

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout
Your Family's Life*

Taking on New Patients

12 Stuart Road
Dulwich SA 5065

Telephone: 08 7221 2588

Facsimile: 08 7223 2018

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

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 HEALTHTM

healthy advice from your family doctor

Summer 2022 Edition 104

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YOUR COPY — FREE TO TAKE HOME



THE HEALTH BENEFITS OF EATING MORE PLANTS

A plant-based diet is one which consists mostly of plant-based foods including fruit, vegetables, legumes, nuts, seeds and grains. This includes both vegetarian and vegan diets, although other types of eating plans, including pescatarian and traditional Mediterranean diets, may also be considered plant-based.

When it comes to your health, research suggests there are many reasons to go plant-based.

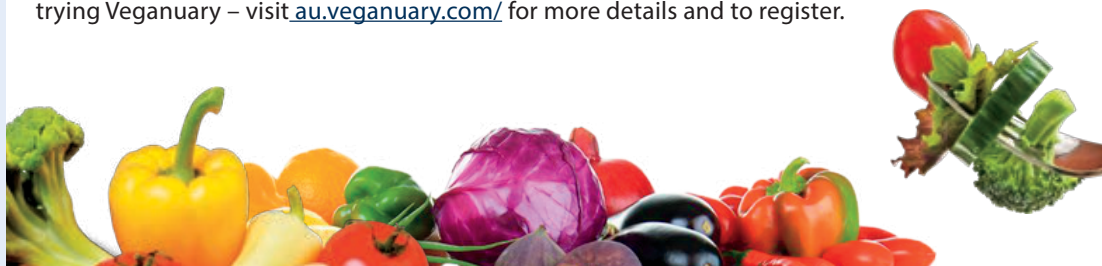
- Plant-based diets are typically lower in saturated fat, contain no or less red and processed meats and are higher in dietary fibre and phytochemicals, all of which can benefit our health and reduce chronic disease risk.
- Plant-based diets have been associated with a reduced risk of common chronic diseases, such as cardiovascular disease, obesity, type 2 diabetes and some types of cancer.
- Plant foods including fruits, vegetables, wholegrains, legumes, nuts and seeds are important foods for building a healthy gut microbiome, which can affect our overall health and chronic disease risk.

Even if you are not quite ready to go completely meat free, just cutting down on red meat and incorporating more plant-based meals will provide health benefits. It can also benefit the environment. However, going plant-based isn't just about cutting out meat. A plant-based diet should contain a range of plant foods, including:

- Legumes such as lentils, chickpeas, nuts, seeds and dried or canned beans
- Soy foods such as tofu, tempeh, soybeans and edamame
- Wholegrains such as rolled oats, quinoa, brown or black rice, freekeh, burghul, barley and buckwheat
- Fruits and vegetables -aim for a variety of types and colours

Aim to balance your plate at mealtimes with vegetables or salads, wholegrains and plant protein (legumes or soy foods). Plant proteins are particularly important to include if you are cutting out all animal foods as they are important sources of protein, iron and zinc. And be aware that there is now an increasing range of processed nutrient-poor plant-based or meat-free foods, which are best to avoid or keep for special occasions. To reap the health benefits, focus on a whole-food plant-based diet. Finally, if you are cutting out all animal foods, it is important to supplement with vitamin B12 as this vitamin is only found in animal foods.

A great way to start is by adopting Meat-Free Mondays (www.meatfreemondays.com/) and then gradually building in more plant-based meals over time. Or, if you are ready to go all-in, consider trying Veganuary – visit au.veganuary.com/ for more details and to register.



RECIPE

Sweet potato and pearl barley risotto

Serves:	Preparation time:	Cooking time:
4	10 mins	30 mins

Pearl barley is a nutrient rich grain. The nutty texture of the cooked pearl barley marries well with the creamy consistency of a risotto. Try it out you will be pleasantly surprised how easy it is.

INGREDIENTS

- 2 tsp oil
- 2 cups cubed sweet potato
- 1 tbsp oil, extra
- 1 leek, sliced
- few sprigs thyme, removed from stem
- 1 litre reduced salt vegetable stock
- 2 cups pearl barley, rinsed
- 1 cup reduced salt vegetable stock, extra
- ¼ cup finely grated parmesan
- 2 cups baby spinach leaves
- 1 tablespoon pepita seeds

INSTRUCTIONS

1. Toss cubed sweet potato with oil and place on a baking tray. Bake in a hot oven, 200°C, for 20 minutes or until golden.
2. Heat extra oil in a cast iron pot and saute leek and thyme until leek is tender.
3. Add stock and bring mixture to the boil.
4. Stir through pearl barley and bring mixture back to the boil, then reduce heat and simmer with lid on for 20 minutes, stirring occasionally.
5. Remove lid and add extra hot stock and simmer for remaining 10 minutes with lid off.
6. When pearl barley is cooked, fold through roasted sweet potato, parmesan and baby spinach leaves. Sprinkle with pepitas.

