

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout  
Your Family's Life*

*Taking on New Patients*

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

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. We welcome Dr Jonathon Pisaniello to Health at Dulwich. Dr Pisaniello will be consulting from July 2023 on Wednesdays and Fridays.

Dr John Au has also committed to consulting Mondays through to Thursdays at Health at Dulwich from July 2023.



### INDEPENDENT TENANT CONSULTING DOCTORS

Dr Alice KAO - Tue, Wed, Thu, Fri  
MBBS, FRACGP

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

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# YOUR HEALTH™

*healthy advice from your family doctor*

**Spring 2023 Edition 107**

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**YOUR COPY — FREE TO TAKE HOME**

## MINDFULNESS

### The benefits and how to get started...

**M**indfulness is the practice of focusing on your awareness on the present moment. In a world full of distractions, mindfulness can help you be fully present and engaged in what you are doing.

Mindfulness has been shown to have benefits for our mental, emotional and physical health and wellbeing. While more good quality research is needed, studies have shown that mindfulness may help with:

- Stress reduction
- Reducing symptoms of anxiety and depression
- Enhancing focus and concentration
- Pain management
- Lowering blood pressure
- Improving sleep quality
- Better overall wellbeing and quality of life
- Reducing work-related stress

Practising mindfulness involves intentionally bringing your attention to the present moment, cultivating a non-judgmental awareness of your thoughts, emotions, bodily sensations, and the surrounding environment.

There are many ways to practice mindfulness. Here are a few ideas to get you started:

- ▶ Mindful breathing. This can be done anywhere and at any time and involves focusing your attention on the sensation of your breath as it enters and leaves your body.
- ▶ Body scan meditation. This involves systematically bringing awareness to different parts of the body, noticing any sensations or tension that might arise and observing these sensations without judgement or trying to change them.
- ▶ Mindful movement. Activities such as yoga and tai chi can promote mindfulness by combining movement with focused attention on breath and bodily sensations. Another option is mindful walking, particularly in nature, where you focus on your breath, your movement, and the environment around you.
- ▶ Mindful eating. This is a practice that encourages you to slow down and fully engaged with your food by savouring each bite, paying attention to flavours, textures and smells. This can also help to build healthy eating habits.

While you will need to set aside some dedicated time for more structured mindfulness practices such as body scan meditation, yoga or tai chi, you can also incorporate mindfulness into your daily life by being fully present in whatever you are doing, from doing household chores to going for a walk or doing any routine task.

If you need help to get started, there are also several online tools and apps that can help you practice mindfulness, including Headspace ([www.headspace.com](http://www.headspace.com)), Smiling Mind ([www.smilingmind.com.au](http://www.smilingmind.com.au)), Calm ([www.calm.com](http://www.calm.com)), and Insight Timer ([insighttimer.com](http://insighttimer.com)).



## Recipe

### Spring pea linguine

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

Whip up this nutritious, dairy free linguine for a delicious lunch or weekday meal.

### Ingredients

- 400g wholemeal linguine
- 500g frozen peas
- 250g sugar snap peas, trimmed
- 250mL soy milk
- 20mL olive oil
- 1 small red onion, chopped
- 1 clove garlic, crushed
- ¼ cup roughly chopped basil
- ¼ cup roughly chopped mint
- 60 baby spinach
- 15mL lemon juice
- 20g hazelnuts
- 75g goats cheese (optional)

### Instructions

1. Cook linguine in a large saucepan of boiling water. Drain and keep warm, reserving ¼ cup cooking liquid.
2. Blanch peas and sugar snap peas in boiling water then drain.
3. Place half the peas (not sugar snaps) in a food processor or blender with soy milk and blend in 10 seconds bursts until combined and roughly chopped. Set aside.
4. Heat oil in a large saucepan over medium heat. Add onion and cook until softened then add garlic and cook for another minute. Stir through blended pea mixture, simmer for a couple of minutes then toss through linguine, sugar snaps, remaining peas, herbs, baby spinach and lemon juice. Add reserved cooking liquid to loosen the sauce if necessary.

### 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.

## Preconception Planning



**P**reconception is an important time where you can make health and lifestyle changes to increase fertility and increase your chances of a healthy pregnancy. Following are a few things to consider if you are planning a pregnancy:

**1. Optimise lifestyle habits.** Eating well and exercising regularly prior to falling pregnant will improve your overall health and can also affect the long-term health of your child. Early life nutrition (from preconception through to toddlerhood) can influence a child's growth and development and reduce their risk of weight problems and conditions such as type 2 diabetes and heart disease later in life. If you are carrying excess weight, losing weight prior to pregnancy can improve fertility and increase the chances of a healthy pregnancy.

