatically improve blood glucose control and decrease the need for diabetes medication - in some cases, it can even put type 2 diabetes into remission.

Based on 2014 research and first released as The CSIRO Low-carb Diet in 2017, this way of eating has helped hundreds of thousands of Australians manage their type 2 diabetes and related issues including obesity.

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

Competition opens 1st December 2021. The winning entry will be selected on 1st March 2022 and notified by email.

Children's Health



Eczema

Eczema, also called atopic dermatitis, is a common skin condition that causes inflamed, scaly patches on the skin and can lead to skin infections.

Eczema usually starts in the first year of age, and for many children it goes away by the time they reach their teenage years. However, some people have eczema all their lives. The symptoms can also come and go. Eczema is more common in people who have other allergic-type symptoms including asthma or hayfever, or those with family members with these conditions. It isn't contagious.

There is no cure for eczema but it can be managed. The following things can help:

1. Keep your child's skin moist and cool by:
 - Using a non-soap based wash or oil and avoiding soap and bubble bath that can dry out the skin.
 - Applying a non-perfumed moisturiser to the face and body twice per day.
 - Having lukewarm (not hot) baths and showers.
 - Avoiding overheating from clothes, blankets and heaters.
 - Rinsing off chlorine from pools straight after swimming and applying moisturiser.
 - If needed, using wet dressings to cool, protect and rehydrate the skin.
2. Know and avoid triggers for your child's eczema which might include:
 - Exposure to allergens such as dust mites or animal fur.
 - Food allergies or intolerances.
 - Overheating.
 - Contact with irritating chemicals including soaps, cleaning products, perfumes.
 - Contact with fabrics such as wool and polyester.
 - Sitting directly on carpets or grass, or playing in sand.
 - Stress.
 - Viral or bacterial infections.
3. Treat flare-ups with creams or ointments prescribed by your child's doctor.
4. Manage itching by using non-sedating antihistamines, cold compresses for the affected areas and discouraging your child from scratching.
5. Treat infections, including using antibiotics if prescribed by your child's doctor.

Your doctor can help you to develop an eczema action plan for your child, which is a personal guide outlining how to manage your child's eczema and prevent flare-ups.

Speak with your GP to find out more, especially if you are struggling and your child is experiencing ongoing pain and discomfort.

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.

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.