

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout
Your Family's Life*

Taking on New Patients

12 Stuart Road
Dulwich SA 5065

Telephone: 08 7221 2588

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www.healthatdulwich.com.au

HotDoc Online Booking App

OPENING HOURS

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

2022 Annual Flu Vaccines Available - Book Now

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

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YOUR HEALTH™

healthy advice from your family doctor

Winter 2022 Edition 102

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YOUR COPY — FREE TO TAKE HOME

Mental Health: Do you have the winter blues?



Seasonal affective disorder (also known as SAD) is a type of depression that comes and goes according to the season. Most people affected by SAD have winter-pattern SAD, where symptoms develop in autumn and winter and go away during spring and summer. However, a smaller number of people have summer-pattern SAD where they experience depressive symptoms during the warmer months.

The signs and symptoms of SAD are the same as those experienced by people with major depression, including feeling sad or down most of the time, losing interest in activities you previously enjoyed, having low energy levels, experiencing changes in appetite and weight, having difficulties concentrating, feeling hopeless, worthless or guilty, and having thoughts of no longer wanting to live.

Additional symptoms specifically associated with winter-pattern SAD include oversleeping, overeating and craving carbohydrate foods, weight gain and social withdrawal (wanting to 'hibernate'). Symptoms more commonly seen with summer-pattern SAD include difficulties sleeping, poor appetite and weight loss, restlessness and agitation and anxiety.

We are not yet sure of exactly what causes SAD. However, it is thought to be related to changes in sunlight at different times of the year which can lead to disruptions to the body's circadian rhythms (body clock) and changes in the production of melatonin and serotonin, hormones which affect our sleep and mood.

SAD is more common in women than men and in younger adults than older adults. It is also more common in those who live further from the equator, because of longer days of sunlight in summer and shorter days of sunlight in winter. Our temperate climate in Australia means we are less likely to develop SAD compared to people living in many other parts of the world. Having a history of major depression or bipolar disorder, and/or a family history of depression, may increase the risk.

If you have symptoms of SAD, it is important to see your doctor, who can help you with developing a treatment plan. Treatments may include:

- ▶ Light therapy, which involves being exposed to bright light from a special bright light box for a period of time (usually 30-60 minutes) in the morning
- ▶ Psychotherapy (counselling)
- ▶ Antidepressant medications
- ▶ Vitamin D supplements if you have low vitamin D levels

There are also things you can do yourself, including getting outside as much as possible, exercising regularly, making your house as light as possible during autumn and winter and sitting close to windows when you can.

- For more information visit: www.healthdirect.gov.au/seasonal-affective-disorder



Recipe

Creamy vegetable soup

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

Healthy and warming, this creamy vegetable soup recipe is a delicious winter vegetarian meal option. It's a cholesterol and dairy free twist on the classic vegetable soup that will be a winner for busy families.

Ingredients

- 2 small carrots
- 2 celery stalks
- 1 red capsicum
- 1 small brown onion
- 2 cloves garlic
- 45g margarine
- 1/3 cup plain flour (50g)
- 1 tsp dried thyme
- 1/2 tsp dried oregano
- 2 cups water
- 3 tsp reduced salt vegetable stock powder
- 3 cups So Good™ Almond Unsweetened
- 1 cup small broccoli florets
- 1 cup whole corn kernels
- 1 cup frozen peas

Instructions

1. Finely dice carrots, celery, capsicum and onion. Crush garlic.
2. Melt margarine in a large non-stick saucepan on medium-heat, until bubbling. Add carrots, celery, capsicum, onion and garlic. Cook until tender (approximately 5 minutes). Stir in flour, thyme and oregano and cook for 30 seconds. Gradually whisk in water to form a thick sauce.
3. Whisk in stock powder and almond milk. Bring to a simmer, then add broccoli, corn and peas. Simmer gently for 10 minutes, stirring frequently, until broccoli is tender.
4. Season soup with salt and pepper to taste. Ladle into warm serving bowls.

Nutrition

PER SERVE: Energy 814kJ (195Cal), Protein 7.0g, Fat 9.0g (Saturated 3.0g), Carbohydrate 19g (Sugars 6.0g), Fibre 6.9g, Sodium 430mg, Potassium 404mg, Calcium 212mg, Iron 1.9mg.

