

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout  
Your Family's Life*

*Taking on New Patients*

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Dulwich SA 5065

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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 – 7:00pm

Saturday 9am – 12pm

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

FLU VACCINE CLINIC 2023 - Book Your Flu Shot Now!

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

Experienced GPs have come together as a team at Health at Dulwich with all sharing the same values of Teamwork, Care, Compassion, and Professional Excellence.

Please note Dr Melissa Wright is currently on maternity leave returning in 2024.

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



#### INDEPENDENT TENANT CONSULTING DOCTORS

Dr Alice KAO  
MBBS, FRACGP

Special interests: women's health, children's health, preventative health, chronic disease management

*Continued on back page...*

# YOUR HEALTH™

healthy advice from your family doctor

Winter 2023 Edition 106

Understanding Vaccines	1
Sitting Less & Moving More	2
Should I Eat Red Meat?	2
Sarcopenia: What and Why it Matters	3

**YOUR COPY — FREE TO TAKE HOME**

## Understanding Vaccines

### BENEFITS AND HOW THEY WORK TO PREVENT INFECTIOUS DISEASES



Vaccines are designed to prevent or reduce the severity of infectious diseases caused by viruses or bacteria. They work by stimulating the immune system to produce an immune response against the virus or bacteria, without actually causing the disease itself.

Most vaccines contain a weakened or inactivated form of the virus or bacteria, or a small piece of it. When you have a vaccine, your immune system recognises the foreign substance in the vaccine as an invader and produces an immune response against it. Many vaccines also contain an adjuvant, which helps the body to create a stronger immune response.

The immune response to a vaccine involves the production of antibodies, which are specialised proteins that can recognise and neutralise the virus or bacteria. Your immune system also produces memory cells, which “remember” how to produce antibodies against the virus or bacteria if you encounter it in the future. Essentially, your body is trained to recognise and fight off the virus or bacteria if you come across it again in the future, and this can prevent you from getting sick or reduce the severity of the illness if you do get infected.

Vaccines have been used successfully for many years to prevent a wide range of infectious diseases, including measles, polio, influenza (the ‘flu’), and more recently, COVID-19. Vaccination is considered one of the most effective ways to prevent the spread of infectious diseases and protect public health.

Vaccines have several benefits — they can:

- ▶ Protect against serious and potentially life-threatening diseases, such as measles, polio, and meningitis.
- ▶ Protect people who are particularly vulnerable to disease, such as infants, elderly people, and individuals with weakened immune systems.
- ▶ Help to prevent outbreaks and epidemics by reducing the spread of infectious diseases when a high proportion of a population is vaccinated.
- ▶ Prevent diseases and their associated healthcare costs, making them a cost-effective option.
- ▶ Contribute to the development of herd immunity, where a high proportion of a population is immune to a disease, protecting even those who are not vaccinated.

Like all medical interventions, vaccines can have risks as well as benefits. Symptoms of soreness at the injection site, fever and fatigue are common but usually mild and temporary. More serious side effects, including severe allergic reactions, are rare.

In most cases, the risks associated with vaccines are very low and are usually outweighed by the benefits of vaccination, particularly for vaccine-preventable diseases that can cause serious harm or death.

**For more information:** Download a free booklet from the Australian Academy of Science which answers common questions about vaccination: [www.science.org.au/education/immunisation-climate-change-genetic-modification/science-immunisation](http://www.science.org.au/education/immunisation-climate-change-genetic-modification/science-immunisation)

## Recipe

### Coconut and lemongrass curry bowl

Serves:	Preparation time:	Cooking time:
4	10 mins	15 mins

*A meal in one tasty package. Vibrant colours and flavours make up this quick-to-prepare dish bursting with goodness.*

### Ingredients

- 1 tbs oil
- 1 clove garlic, crushed
- 2 tsp grated ginger
- 2 shallots, sliced
- 1 red capsicum, thinly sliced
- 1 tbs cumin seeds
- 2 tsp coriander seeds
- 2 tsp turmeric
- 1 stick lemongrass, crushed and finely chopped
- 1 cup dried red lentils, rinsed and drained
- 250 g punnet cherry tomatoes, halved
- 400 mL can lite coconut milk
- 1 L reduced salt vegetable stock
- 2 cups baby spinach
- 1 tbs lime juice

### Instructions

1. Heat oil in a large saucepan and saute garlic and ginger, shallots and capsicum.
2. Add spices and cook for 1 minute.
3. Stir through lemongrass, lentils, tomatoes, coconut milk and stock. Bring mixture to the boil then reduce heat and simmer for 10 minutes or until lentils are cooked.
4. Fold through baby spinach leaves. Add lime to taste. Heat through

### Nutrition

**PER SERVE:** Energy 1,885 kJ (450 Cal), Protein 18 g, Fat 23 g (Saturated 15.3 g), Carbohydrate 37 g (Sugars 9 g), Fibre 9.1 g, Sodium 707 mg, Potassium 949 mg, Iron 7.0 mg, Calcium 113 mg.