**2. Start folate and iodine supplements.** Folate is a B-group vitamin which can reduce the risk of a baby developing spina bifida while iodine is important for the development of a baby's brain and nervous systems. It is recommended that women planning a

pregnancy take a supplement containing 150 micrograms of iodine (unless they have an overactive thyroid or Graves's disease) and 500 micrograms of folate.

**3. Avoid alcohol.** Excessive alcohol intake can affect both male and female fertility, and during pregnancy can harm your unborn baby and increase the risk of miscarriage and stillbirth. Since you won't know you are pregnant in the first few weeks, it is best to avoid alcohol when you are trying to conceive. While no amount of alcohol is safe in pregnancy, it is particularly important to avoid binge drinking.

**4. If you smoke, quit.** Smoking can reduce fertility in both males and females and pregnant women who smoke have a higher risk of miscarriage, ectopic pregnancy, premature birth and stillbirth. Babies born to smoking mothers also have a greater risk of Sudden Infant Death Syndrome (SIDS). If you are a smoker, talk to your doctor about options to help you quit.

## Understanding Atherosclerosis

**A**therosclerosis is a condition where there is a build-up of fatty material inside the artery wall. This leads to narrowing of blood vessels, and reduced blood flow. It is a major cause of cardiovascular disease, including heart attacks and strokes.

Your heart muscle needs a constant supply of oxygen to do its job of pumping blood around the body. It gets oxygen from the blood, which flows to your heart muscle through arteries on its surface, known as the coronary arteries. When there is narrowing or blockage of these arteries because of atherosclerosis, blood flow and oxygen to the heart is reduced, causing angina or chest pain. If blood flow stops completely, this results in a heart attack.

A similar process can occur in the blood vessels to the brain (a major cause of stroke) and other parts of the body, such as the legs and feet (a condition called peripheral vascular disease).

Several factors contribute to the development of atherosclerosis, including high cholesterol levels, high blood pressure, smoking, diabetes, carrying excess weight, lack of physical activity, an unhealthy diet, family history, and age.

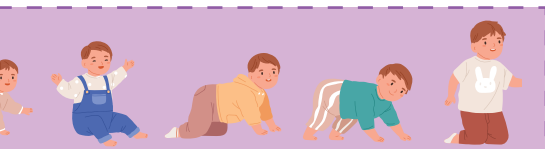
While you can't do anything about your family history or age, fortunately, many of the other risk factors are modifiable through adopting healthy

lifestyle habits. Having regular health checks to monitor your blood fats, blood pressure, and blood glucose levels is also important.

Here are the habits that can help to prevent and manage atherosclerosis:

1. If you smoke, quit. This is one of the best things you can do to keep your blood vessels healthy and reduce your risk of cardiovascular disease.
2. Get moving. Schedule regular exercise and try to incorporate more movement into your day. Guidelines recommend at least 150 minutes of moderate intensity exercise each week.
3. Improve your eating habits. A heart-healthy diet is one that contains plenty of fibre-rich vegetables, legumes, fruits and wholegrains, moderate amounts of lean protein (mostly legumes, fish, seafood, nuts and seeds) and healthy fats from foods like avocado, nuts, seeds and olives. Use herbs and spices to flavour foods rather than adding salt. Cut down on red and processed meat, refined carbohydrates, foods containing trans fats and ultra-processed foods.
4. Manage your weight by eating well and moving more. If you are carrying excess weight, losing 5–10% of your weight can benefit your heart and blood vessel health.
5. If you drink alcohol, do so in moderation. This means no more than two standard drinks per day.
6. Take care of your mental health including managing stress levels.





**5. Review your medications with your doctor.** Some types of medications are not safe to take in pregnancy, so discuss this with your doctor prior to trying to conceive. There are also several vitamins, mineral and herbal supplements that are not safe to take when you are pregnant, so don't forget to discuss these with your doctor.

**5. Update your vaccinations.** All women who are planning a pregnancy need to make sure their rubella and chickenpox vaccinations are up to date as being infected with either of these during pregnancy can cause serious health problems for your baby. Speak with your doctor to see if you need any other vaccinations such as whooping cough.

**6. Check your health insurance.** If you would like to see a private obstetrician and deliver your baby in a private hospital, check your level of cover before you become pregnant. There is usually a 12-month waiting period if you need to upgrade your cover.