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

Children's Health: Eating disorders in children — what to look out for

Eating disorders are a complex mental issue which also impact physical health. They can develop at any age, but most commonly begin during adolescence. While eating disorders are more common in girls, boys can develop them too and they often take longer to be diagnosed.

There are many types of eating disorder including anorexia nervosa, bulimia nervosa, binge eating disorder and avoidant restrictive food intake disorder (ARFID). Some children and teens may have disordered eating which doesn't fit any of these diagnoses, but this can still be serious and needs treatment or it may develop into an eating disorder.

While eating disorders are serious at any age, in young children, they can have long-term impacts on growth and development. They can also be a sign that a child is experiencing issues such as depression, teasing, bullying, or abuse. The eating disorder can be a way for a child to feel more in control of what is happening in their life.



Signs that your child might have an eating disorder include:

- preparing food for others, but not eating it themselves
- eating in private and avoiding eating with other people
- restricting food intake, including reducing portion sizes and cutting down on certain foods or excluding major food groups
- changes in clothing style (e.g. wearing baggy clothes)
- fluctuations in weight
- mood changes, including appearing anxious or irritable, especially around mealtimes
- avoiding social activities, particularly if they involve food
- going to the bathroom straight after meals
- overexercising, including while alone in their bedroom
- lacking energy or being tired all the time
- complaining about being cold, even in warmer weather
- irregular or absent periods in your daughter
- fainting or dizziness
- being sensitive to comments about body image, weight, eating and exercise habits

If you are worried about your child's eating habits, take them to see a GP or mental health professional as soon as possible. Early diagnosis and intervention increases the chance of successful and complete recovery. As a parent, it is also important to model healthy and balanced attitudes towards food, exercise, and body image.

Men's Health: What you need to know about

Testicular cancer is cancer that develops in one or both testicles. In most cases, only one testicle is affected. It is estimated that 980 Australian men were diagnosed with testicular cancer in 2021, making up about 1.2% of all new cases of cancer diagnosed in men. It most commonly occurs in men aged 25–40 years.

Most (more than 90%) of testicular cancers start in germ cells, the cells that develop into sperm. There are two main types of germ cell tumours: seminoma and non-seminoma. Seminoma tumours tend to develop more slowly than non-seminoma cancers, and usually in men aged 25 to 45 years. Non-seminoma tumours usually develop more quickly and are more common in the late teens and early twenties. Stromal tumours are much less common and start in the cells that make up the structural and hormone-producing tissue of the testicles. They are usually benign and are removed by surgery.

Risk factors for testicular cancer include:

- ▶ Undescended testicles as an infant
- ▶ Family history of testicular cancer in your father or brother
- ▶ Infertility
- ▶ HIV and AIDS
- ▶ Certain congenital defects, including hypospadias and inguinal hernia



Women's Health: Understanding Fertility Treatment

Around one in six Australian couples have problems with fertility. Infertility is diagnosed when a couple has been unable to fall pregnant after having regular unprotected intercourse for a year.

There are many causes of infertility, including problems with ovulation (the release of an egg from a woman's ovary), fertilisation by a man's sperm and implantation of the fertilised egg into the lining of the woman's uterus.

Both men and women can optimise their fertility by aiming for a healthy weight, eating a healthy well-balanced diet, exercising regularly, avoiding alcohol and not smoking (including passive smoking) or taking recreational drugs.



However, if you have had unprotected sex for over 12 months without getting pregnant, talk to your doctor about having further investigations. This might include a pelvic ultrasound (to check the health of the ovaries, uterus and fallopian tube) and blood tests (to check hormone levels) for women, and a semen analysis (to check the number and health of sperm) for men.

Depending on the results of investigations, there are several options available to increase your chances of becoming pregnant. Fertility treatment might also be an option if you are in a same sex relationship or if you are single and would like a child.