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

# Sitting Less and Moving More

## Tips to Reduce the Negative Health Effects of Prolonged Sitting

**W**hile sitting for most of the day has become part of everyday life for much of the population, a growing body of research is showing that prolonged periods of sitting can have significant negative impact on our health.

On average, adults sit for about nine hours each day, and much of this time is continuous sitting. This lack of movement can lead to unhealthy levels of blood glucose, insulin and blood fats and can increase the risk of chronic diseases such as heart disease, type 2 diabetes and some types of cancer. In children, too much sitting is strongly linked with obesity. Unfortunately, research shows that doing regular exercise may not fully protect against the health risks of long periods of continuous sitting.

So what can you do, particularly if your job or study means you need to spend most of your day in the chair? The good news is that just breaking up this sitting time and avoiding prolonged periods of sitting can help to reduce the risk.

Here are a few tips to get you moving more and sitting less:

**Take regular breaks:** Take frequent breaks throughout the day to stand up, stretch, and move around. Even a few minutes of light activity can help break up prolonged sitting time.

**Use a standing desk:** If your job requires you to sit all day, consider using a standing desk or a desk that you can adjust to a standing height. By alternating between sitting and standing throughout the day, you can reduce your amount of prolonged sitting time.

**Walk or cycle to work:** If you live close enough to work, consider walking or cycling instead of driving or taking public transport. This not only reduces sitting time but also provides an opportunity for increasing physical activity.

**Stand during phone calls:** If you have a phone call that doesn't require you to be in front of a computer, stand up and walk around while you talk.

**Organise walking meetings:** If your working day involves lots of meetings, see if you can change some of these to walking meetings.

**Take active breaks:** Instead of taking a coffee break at your desk, go for a walk or do some stretching exercises.

**Set reminders:** Set reminders on your phone or computer to remind you to stand up and move around, ideally every 30–60 minutes.

**Minimise screen time outside of work:** Replace television watching, computer games or checking social media on your phone with more active leisure-time activities.

Remember, any amount of movement is better than none. Incorporating small changes into your daily routine can help reduce the negative health effects of prolonged sitting.

Need help to take charge over your chair? The Baker Heart and Diabetes Institute has developed a free Rise & Recharge app to help you to sit less and move more. Visit [riserecharge.com](http://riserecharge.com) to find out more.



## Should I Eat Red Me

**R**ed meat is a good source of protein and other key nutrients, including iron, zinc and vitamin B12, which can help increase iron stores and prevent iron-deficiency anaemia.

However, high consumption of red and processed meats has been linked to an increased risk of heart disease, stroke, type 2 diabetes, and certain types of cancer, particularly colorectal cancer. To reduce the risk of these diseases, organisations like the Heart Foundation, Cancer Council, and World Cancer Research Fund recommend limiting red meat intake and avoiding processed meat.

To maintain good health while still enjoying red meat, it's recommended to choose small amounts of good quality lean meats and balance out your plate with lots of vegetables. Plant-based protein sources such as legumes, tofu, fish, and seafood should make up most of your protein intake. You can also replace some of the meat in your meals with plant protein, such as adding lentils or beans to mince or using strips of tempeh or edamame beans in a beef stir-fry.



# Sarcopenia

## What it is and why it matters

**S**arcopenia, defined as a progressive loss of muscle mass and strength as we age, can be primary or secondary. It is associated with poor health outcomes, including cognitive impairment, depression, falls, fractures, and mortality.

Although getting older is inevitable, certain lifestyle changes can reduce the risk of sarcopenia. Physical activity is essential for maintaining muscle mass, fitness, strength, and balance, with resistance training being particularly beneficial. Bodyweight exercises, resistance bands, or resistance machines in a gym are options for resistance training. An exercise physiologist can help develop a safe and effective program for individual needs and abilities.

