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Your Family's Life  
Taking on New Patients

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**OPENING HOURS**

Monday 9am – 6pm  
Tuesday to Friday 9am – 5pm  
Thursday Extended 5pm – 7:00pm  
Saturday 9am – 12pm

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

We welcome Dr John Au to Health at Dulwich. Dr Au will be consulting from February 2023.



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

**Dr John AU MBBS (Hons), FRACGP**  
*Special interests:* men's health, chronic disease management, mental health, iron infusion therapy

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

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# YOUR HEALTH™

healthy advice from your family doctor

Autumn 2023 Edition 105

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**YOUR COPY — FREE TO TAKE HOME**



WHAT IS IT AND WHY IT MATTERS?

## Circadian Health

Your body clock is an internal clock which helps to regulate the timing of different processes in the body, including circadian rhythms. Circadian rhythms follow a roughly 24-hour cycle and regulate things like sleep/wake cycles, body temperature, blood pressure, hormone secretion and immune function.

The main factor affecting our circadian clock is light, which is why circadian rhythms are closely aligned with day and night. However, other environmental factors also play a role.

**Factors that can negatively affect your circadian rhythm include:**

- Shift work, particularly overnight shifts or work shifts with varying hours
- Irregular sleep habits including having different sleep timing on work and non-work days (known as social jetlag) and/or unequal sleep duration on work days and non-work days, often to compensate for sleep deficit on work days (known as social sleep restriction)
- Lifestyle habits that mean you stay up late or wake very early
- Other poor sleep habits, including eating or drinking late at night, watching bright screens close to bedtime and not having a comfortable sleeping environment
- Travelling across different time zones
- Certain medications
- Stress and anxiety

Disruptions to your circadian rhythm can have both short-term and long-term effects on your mental and physical health, including increasing the risk of chronic health conditions such as obesity, type 2 diabetes, cardiovascular disease and cancer.



**You can optimise your circadian rhythm by:**

- Having a regular daily routine, including regular wake and sleep times and eating at similar times each day, both on work and non-work days
- Spending time outdoors during daylight, particularly in the morning
- Exercising regularly
- Building good sleep habits
- Having a comfortable sleep environment
- Avoiding bright light in the evenings – dim your lights or use lamps instead of overhead lights, and avoid or limit screen time before bed
- Avoiding alcohol, caffeine and nicotine in the evenings, all of which can affect sleep quality



## Recipe

### Roasted Stuffed Sweet Potatoes

Serves:	Preparation time:	Cooking time:
4	5 mins	1 hour

*Dress up simple roasted sweet potatoes with a rich tomato bean stew.*

### Ingredients

- 4 medium sweet potatoes
- 1 x 400g tin diced tomato
- 1 x 400g tin cannellini beans, drained
- 1 red onion, diced
- 1 head broccoli, chopped
- 2 tbsp grated Parmesan, optional
- 1 1/2 tbsp olive oil
- salt & pepper

### Instructions

1. Preheat the oven to 200°C. Line an oven tray with baking paper.
2. Place sweet potatoes on prepared tray and prick all over with a fork. Drizzle with 1 tsp olive oil and use your hands to evenly coat the potatoes. Sprinkle with a pinch of salt.
3. Bake sweet potatoes approximately 1 hour, or until golden on the outside and very soft on the inside. Prepare tomato topping while potatoes roast.
4. Place a large saucepan over medium heat, add onion and remaining olive oil. Cook onions 3 – 4 minutes until starting to soften. Add tomatoes, beans and broccoli to pan. Reduce heat and gently simmer 10-15 minutes until thickened. Season with salt and pepper.
5. To serve, place sweet potatoes onto plates and split lengthwise. Spoon over tomato stew, and sprinkle with Parmesan if using.

### Nutrition

**PER SERVE:** Energy 2100kJ (500Cal), Protein 18g, Fat 8g (Saturated 1.0g), Carbohydrate 77g (Sugars 21.7g), Fibre 5g, Sodium 396mg, Potassium 1745mg, Calcium 210mg, Iron 4.8mg.