For more information on preconception planning visit: [www.pregnancybirthbaby.org.au/planning-for-pregnancy](http://www.pregnancybirthbaby.org.au/planning-for-pregnancy)

# Spice it Up!

## The health benefits of adding spices to your meals

Spices are the dried form of various plant parts, including buds, bark, roots, berries and seeds. They have a long history of use among different cultures for both culinary and medicinal purposes. An increasing body of research is showing the health benefits of adding spices to our meals.

Researchers have discovered that spices are a rich source of antioxidants and phytochemicals (such as flavonoids and polyphenols), important plant chemicals which have health promoting abilities. In fact, research has shown that the antioxidant capacity of spices and herbs compares with that of fruit and vegetables. There is also evidence that these beneficial components of spices may assist in protecting against oxidative stress and inflammation, both of which are risk factors for heart disease, cancer, and other chronic health conditions.

Specific spices may offer unique health benefits because of the range of health-promoting substances they contain. Benefits have been seen for a range of diseases and conditions, including heart disease, cancer, diabetes, arthritis, inflammatory conditions, nausea and digestive problems.

Lastly, by adding flavour to meals, spices can also help us reduce the amount of fat and salt in our cooking, providing an indirect health benefit.

Some research has suggested that recommendations about the use of spices and herbs in a healthy diet should be incorporated into dietary guidelines.

Ready to harness the health benefits of spices? Here are a few ways to add them to your meals:

- ▶ Add a sprinkle of cinnamon to porridge along with stewed apple and sultanas.
- ▶ Add ginger to your favourite pumpkin soup.
- ▶ Turmeric is a staple for curries and can be used fresh (similar to ginger) or dried.
- ▶ Combine garlic with fresh basil, pine nuts, olive oil and grated parmesan to make your own pesto
- ▶ Add mixed spice (a combination of spices such as cinnamon, coriander, cumin, nutmeg and ginger) to fruit cake, home-made muffins or fruit crumbles
- ▶ Use fresh chillies to make your own Thai curry paste or combine with kidney beans and crushed tomatoes to make a tasty Mexican meal eaten with tacos and salad
- ▶ Cumin goes well with a range of meat dishes or curries, usually in combination with other herbs and spices.

If you are interested in learning more about spices and how to use them, check out Herbies blog [www.herbies.com.au](http://www.herbies.com.au)



Dr.LoL:)



## COMPETITION



Win a copy of *RecipeTin Eats: Dinner* courtesy of Pan Macmillan.

150 dinner recipes. Fail-proof. Delicious. Addictive. The food you want to cook, eat and share!

Through her phenomenally popular online food site, RecipeTin Eats, Nagi Maehashi talks to millions of people a year who tell her about the food they love.

Now, in her first cookbook, Nagi brings us the ultimate curation of new and favourite recipes — from comfort food, to fast and easy food for weeknights, Mexican favourites, hearty dinner salads, Asian soups and noodles, and special treats for festive occasions.

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

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

Dr John AU - Mon, Tue, Wed, Thu  
MBBS (Hons), FRACGP

Special interests: men's health, chronic disease management, mental health, iron infusion therapy

Dr Jonathon PISANIELLO - Wed, Fri  
MBBS, FRACGP

Special interests: children's health, women's & men's health, shared pregnancy care & antenatal care, asthma management, chronic disease management

Dr Melissa Wright - Currently on Maternity Leave Returning 2024  
MD, FRACGP, DCH

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

Dr Crina SOLOMON - Mon, Thu  
MD, FRACGP

Special interests: lifestyle medicine, chronic medical conditions, women's health, children's health, mental health - provides focused psychological therapy

Dr Anita DANIEL - Tue, Thu  
MD, FRACGP

Special interests: women's health, paediatrics, preventative health & wellbeing, ophthalmology

Dr Ruth BAIGENT - Tue, Wed, Thu  
MBBS (Hons), FRACGP, DCH

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

Vanessa KAO - Wed, Fri  
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 including your blood collection needs. Natarsha is our practice manager and leads our friendly reception team of Aimee, Mia, Grace, Aarya, Tayla, Anna and Clara. 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 centre 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, Podiatrist
- 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 Excisions
- Minor Surgical Procedures & Wound Care: Stitching Cuts, Removing Moles
- Liquid nitrogen 'freezing' therapy for sunspots and warts

## FEES - AS OF JULY 2023

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 5 yrs of age 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.

Appointments on Saturdays 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 your Medicare Rebates has never kept pace with the rising costs for Doctors to operate their medical practice. Your Medicare Rebates were frozen from 2012 until 2018 with recent annual 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 your 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.