

CARING - COMPASSIONATE - COMMITTED

*Comprehensive healthcare throughout  
your family's life*

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Dulwich SA 5065

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

## HOURS

The Practice is open:

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

SA Pathology Collection Branch Mon to Sat 8:30am - 12:30pm

Note: Health at Dulwich DOES NOT Offer Covid-19 Vaccinations

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, women's health, children's health, mental health - provides focused psychological therapy

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

Adrian ESPOSITO IHPZ - Physiotherapist

Special interests: sports injuries, chronic health conditions, pre & post operative care, strength & conditioning, work cover/motor vehicle accidents

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# YOUR HEALTH™

healthy advice from your family doctor

Autumn 2022 Edition 101

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**YOUR COPY — FREE TO TAKE HOME**

WHAT THEY ARE (AND HOW YOU CAN BENEFIT)

## Prebiotics & Probiotics

Heard of prebiotics and probiotics but confused about the differences? Here's where you find them and why they are important.

Probiotics are live bacteria found in certain foods and supplements, which can provide certain health benefits. There is research to show benefits of certain strains of probiotics for conditions including antibiotic-associated diarrhoea, traveller's diarrhoea, infectious diarrhoea in children, irritable bowel syndrome and helicobacter pylori infection.

Food sources of probiotics include:

- Yoghurt
- Fermented drinks including kefir and kombucha
- Sauerkraut and kimchi (fermented cabbage)
- Miso (fermented soybean paste)
- Some types of pickles and pickled vegetables (if not pasturised)

There are also many probiotic supplements available, containing a variety of different strains of probiotic bacteria. With supplements, both the strain (type of bacteria) and dose (the amount of bacteria in each supplement) matter. Different strains have different benefits, so it is important to choose supplements containing strains that have been found in research to help with the condition you would like to treat. If you are healthy, there is little evidence that taking probiotics will provide any health benefits.

Prebiotics, on the other hand, are the food for our good bacteria. Prebiotics are the indigestible carbohydrates in certain foods, such as fibre and resistance starch, which our digestive system can't break down. Instead, they pass down into our large intestine, where they feed our beneficial bacteria. The bacteria in our gut break down prebiotics to form short chain fatty acids, which help to keep the

lining of the gut healthy and have been associated with reduced inflammation, improved immunity and a reduced risk of bowel cancer.

Foods containing prebiotics include:

- Legumes (lentils, chickpeas and dried beans)
- Oats
- Underripe bananas
- Jerusalem artichokes
- Asparagus
- Garlic, onion and leeks
- Dandelion greens

Including both prebiotic and probiotic-rich foods in your diet can help to build a healthy gut microbiome, which research shows is important for many aspects of our health. Probiotic supplements, on the other hand, are best used to treat specific health conditions where there is evidence for a benefit.

For more information:

Want more information on choosing a probiotic? Visit [www.probioticadvisor.com](http://www.probioticadvisor.com)



## Recipe



### Tunisian Omelette

Serves:	Preparation time:	Cooking time:
4	15 mins	20 mins

*This easy and tasty omelette is ideal for a hearty weekend breakfast or a speedy dinner in a flash.*

### Ingredients

- 1 onion, peeled, sliced
- 3 tbs light olive oil
- 2 red capsicums, halved, cored, seeds removed, sliced
- 4 medium vine-ripened tomatoes, peeled and coarsely chopped
- 3 cloves garlic, peeled, sliced
- 2 tsp smoky paprika
- 1/4 tsp ground cumin
- 1/4 cup kalamata olives, drained and chopped
- 4 free-range eggs
- salt and freshly ground black pepper, to taste
- hot toast and fresh herbs such as chives, basil or parsley to serve

### Instructions

1. Prepare the onion, red capsicums, tomatoes and garlic.
2. Heat oil in a large frying pan with a lid over medium heat. Add onions and capsicum and cook 5 mins until starting to soften. Add garlic, paprika and cumin; cook for 1 min, then add the prepared tomatoes and olives. Cook for 5 mins, until tomatoes are starting to fall apart. Season to taste with salt and pepper.
3. Make four indentations in the capsicum and tomato sauce. Break the eggs one at a time and lower them into the hollow. Season with salt and cover with a lid. Cook for 8-10 mins on a medium heat until the egg whites are set but the yolks are not yet firm.
4. Serve immediately, garnished with fresh chopped herbs and either hot toast or flat bread.