A healthy diet that meets all nutritional needs, including sufficient protein intake of

1.0–1.5g per kilogram of body weight, is essential for maintaining muscle mass as we age. Adequate intake of vitamin D, long-chain omega-3 fats, and antioxidants may also be important. A Mediterranean-style diet and consuming more fruits and vegetables are associated with improved physical performance, muscle wasting prevention, and protection against sarcopenia and frailty.

Restrictive diets, rapid weight loss, and very low energy diets can lead to muscle loss, along with body fat loss, if not well planned. Gradual weight loss

with moderate energy restriction is a better option to minimise muscle loss. The quality of a weight-loss diet must be considered to meet all nutritional needs, including sufficient protein. Combining the right nutrition with resistance training can help prevent or reduce muscle loss that often accompanies weight loss.



at?

The way you cook meat is also important as high-temperature cooking methods such as grilling, barbecuing, and roasting can produce dietary Advanced Glycation End products (AGEs) that have been linked to inflammation and oxidative stress. You can reduce the formation of AGEs by cooking with moist heat, using shorter cooking times, cooking at lower temperatures, and by using acidic ingredients like lemon juice or vinegar. Examples of these cooking methods include slow cooking, poaching, stewing, and stir-frying meat rather than grilling or roasting.

While red meat can be a good source of iron, it is important to limit consumption to avoid the risk of heart disease, stroke, type 2 diabetes, and certain types of cancer. To maintain good health, it's recommended to consume plant-based protein sources and to balance red meat intake with plenty of vegetables. Additionally, the way you cook your meat is important to reduce the formation of AGEs and the associated health risks.

Here are a few tips for enjoying red meat while reducing the health risks:



- Choose lean cuts of meat and have them in stir-fries, stews or curries rather than grilled, roasted or barbecued.
- Replace deli meats in sandwiches with canned fish, boiled eggs, or falafel.
- Rather than bacon and eggs, try eggs with veggies such as tomato, mushrooms, spinach and avocado.
- In dishes like spaghetti bolognese, meatloaf, and Shepherd's pie, replace half the mince with brown lentils.
- Try bean, chickpea or salmon patties rather than meat patties in your next burger.
- In stews and curries, replace part of the meat with chickpeas, canned or dried beans or lentils.
- If you enjoy meat on the barbecue, marinate it and include some lemon juice or vinegar in the marinade.

Dr.LoL:)



## COMPETITION



Win a copy of *Difficult People* courtesy of Pan Macmillan.

Difficult people take over our lives. They live rent-free in our heads. We can't relax when we are with them. We ruminate on their behaviour after they've gone. They harvest our empathy and operate without regard for our feelings.

In *Difficult People*, Dr Rebecca Ray shows us how to recognise (and understand) difficult people and provides us with practical strategies for self-preservation. From learning when to say no, limiting contact and managing our reactions, to knowing when to walk away for good.

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

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

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

Dr Melissa Wright - Currently on Maternity Leave

MD, FRACGP, DCH

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

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 Ruth BAIGENT

MBBS (Hons), FRACGP, DCH

Special interests: women's health, paediatrics, chronic disease management, wound care

Vanessa KAO

IBOP - Podiatrist

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

Ratha – RN Practice Nurse

EunAh – 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, EunAh 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, Aarya, Anna and Tayla. 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

Doctors have instructed that all 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. **Doctors have instructed that all referral 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

Independent Doctors have adopted **Mixed Billing at Health at Dulwich**. 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.

Doctors have chosen to bulk bill children under 13 yrs and Veterans Affairs cardholders only during weekdays between 9am - 5pm.

Doctors have also chosen to bill a reduced fee for Health Care Cardholders only during weekdays between 9am - 5pm. Health Assessments and Medical Care Plans (excluding Mental Health Care Plans) will continue to be bulk billed by Doctors.

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

Fees vary according to the length and complexity of the consultation and are determined by the independent Doctors and may vary between the Doctors.

**Why Is There a GAP?** Unfortunately, the Federal Government's indexation of Medicare Rebates has never kept pace with the rising costs for Doctors to operate their medical practice. Medicare Rebates were frozen from 2012 until 2018 with recent increases well below CPI and now cover less than half of the actual cost incurred by Doctors to provide high-quality medical care and services which means they are not in a position to bulk bill all patients. **Please speak to your local Federal MP to raise your concerns that Medicare Rebates have not kept up with inflation.**

## 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.