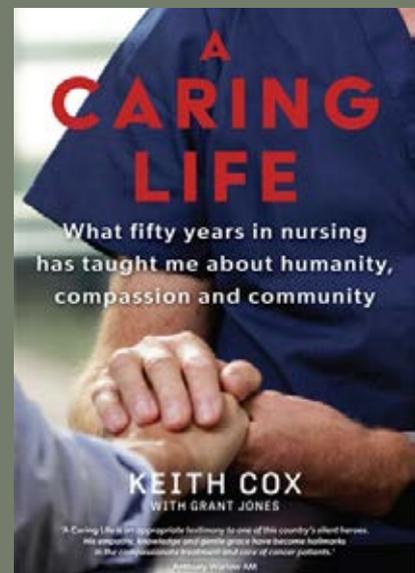
Fertility treatment options include:

- Ovulation induction using medications to improve ovulation. This is often the first line of treatment for women with polycystic ovary syndrome (PCOS) who have irregular or absent periods.
- Surgery to treat blocked or damaged fallopian tubes, endometriosis or fibroids.
- Intrauterine Insemination (IUI) which is also sometimes also called Artificial Insemination. This can be done using a partner's sperm or donor sperm, and involves inserting the sperm into the woman's uterus.
- IVF (in vitro fertilisation) involves removing eggs from the ovary, mixing them with sperm (from a partner or donor) and allowing the embryos to grow for a few days before transferring one into the woman's uterus. You can also freeze extra embryos to use in future IVF cycles. IVF can be used to help with many different fertility issues.
- Intracytoplasmic Sperm Injection (ICSI) can be used as part of an IVF treatment cycle and involves injecting a single sperm into each egg to assist with fertilisation. It is used when there is a problem with a man's sperm.

Dr.LoL:)



COMPETITION



Win a copy of *A Caring Life* courtesy of Pan Macmillan.

As a nurse for nearly fifty years, Keith Cox provided expert care and comfort to countless people facing the unimaginable.

With insight and sensitivity, *A Caring Life* takes us behind the scenes of his remarkable nursing career and the moving stories of hope, determination and loss that underpinned it. Along the way, he shares lessons gained from a career spent confronting mortality, from finding joy in difficult circumstances to understanding that true strength comes in thinking of others and being part of a community.

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

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

Testicular cancer

Symptoms of testicular cancer may include:

- ▶ swelling or a lump in a testicle, which is usually painless
- ▶ a change in the size or shape of a testicle
- ▶ a feeling of heaviness in the scrotum
- ▶ a feeling of unevenness between the testicles
- ▶ pain in the lower abdomen, back, testicle or scrotum
- ▶ enlargement or tenderness of breast tissue



Sometimes there are no symptoms at all. There are many other possible causes for these symptoms, but if you notice any lumps or changes in your testicles, it is important to see your doctor for further investigations. Early detection is the key to successful treatment, so self-checking your testicles regularly and seeking advice if you find any abnormalities is important.

Treatment for testicular cancer will depend on the type and stage of cancer (whether it is only in the testicle or has spread to other parts of the body). In some cases, surgery to remove the testicle may be all that is needed, while in other cases this may need to be followed by chemotherapy and/or radiation therapy. In most cases, testicular cancer can be successfully treated and it has the highest survival rates of any cancer, other than common skin cancers.

For instructions on how to do a testicle self-check visit: www.cancer.org.au/cancer-information/types-of-cancer/testicular-cancer

Adrian ESPOSITO IHPZ - Physiotherapist

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

Vanessa KAO IBOP - Podiatrist

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

Rebecca GRECO APD, CDE - Dietitian/Diabetic Educator

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

Ratha RN - Practice Nurse

Aimee - EN Practice Nurse

APPOINTMENTS - BOTH IN-PERSON & TELEHEALTH CONSULTS

Please call reception for an appointment or book online. If you need a longer appointment, please advise when 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. Natarsha is our practice manager and leads our friendly reception team of Alex, Aimee, Will, Mia and Grace. 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 your doctor will return your call at their earliest convenience. Consultations will not be interrupted unless in the event of an emergency.

We use SMS to issue you with reminders and recalls appropriate to your care. Please advise if you do not wish to be part of this SMS system.

It is our practice policy that **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 reception to make an appointment.

REFERRAL RENEWALS & REPEAT PRESCRIPTIONS

Referral renewals and repeat prescriptions require an appointment, in-person or telehealth, 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.**

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 reception.**

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, Amex, 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.