### Nutrition

**PER SERVE:** Energy 1300kJ (309Cal), Protein 12g, Fat 20g (Saturated 3.0g), Carbohydrate 20g (Sugars 9.0g), Fibre 5g, Sodium 205mg, Potassium 647mg, Calcium 67mg, Iron 2.5mg.

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

## Reynaud's Disease

**R**aynaud's disease affects around 1 in 20 people and is more common in women and in people living in colder climates. Cold weather and stress are the most common triggers.

Raynaud's usually affects the extremities — mainly the fingers and toes, but sometimes also the tips of the nose, lips and ears. It is caused by a temporary disruption to the blood flow in small blood vessels to these areas. This causes the affected areas to feel numb and cold, and the skin may turn white and then blue. When the episode ends, the blood vessels dilate and blood returns to the area and may cause redness, throbbing and tingling. An episode of Raynaud's may last from a few minutes to several hours.

Most people have primary Raynaud's disease which doesn't have a known underlying cause and is usually mild. It occurs mainly in women between 15 and 40 years. Secondary Raynaud's disease is less common and is caused by another underlying health condition, such as scleroderma, mixed connective tissue disease or lupus. Other causes of secondary Raynaud's include mechanical vibration (e.g. using power tools for long periods of time), carpal tunnel syndrome, atherosclerosis (narrowing of the arteries), smoking and certain medications.



There is no cure for Raynaud's. Treatment aims to reduce the frequency and severity of attacks. Self-help measures are usually the first line of treatment and can help to reduce your risk of further episodes. These include:

- A dressing warmly in cold weather including wearing gloves, warm socks, a scarf and hat.
- Avoiding getting wet on cold days.
- Trying to avoid rapid changes in temperature.
- Using insulated drink holders and wearing gloves when handling cold items.
- Quitting smoking, if you smoke.
- Limiting caffeine.
- Exercising regularly to increase blood flow.
- Learning to recognise and avoid stressful situations.

In some cases, medications may be used.

The most commonly used medications for Raynaud's disease are calcium-channel blockers, which cause the small blood vessels to dilate. They appear to be more effective for primary Raynaud's. If you have secondary Raynaud's, the focus is usually on treatment of the underlying condition.

Raynaud's usually has no lasting effects but in more severe cases it can result in complications including impaired wound healing, increased risk of infection, ulceration, scarring and gangrene. If you are experiencing any of these symptoms, it is important to speak with your doctor.

For more information:

Visit: [www.healthdirect.gov.au/raynauds-phenomenon](http://www.healthdirect.gov.au/raynauds-phenomenon)

## Men's Health: Vasectomy

**A** vasectomy is a surgical procedure where the tubes that carry sperm from the testes to the penis (the vas deferens) are cut. This prevents a man from having children and is a very effective form of contraception. In Australia, 30,000 Australian men have a vasectomy every year. One in four men over the age of 40 has had a vasectomy.

If you are considering a vasectomy, here are some things you should know:

- A vasectomy is generally permanent. While it is possible to reverse the surgery and re-join the tubes, there is no guarantee you will be able to produce another child.
- The surgery takes about 20-40 minutes and can be done with local anaesthetic or light or general anaesthetic.
- It is usual to have some pain or discomfort, swelling of the groin or scrotum after the surgery and it is recommended you rest for a few days and avoid heavy lifting. Supportive underwear are usually enough to manage the pain.
- It can take a few months and up to 20 ejaculations to clear all sperm in the vas deferens before the surgery is effective.

# Women's Health: Ovarian Cancer

**A**round 1,720 Australian women were diagnosed with ovarian cancer in 2021. It is the ninth most commonly diagnosed cancer among females in Australia but the sixth most common cause of cancer death. One in 87 Australian women are diagnosed with ovarian cancer by the age of 85.

Risk factors for ovarian cancer include:

- Age — women over 50 are at higher risk and the average age of diagnosis is 64.
- Having a family history of ovarian breast or bowel cancer.
- Inheriting genetic mutations in the BRCA1 or BRCA2 genes.
- Being of Ashkenazi Jewish descent.
- Early menarche (the onset of periods before 12 years) and late menopause (after 55 years).
- Not having had children before the age of 35 years.
- The use of hormone replacement therapy.
- Carrying excess weight.
- Smoking increases the risk of one type of ovarian cancer called mucinous ovarian cancer
- Having endometriosis or a previous breast cancer

Factors that might reduce the risk include using the oral contraceptive pill, tubal ligation (having your fallopian tubes tied), having children and breastfeeding.