NUTRITION

PER SERVE: Energy 2118 (506Cal), Protein 14.7g, Fat 13.8g (Saturated 0.6g), Carbohydrate 72.7g (Sugars 6.9g), Fibre 15.5g, Sodium 947mg, Potassium 728mg, Calcium 151mg, Iron 4.0mg.

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

YOUR DIABETES ANNUAL CYCLE OF CARE

The diabetes annual cycle of care is a checklist for reviewing your diabetes management and general health – if you have diabetes it is recommended that you do this review with your general practitioner (GP) each year. As part of this process, your GP may refer you to other health professionals, such as a dietitian, diabetes educator, podiatrist, ophthalmologist, exercise physiologist or endocrinologist, to help you in managing your diabetes and reducing the risk of complications.

The health checks included in the cycle of care include:

- **HbA1c:** a blood test to measure your average blood glucose levels over the past 2-3 months. Persistent high blood glucose levels can lead to diabetes-related complications such as heart, eye, kidney and nerve damage. Keeping blood glucose levels in your target range can help to reduce the risk of developing these complications.
- **Blood pressure:** is a measure of the force of circulating blood on the walls of your blood vessels. High blood pressure increases the risk of heart disease, stroke, eye damage and kidney damage. This means that managing blood pressure is just as important as managing blood glucose levels when it comes to preventing diabetes-related complications.
- **Foot checks:** An initial foot check should be done by your doctor, diabetes educator, practice nurse or podiatrist. If your feet are found to be low risk, then it is recommended that you have an annual foot check. If assessed as high or intermediate risk then you will need more regular checks – at least every 3-6 months, or more often if needed.
- **Eye checks:** Visit an ophthalmologist or optometrist once a year to check your eyes through dilated pupils. This is needed to

check for diabetic eye damage (retinopathy), as well as cataracts, glaucoma and other eye disorders that occur more frequently in people with diabetes. If any problems are detected, you may need more regular visits.

- **Kidney health:** An annual urine test, the urinary albumin to creatinine ratio (UACR), shows whether small amounts of protein are passing into the urine can indicate very early signs of kidney damage. At this stage treatment can often slow or prevent further damage. A blood test to check kidney function, called estimated glomerular filtration rate (eGFR) is also recommended.



- **Blood fats:** a blood test to measure the different types of fats in your blood including LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides (TG). As with high blood pressure, high blood fats can increase the risk of heart disease, stroke and other diabetes-related complications.
- **Weight, waist measurement and body mass index (BMI):** Carrying extra weight, especially around the middle, can make it harder to manage your blood glucose levels, blood pressure and blood fats, so it is important to keep a check on these.

During the review your GP should also ask about your lifestyle habits (such as diet, activity levels, smoking and alcohol intake), medications and emotional health.

For details of how often to have these checks and recommended targets, download a copy of the [NDSS Annual Cycle of Care Fact Sheet](#)

ENDOCRINE DISRUPTING CHEMICALS

Endocrine-disrupting chemicals (EDCs) are chemicals that can interfere with hormones produced in the body. Research suggests that exposure to these chemicals may contribute to a wide range of health problems, from obesity and type 2 diabetes, to reproductive and neurodevelopmental problems, to reproductive cancers.

Endocrine-disrupting chemicals can be found in food, water and many consumer products. Common EDCs include:

- **Brominated flame retardants (BFRs),** used in electronics, clothing, and furniture such as sofas and mattresses to reduce flammability.
- **Phthalates,** used to make plastic more flexible and as stabiliser in fragrance to extend the scent, these are used in hundreds of products, including plastic food wraps, vinyl

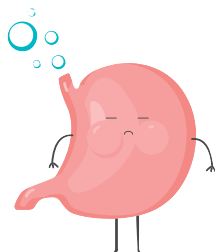
flooring, soft toys and fragrance care products. However, Australia has banned the phthalate diethylhexyl phthalate (DEHP) in children's products including toys, baby bottles, dummies, cups, bowls, plates and utensils.

- **Parabens,** used to preserve food and personal care products such as skincare and cosmetics.
- **Bisphenol A (BPA),** used in many water bottles and plastic containers, is found in some foods and in thermal paper used in receipts. BPA is banned in children's products.
- **Pesticides and herbicides** used in the garden or around the house.
- **Per- and polyfluoroalkyl substances (PFAS),** used as water repellents and coatings including non-stick cookware, carpets and textiles.

GAS AND BLOATING

Most of us have experienced the occasional episode of bloating, particularly after overeating or eating a rich meal. For some, bloating can occur as a symptom of other digestive disorders, such as Irritable Bowel Syndrome (IBS) or indigestion. But for others, bloating occurs regularly without other digestive problems and can be distressing.