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

## Confused about Carbs?

**W**ith so much conflicting information about carbs and the rising popularity of low-carb diets, you may be confused about how and where carbs should fit into your eating plan. Here is a quick overview of the role of carb-containing foods and which foods to consider including and avoiding.

Carbohydrate is found in the foods we eat in the form of starches and sugars – both added sugars and the naturally occurring sugars in fruit and dairy foods.

Carbohydrate is an important fuel source for the body. When you eat carbs, either in the form of starches or sugars, they break down to glucose, which is absorbed into your bloodstream. Insulin then takes glucose from the bloodstream into your muscles and cells to use for energy. For this reason, many people find that cutting out carbs can lead to poor energy levels and fatigue, and can make exercise difficult.



Many carbohydrate containing foods also provide important health benefits. These include fruits, vegetables, wholegrains and legumes.

Low-carb diets are often promoted for weight loss and managing blood glucose levels. However, studies show that while low-carb diets often lead to more rapid initial weight loss and reductions in blood glucose levels (in the first 6-12 months), in the longer term they don't appear to be any better than low-fat, or other types of energy-restricted diets. They can also be pretty hard for most people to stick to. And unless you can continue your new way of eating for the long term, it's unlikely that any benefits will be sustained.

There are certainly some carbs that are best avoided for health and weight management. These include nutrient-poor, highly processed carb foods containing refined grains and added sugars. However, cutting out nutrient-dense carbohydrate foods such as wholegrains, fruit, vegetables and



legumes is unnecessary for weight or blood glucose management, can lead to nutrient deficiencies and may increase the risk of other chronic diseases. In fact, research has shown that eating more of certain carbohydrate-rich foods including wholegrains, legumes, fruit and vegetables is associated with a reduced risk of many chronic diseases, including cardiovascular disease, type 2 diabetes and some types of cancer.

So, rather than cutting out carbs, it is better to be choosy about which carbs you eat.

**The best carb choices are those that are minimally processed, high in fibre and nutrient-dense, such as:**

- fresh fruits and vegetables (although non-starchy vegetables have very little carbs)
- legumes including lentils, chickpeas and dried or canned beans
- wholegrains such as rolled or steel-cut oats, barley, quinoa, cracked wheat (burghul), buckwheat and brown rice
- dense wholegrain breads
- wholemeal or wholegrain pasta or noodles
- unsweetened dairy foods like milk and natural yoghurt



**The carb foods that are best to avoid or limit are nutrient-poor foods containing refined grains and added sugars, including:**

- Snack foods such as biscuits, cakes, lollies, chocolate and chips
- Sweetened dairy foods, including flavoured milks, flavoured yoghurt and ice-cream
- Refined grains including white bread, puffed and flaked breakfast cereals and white rice
- Sugar-containing drinks including soft drinks, cordials and energy drinks
- Fruit juices
- Added sugars including table sugar, glucose, honey, maple syrup, rice syrup and agave nectar

## Coffee — friend or foe?

**I**f you are one of the many Australians who enjoys a daily coffee (or a few) you may wonder about the impact of this on your health. The good news is that for most adults, regular moderate coffee consumption has several health benefits that appear to outweigh any potential risks.

Two review papers published in 2016 and 2017 combined the findings of hundreds of studies looking at the impact of coffee drinking on multiple health outcomes. Both concluded that moderate coffee consumption (around 3-4 cups per day) is more likely to benefit your health than cause harm.

**Drinking coffee has been associated with a lower risk of:**

- Type 2 diabetes
- Cardiovascular disease
- Cardiovascular mortality
- Cancer
- Neurological conditions, including Parkinson's disease and cognitive decline



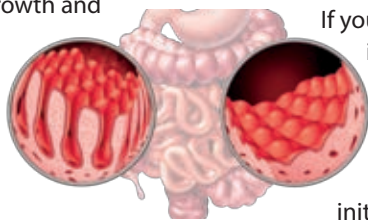
# Coeliac Disease

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. According to the Coeliac Society, around 1 in 70 Australians have coeliac disease, but 4 out of 5 remain undiagnosed.

The symptoms of coeliac disease vary widely and while some people have all or many of these symptoms, others may only have a few or none at all.

