

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout  
Your Family's Life*

*Doctors Taking on New Patients*

12 Stuart Road  
Dulwich SA 5065

Telephone: 08 7221 2588

Facsimile: 08 7223 2018

[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

Experienced independent GPs have  
sought the services of Health at Dul-  
wich with each sharing the same values  
of Teamwork, Care, Compassion, and  
Professional Excellence.

Dr John Au has also committed to con-  
sulting Mondays through to Thursdays  
at Health at Dulwich and is offering  
Bulk-Billed Skin Checks.

Dr Melissa Wright returning from ma-  
ternity leave in January 2024.

### 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

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

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

Dr Melissa Wright - Currently on Mater-  
nity Leave Returning January 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

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# YOUR HEALTH™

*healthy advice from your family doctor*

Summer 2023 Edition 108

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**YOUR COPY — FREE TO TAKE HOME**



## Christmas Food Safety

*Tips for keeping you and your loved  
ones safe this festive season*

Christmas and the holiday season is a time to get together with family and friends, but it can also be a danger time for food poisoning. Hot weather, an overloaded fridge, cooking for more people than the typical kitchen is designed for, preparing food well ahead of time and guests often bringing food add up to make perfect conditions for food poisoning bacteria. Young children, older adults, those with compromised immune systems and pregnant women are most at risk.

To ensure you enjoy the festive season without getting sick, follow these food safety tips from the Food Safety Information Council ([www.foodsafety.asn.au](http://www.foodsafety.asn.au)):

- ▶ Avoid keeping food in the temperature danger zone between 5°C and 60°C where food poisoning bacteria grow best - keep hot foods steaming hot over 60°C and keep cold foods refrigerated at or below 5°C.
- ▶ If you cook large amounts of food in advance, divide it into smaller portions or containers, cover and place in a fridge or freezer. Make sure there is good air circulation around the containers.
- ▶ If guests are bringing food, ask those who are travelling more than an hour to bring low risk foods that don't need refrigeration or keeping hot, such as cakes, biscuits and Christmas pudding. If someone is bringing salads or desserts, they should be packed in a cooler or esky surrounded by ice bricks, frozen gel packs or frozen drinks. High-risk foods such as meat and turkey are best prepared on site where the meal is being served, to make sure they are well cooked and remain hot until serving.
- ▶ Prepare foods as close as possible to eating time.
- ▶ Keep all high-risk foods in the fridge. This includes cooked meats, deli meats, pate,

desserts containing cream, egg and/or custard, and any dish containing raw or minimally cooked eggs such as home-made mayonnaise or sauces.

- ▶ Before preparing food for Christmas, make sure that there is enough room in the fridge to keep cold food at or less than 5°C. If not, remove soft drinks, alcohol, pickles, jams and other acidic condiments that don't require refrigeration to remain safe. Drinks can be kept cold in an esky with ice.
- ▶ Use separate cutting boards and utensils for raw meats and ready to eat foods.
- ▶ Cook foods properly. All rolled and stuffed roasts, poultry, sausages, mince dishes need to be fully cooked. Steaks, chops and solid pieces of meat can be eaten rare, if preferred.
- ▶ Refrigerate leftovers immediately after the meal (as soon as it stops steaming) and use within 2 to 3 days. Reheat leftovers until steaming hot all the way through.
- ▶ Wash hands thoroughly with soap and warm water and dry thoroughly before preparing foods and between handling raw meat, raw chicken, raw seafood or eggs

For more information including tips on safely defrosting and cooking your turkey and storing your leftover Christmas ham, visit: [www.foodsafety.asn.au/topic/christmas-and-holiday-entertaining/](http://www.foodsafety.asn.au/topic/christmas-and-holiday-entertaining/)



## Recipe

### PB & J Crumble Bars

<b>Serves:</b>	<b>Preparation time:</b>	<b>Cooking time:</b>
9	10 mins	35 mins

*Hungry kids on the prowl? This combo of peanut butter, jam and oats is sure to please.*

### Ingredients

- 1 cup almond meal
- 1/2 cup oat flour
- 1 cup rolled oats
- 1/2 tsp sea salt
- 1/2 tsp baking powder
- 1/2 cup Smooth Peanut Butter
- 1/4 cup Unsweetened Almond Milk
- 2 tbsp maple syrup (optional)
- 250g your favourite strawberry jam