The causes of bloating, and therefore the treatment, will vary from one person to the next. Following are some of the most common causes of bloating.



- Constipation is a common cause of bloating, although not everyone who experiences constipation will also have symptoms of bloating and discomfort.
- Irritable Bowel Syndrome (IBS) is probably the most common cause of bloating, with up to 90% of people with IBS reporting bloating among their symptoms. Other symptoms include abdominal pain and discomfort, along with changes in bowel habits. Interestingly, people with IBS don't actually produce more gas, but the nerves in their bowel are more sensitive to the gas they produce. Some people with IBS also have problems with how the muscles in the bowel contract, so that gas gets trapped in the small bowel rather than moving through.
- FODMAP sensitivity. For reasons we don't fully understand, certain foods are not well tolerated by some individuals. In particular, a group of short-chain carbohydrates, known collectively as FODMAPs, are poorly absorbed from the small intestine in some people. As a result, they pass down into the large intestine where they are fermented by gut bacteria to generate gas, causing wind, bloating and distention. FODMAPs include lactose

(milk sugars), fructose (fruit sugars), fructans (found in wheat, rye, barley, onion, garlic and certain vegetables, fruit and nuts), polyols (found in many artificial sweeteners and naturally in some fruits and vegetables) and galacto-oligosaccharides (found in legumes and some nuts and vegetables).

- Lactose intolerance occurs because of a deficiency of the enzyme lactase, whose job it is to break down lactose to allow it to be absorbed. Gut bacteria ferment unabsorbed lactose, resulting in bloating, typically along with nausea, abdominal cramps and diarrhoea.
- Coeliac disease is a condition where eating gluten causes an immune reaction in the small intestine, damaging the intestinal wall and reducing its ability to absorb nutrients from food. This can cause gut symptoms, including bloating, along with diarrhoea, nausea, and abdominal pain. Weight loss and deficiencies of certain vitamins and minerals, including iron and vitamin D, are also common, although some people have no symptoms at all.

If you are experiencing persistent bloating, it is important to see your doctor, who can help you determine the cause. Once you know the cause of your bloating, you can put a plan in place to manage it, which may include dietary and lifestyle changes, along with medications where needed.

While bloating can be unpleasant and uncomfortable, in most cases, the cause of your bloating isn't anything serious. Bloating will typically fluctuate in intensity and commonly improves overnight and gets worse over the day, particularly after eating. If your bloating is persistent across the day and night, gets progressively worse over time and/or is associated with other symptoms such as weight loss, nausea, abdominal pain, changes in your bowel habits or blood in your stools, then it is important to discuss this with your doctor to rule

Dr.LoL:)



COMPETITION



Win a copy of *The CSIRO Low-carb Diet Easy 100* courtesy of *Pan Macmillan*.

The CSIRO Low-carb Diet is proven to be highly effective in achieving sustained long-term weight loss, reducing risk factors for heart disease and improving metabolic health. Now, with book #6 of the bestselling CSIRO Low-carb Diet series, eating low-carb has never been easier or more delicious.

Here are 100 brand-new everyday recipes, featuring plenty of vegetarian options, meals for one and two, and low-carb alternatives to high-carb staples, such as bread, pizza bases and smoothies. Plus there are shopping tips, handy lists and easy-to-follow guidelines, with solid, dependable advice from Australia's foremost nutritional scientists.

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

Competition opens 1st December 2022. The winning entry will be selected on 1st March 2023 and notified by email.

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such as baby bottles.

in agriculture and at home, in
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ances (PFAS) used as oil
ngs for common products
and stain and water-resistant

Studies have shown that nearly everyone has detectable levels of EDCs in their body. While we can't completely avoid or remove them, we can make changes to reduce our exposure to these chemicals and their effects on our health. You can do this by:

1. Learning about common EDCs and where they are found.
2. Reading labels and avoiding products containing known EDCs.
3. Looking for alternatives – there are an increasing number of healthier alternatives now available, from cleaning and personal care products to food storage and drink containers to natural pest control products.
4. Minimising consumption of processed foods, particularly those wrapped or packaged in plastic.
5. Getting a water filter and reusable glass or stainless-steel water bottle, rather than buying bottled water and reusing plastic drink containers.
6. Avoiding microwaving or heating food in plastic containers.
7. Reducing chemical use around house and using natural

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

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. Rahima will take care of your blood collection needs. 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 contact our surgery at least 2 weeks before your medication runs out, and at least 2 weeks before your specialist referral expires.**

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 only during weekdays between 9am - 5pm. Health Care Cardholders are billed a reduced fee only during weekdays between 9am - 5pm. Health Assessments and Care Plans will continue to be bulk billed.

Saturday and weekday evenings after 5pm attract a higher fee, with no bulk billing available. Previous bulk billing does not guarantee future bulk billing.

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.