## Typical symptoms include:

- digestive symptoms including wind, bloating, stomach pain or cramps, nausea, vomiting, diarrhoea and constipation
- fatigue, weakness and lethargy
- deficiencies in certain nutrients, including iron, vitamin B12 and vitamin D
- weight loss
- poor weight gain, delayed growth and delayed puberty in children
- recurrent mouth ulcers
- bone and joint pains
- easy bruising of the skin
- unexplained infertility and recurrent miscarriage



It is more common in individuals with a family history of coeliac disease and those with other autoimmune conditions, such as type

1 diabetes and autoimmune thyroid disease. Coeliac disease is treated with a lifelong strict gluten-free diet. Gluten is the protein found in grain foods, including wheat, rye, barley and oats. So a strict gluten-free diet means cutting out all products made from these grains, which include most breads, cereals, biscuits, crackers, pasta and noodles and a range of processed foods which may contain small amounts of gluten.

When someone with coeliac disease removes gluten from their diet, the intestinal wall can heal so that nutrients can be absorbed, and symptoms will improve. If not diagnosed and treated, coeliac disease can affect a child's growth and development and in adults it can lead to long-term health problems including osteoporosis, infertility, miscarriage, tooth decay and an increased risk of cancers of the digestive system. Taking all steps to avoid gluten is therefore important for anyone with the condition.

If you have symptoms of coeliac disease it's important to see your doctor to be tested. Don't start a gluten-free diet before you see your doctor, as this makes the tests used to diagnose coeliac unreliable. The initial screening test (a blood test) requires you to have been eating gluten regularly for at least 6 weeks prior to the test.

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

Dr.LoL:)



"I'll do some tests rather than give you a guess."

## COMPETITION



Win a copy of *Gluten-free Mediterranean: Your favourite Mediterranean dishes reimagined, from pillowy breads and hearty mains to syrupy sweets* courtesy of Pan Macmillan.

Helen Tzouganatos, host of SBS Food's Loving Gluten Free, shows you just how simple it is to cook delicious gluten-free versions of Mediterranean classics, with clever ingredient swaps that not even Yiayia or Tayta will notice. From the fluffiest focaccia and crispiest loukoumades to the easiest seafood paella and most decadent chocolate roulade, you won't believe these family favourites are gluten free.

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

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

## foe?

- Liver conditions including non-alcoholic fatty liver disease, liver fibrosis, liver cirrhosis and liver cancer
- Gallstones
- Dying from all causes



The health benefits of coffee have been attributed to many of the different bioactive compounds found in coffee, including caffeine, the polyphenol (beneficial plant compound) chlorogenic acid and the diterpenes, cafestil and kahweol. There is some evidence that these compounds may have antioxidant, anti-inflammatory or anti-cancer effects that could explain the association seen in research between coffee drinking and health outcomes. However, most studies investigating coffee drinking and health are observational, so further research, including randomised control trials, is needed.

It's also not all good news. Coffee drinking during pregnancy has been associated with low birth weight, preterm birth in the first and second trimester, and pregnancy loss. For this reason, Food Standards Australia & New

Zealand (FSANZ) recommend that pregnant women limit their caffeine consumption to no more than 200 mg/day from all sources, including coffee.

While more research is needed, some studies also suggest an association between coffee consumption and bone health, including fracture risk, particularly in women.

Some people also experience negative symptoms when they drink coffee, particularly in large amounts. This can include feeling agitated or anxious, increased heart rate, difficulty sleeping, and heartburn. Caffeine is also addictive, so some people may experience withdrawal symptoms when cutting down on their coffee intake, including headaches, tiredness, irritability and difficulties concentrating. So if you are a big coffee drinker and plan to cut down, it is best to do this gradually.

However, if you are not pregnant and don't experience any negative effects from drinking coffee, there appears to be no reason not to enjoy a daily coffee, or three.

Dr Melissa Wright MD, FRACGP, DCH

*Special interests:* women's health, paediatrics, chronic disease management, mental health

Dr Ruth BAIGENT MBBS (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 MBBS, 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

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 Aimee, Mia, Grace and Aarya. 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 happy or 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.