### Instructions

1. Preheat the oven to 180°C. Line a square baking tray with baking paper.
2. In a bowl, combine the almond meal, oat flour, rolled oats, salt and baking powder. Mix well.
3. Add in the peanut butter and almond milk until it forms a crumbly mixture. Add in the maple syrup if you want it to be sweeter.
4. Press 2/3 of the mixture into the base of the tin and bake for 10 minutes (edges should be lightly golden).
5. Spread the jam evenly over the base then sprinkle the remaining 1/3 of the mixture over. Bake for 25 minutes or until the top becomes golden. Remove from oven and allow to cool at room temperature before slicing.
6. Slice into 9 even pieces. Store any leftovers in an air-tight container in the fridge for up to 1 week.

### Nutrition

**PER SERVE:** Energy 1,360 kJ (325 Cal), Protein 10.9g, Fat 16.8g (Saturated 1.5g), Carbohydrate 31.6g (Sugars 16.6g), Fibre 4.8g, Sodium 151mg, Potassium 296mg, Iron 1.6mg, Calcium 56mg.

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

# Hair loss: symptoms, causes and treatment

**H**air loss, also called alopecia, is a common condition that affects millions of people worldwide. It is normal to lose around 50-100 hairs each day, but the lost hair is usually replaced by new hair, so the loss isn't noticeable. Alopecia occurs when more hair is lost than replaced. There are many contributors to hair loss and it may occur or suddenly or gradually over many years, can be temporary or permanent, and may affect only the scalp or also other parts of the body. In some people, alopecia can have significant psychological impacts and negatively impact quality of life.

Symptoms of hair loss include thinning hair, excessive shedding of hair, receding hairline (more common in men), circular or patchy bald spots (more common in men) and wider parting (more common in women).

The most common cause of hair loss is androgenetic alopecia, also referred to as male and female pattern baldness. There is a progressive loss of scalp hair any time after puberty, with different patterns of hair loss in men and women, as mentioned above.

Other causes of hair loss include:

- ▶ Alopecia areata, an autoimmune condition that causes the immune system to attack hair follicles. In some people, this can also lead to hair loss from other parts of the body too.
- ▶ Trichotillomania, a mental health disorder that involves compulsive hair pulling.
- ▶ Tinea capitis (also called scalp ringworm), a fungal infection that can affect the scalp and hair shaft, which is treatable with antifungal medications. It is more common in children.
- ▶ Telogen effluvium, caused by more hair follicles than usual entering the resting (telogen) phase of the hair growth cycle, causing an increased shedding of hair. It can be caused by many factors including hormonal changes (e.g. pregnancy, childbirth, menopause or stopping the oral contraceptive pill), thyroid disorders, significant emotional stress, serious illness or infection, surgery, rapid weight loss, restrictive dieting, nutritional deficiencies or certain medications. This form of hair loss is usually temporary and once the underlying cause is resolved or managed, hair will regrow.
- ▶ Traction alopecia due to excessive hairstyling that pulls your hair tight, such as tight braiding, ponytails and buns.
- ▶ Some chemical hair treatments or heat styling can damage the hair shaft and lead to breakage and hair loss.

The treatment of hair loss depends on the cause and how much the hair loss is causing someone concern. Sometimes, hair will grow back once the cause is resolved or managed. In other cases, such as androgenetic alopecia, treatment options may include use of medications (oral or topical), low-level light therapy or, in some cases, hair transplantation.

If you are experiencing excessive hair loss and thinning, speak with your doctor, who can help you investigate the cause and discuss treatment options.

For more information: [www.healthdirect.gov.au/alopecia](http://www.healthdirect.gov.au/alopecia)

## The health benefits of Tai Chi

**T**ai Chi is a traditional Chinese exercise which originated in China in the seventeenth century. It combines slow, repetitive, flowing movements aimed at improving and maintaining health and wellbeing.

Tai Chi combines three core components:

1. Sequenced movements
2. Meditative and visualisation techniques
3. Deep abdominal breathing

It is suitable for people of all ages and fitness levels and can be practiced alone or in a group and either indoors or outdoors, making it accessible to most people.

There is now increasing evidence for the health benefits of tai chi. A 2022 review of more than 800 studies and more than 200 systematic review of controlled clinical trials found that practicing tai chi has wide-ranging benefits, including physical, psychological and quality of life benefits for a wide range of conditions.