Symptoms of ovarian cancer can include:

- Abdominal bloating
- Feeling full quickly after eating
- Needing to urinate often or urgently
- Lower back pain
- Changes in bowel habits such as constipation or diarrhoea
- Nausea or indigestion
- Irregular menstrual cycles
- Abnormal tiredness/fatigue
- Unexplained weight loss or weight gain
- Having pain during sex
  - Bleeding between periods or after menopause

However, there are often no symptoms in the early stages. For this reason, the cancer is often advanced by the time it is diagnosed. While there can be many less serious causes of the symptoms above, if you are experiencing any of them and they are persistent, it is important to speak to your doctor, who can help to determine the cause and organise further investigations. There is currently no early detection test for ovarian cancer, so being aware of symptoms and seeking help early is essential.

Treatment of ovarian cancer depends on the stage and extent of the cancer, but can include surgery, chemotherapy and radiation therapy.

For more information:

Visit Ovarian Cancer Australia [www.ovariancancer.net.au](http://www.ovariancancer.net.au)



## COMPETITION

Win a copy of *This Book* courtesy of Pan Macmillan.

The book information.

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

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

## Vasectomy – what you need to know

where the tubes that carry sperm from the testis to the penis (called the vas deferens) are cut or blocked. This prevents sperm from reaching the egg. Around 100,000 men have a vasectomy each year. About one in five men have a vasectomy.

Some important things to know:

In some cases it may be necessary to cut the vas deferens. This doesn't affect your ability to have a child. A vasectomy can be done under local anaesthesia.

Swelling and bruising in the scrotum is common. It is recommended that you rest for a few days. Pain medications and ice packs can help manage the pain. Most men are able to return to work. It is important to clear the urine. Your doctor will advise you on the most effective. Your

doctor will organise a semen test three months after the procedure to ensure that the surgery has worked and that it is safe to stop using other forms of contraception.

- Having a vasectomy doesn't stop the production of semen, and you are still able to ejaculate.
- The procedure doesn't affect your sexual desire, testosterone levels or ability to reach an orgasm.
- A vasectomy doesn't protect against HIV and other sexually transmitted infections (STIs) so condoms are still recommended where there is a risk of infection.
- If you have a vasectomy and later decide you would like to father children, fertility treatment such as IVF may be an option, where sperm are taken directly from the testes. Some men choose to store sperm before having a vasectomy.

If you or your partner are considering a vasectomy, speak with your doctor, who can answer any questions you have and help you decide whether the procedure is the right choice for you.

For more information:

Visit [www.healthymale.org.au/mens-health/vasectomy](http://www.healthymale.org.au/mens-health/vasectomy)

Rebecca GRECO IBOP - Dietitian/Diabetic Educator

Special interests: diabetes, irritable bowel syndrome, iron deficiency, coeliac disease, weight gain/loss

Vanessa KAO IBOP - Podiatrist

Special interests: general & paediatric podiatry, diabetic footcare, orthotic therapy, ingrown toenail treatment & management

Ratha RN - Practice Nurse

Aimee - EN Practice Nurse

Amber - Phlebotomist - SA Pathology Collection Branch

## APPOINTMENTS - BOTH IN-PERSON & TELEHEALTH 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 practice 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 nurses, Ratha and Aimee, assist our doctors with a range of healthcare services, while Amber, our phlebotomist, provides pathology collection services. **Natarsha is our practice manager** and leads our friendly reception staff of Alex, Aimee, Will, and Mia. **Trien is our business 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 and repeat prescriptions require an appointment with your doctor** as this provides you and your doctor an opportunity to review your health conditions and to ensure your medications and medical conditions are being managed appropriately. It is also essential to update your medical information to your specialists and other healthcare providers. **Please check your medication regularly and contact our surgery at least 2 weeks before they run out.**

Please book an appointment, in-person or telehealth, with your doctor. 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. Please book a follow-up appointment at the end of your consultation. **All test results require an appointment** as they will not be given over the phone by our receptionists.

## OUR SERVICES

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

- SA Pathology Collection, Physiotherapist, Podiatrist, Dietitian
- 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
- Vaccinations & Childhood Immunisations
- Implanon Procedures
- ECG: Heart Check. Spirometry: Lung Function Test
- ABPM: 24-Hour Blood Pressure Monitoring
- 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.