While more good quality research is needed to explore the benefits

of Tai Chi for many health conditions, there is growing evidence that regular tai chi practice

- ▶ Improve balance and prevent falls, particularly for those living in the community.
- ▶ Reduce pain and improve joint function, particularly for osteoarthritis, particularly osteoarthritis.
- ▶ Reduce symptoms, reduce falls and improve quality of life for individuals with Parkinson's disease.
- ▶ Reduce lower back pain
- ▶ Improve blood pressure
- ▶ Improve psychological distress and reduce risk of heart failure

Tai chi also appears to be a very safe exercise with very few adverse effects of regular practice. It can also be modified to suit individual needs and physical limitations.

If you are interested in trying tai chi



# Polycystic ovary syndrome (PCOS): why lifestyle matters

**P**olycystic Ovary Syndrome (PCOS) is the most common endocrine (hormonal) disorder in women. It is estimated that between 12 and 18% of Australian women of reproductive age are affected, and up to 21% in high-risk groups such as Indigenous women. Symptoms usually start during puberty or in the early to mid-twenties, but can occur at any age.

Symptoms of PCOS may include:

- Irregular or absent menstrual periods.
- Infertility or reduced fertility.
- Acne.
- Excess hair growth on the face, chest and abdomen.
- Scalp hair loss.
- Acanthosis nigricans — areas of dark, thick velvety skin in body folds and creases.
- Overweight and difficulty losing weight.

There is no single test used to diagnose PCOS. Diagnosis will usually be made by considering a woman's symptoms, testing hormone levels and performing an ultrasound to look for cysts and enlargement of the ovaries.

Once thought of as a fertility problem, we now know that there is a lot more to PCOS than just difficulty falling pregnant. The reason for this is that the majority of women with PCOS have insulin resistance underlying their condition — the same problem that occurs in type 2 diabetes.

This means that women with PCOS are at much higher risk of developing pre-diabetes, type 2 diabetes, gestational diabetes, metabolic syndrome and cardiovascular disease risk factors.

Due to the metabolic risks associated with PCOS, lifestyle modification, including diet and exercise, are recommended as a core focus areas in the management of PCOS. Lifestyle changes and modest weight reduction (5–10% of weight) in those who are carrying excess weight can significantly improve both metabolic and reproductive features of the condition. Preventing weight gain is also important in all women with PCOS.

It is recommended that women with PCOS combine a healthy eating plan with regular exercise, while minimising sedentary, screen and sitting time. Getting adequate, good quality sleep and managing stress levels are also important.

If you haven't been diagnosed with PCOS but think you could have it, you should start by seeing your GP for further investigations.

If you have PCOS and need help with making lifestyle changes, dietitians and exercise physiologists can help with developing individualised eating and exercise plans. Download free evidence-based resources for managing PCOS from: [mchri.org.au/guidelines-resources/community/pcos-resources](https://mchri.org.au/guidelines-resources/community/pcos-resources)

Dr. LoL:)



“Cut down on the ho ho ho’s.”

## COMPETITION



Win a copy of *Stretching for a Pain-Free Life* courtesy of Pan Macmillan.

Your body is designed to move without pain. But a sedentary lifestyle can cause tightness, loss of motion and a lack of mobility.

Whether you have shooting pain in your foot when you walk, debilitating sciatica in your lower back, knees that ache when carrying groceries or you want to reverse modern conditions like tech neck and rounded shoulders, these stretches address a variety of critical issues so you can find relief no matter your condition.

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

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

ons, the review found good  
ice can help to:

alls, particularly in older adults

nt function in people with  
oarthritis of the knees  
risk and improve quality of life  
disease

for people with chronic heart

fe exercise, with studies showing  
r tai chi practice. Tai chi is a low  
people of all ages and fitness  
ed to accommodate individual

hi, the best place to start is to

look for local or online classes run by qualified instructors. There are many private tai chi organisations offering classes in different locations throughout Australia or online. Some local councils and community colleges also run tai chi classes. You could also get started by looking at some beginner tai chi videos on YouTube.

To find a Tai Chi instructor in your local area, The Tai Chi Association of Australia has a directory of instructors available at [www.taichiaustralia.com/schools.html](https://www.taichiaustralia.com/schools.html)



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 CENTRE

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 the 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 Doctors' 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 with your doctor.

## 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.

## SERVICES OFFERED BY THE DOCTORS

As well as routine consultations, doctors provide the following services:

- 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
- Holter Monitor: Portable ECG
- 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 and up to doctors' discretion. 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.