

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

HotDoc Online Booking App

OPENING HOURS

Monday 9am – 6pm
Tuesday to Friday 9am – 5pm
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 is offering Bulk -Billed Skin
Checks.

Dr Melissa Wright has returned from
maternity leave and welcomes new and
existing patients.

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, Fri
MBBS (Hons), FRACGP

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

Dr Melissa Wright - Mon, Fri - Melissa
has returned from maternity leave
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

Autumn 2024 Edition 109

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YOUR COPY — FREE TO TAKE HOME

Ten evidence-based tips for cancer prevention

In 2007, the World Cancer Research Fund (WCRF) and American Institute for Cancer Research (AICR) produced a set of 10 lifestyle-based guidelines aimed at reducing the worldwide risk of cancer, for both individuals and at a population level.

The guidelines, known as the Cancer Prevention Recommendations, were updated in 2018 based on current scientific evidence, and focus on dietary changes, weight management, physical activity and limiting alcohol intake.

If you are interested in reducing your cancer risk, the WCRF/AICR guidelines recommend the following:

- 1. Maintain a healthy weight:** Keep your weight within the healthy range and avoid weight gain in adult life. Carrying extra body fat can increase the risk of many types of cancer.
- 2. Be physically active:** Be physically active as part of everyday life by following or exceeding national physical activity guidelines (see our article on Exercise recommendations in this newsletter) and limiting sitting/sedentary time. There is strong evidence that being physically active protects against many forms of cancer.
- 3. Eat a better diet:** Make wholegrains, vegetables, fruit and legumes (pulses) a major part of your usual diet. Aim for at least 30g fibre from a range of plant foods and at least 400g from a variety of different coloured fruit and vegetable each day.
- 4. Limit fast foods:** Limit consumption of 'fast foods' and other processed foods high in fat, starches, or sugars. This includes many snack foods, bakery foods, desserts and confectionary.
- 5. Limit red and processed meat:** Eat no more than moderate amounts (350–500g cooked) of red meats, such as beef, pork and lamb each week. Eat little, if any, processed meats. There is strong evidence that red and processed meats can increase the risk of bowel cancer.
- 6. Cut down on sugary drinks:** Limit sugar-



sweetened drinks, and drink mostly water and unsweetened drinks. Sugar-sweetened drinks contribute to weight gain, which increases the risk of many cancers.

- 7. Limit alcohol consumption:** For cancer prevention, it is best not to drink alcohol. There is strong evidence that drinking alcohol increases the risk of many types of cancer, including cancers of the digestive system, liver and breast.
- 8. Don't use supplements for cancer prevention:** Aim to meet nutritional needs through diet alone. While there may be a need for certain nutritional supplements for some people, evidence doesn't show that high dose micronutrient supplements can protect against cancer, and in some cases may have a negative effect.
- 9. Breastfeed your baby, if you can:** Breastfeeding is good for both mother and baby. Breastfeeding has short and long-term health benefits for the baby and can reduce the risk of breast cancer in the mother.
- 10. After a cancer diagnosis:** Follow our recommendations, if you are able to. Unless advised otherwise, all cancer survivors are advised to follow the Cancer Prevention Recommendations if they are able to. They should also receive personalised guidance on nutrition and physical activity from healthcare professionals.

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

You can find more information, including further details about each of these recommendations, on the World Cancer Research Fund website: www.wcrf.org/diet-activity-and-cancer/cancer-prevention-recommendations/

Recipe



Sweet Potato Nachos

Serves:	Preparation time:	Cooking time:
2	20 mins	25 mins

This dish is vibrant in colour, flavour and texture! Great appetizer, game-day snack or kid-friendly meal.

Ingredients

NACHOS

- 2 small sweet potato, thinly sliced
- Spray oil
- 2 cobs fresh corn, removed from cob
- ½ capsicum, diced
- 1 cup canned black beans (drained, rinsed)
- 60g grated low fat cheese
- 1 small avocado

SALSA

- 1 punnet cherry tomatoes, diced
- ½ red onion, finely chopped
- 2 tablespoons chopped fresh coriander
- red chilli finely chopped (optional)
- 1 lime, juiced

Instructions

1. Layer sweet potato slices over baking paper on baking trays and spray with oil. Bake in a hot oven, 200°C, for 20-25 minutes or until crisp and browned.
2. Combine salsa ingredients in a bowl and set aside.
3. Pile sweet potato slices on one tray. Sprinkle with corn, capsicum, black beans and cheese.
4. Place under griller and grill for 5 minutes until cheese is melted and vegetables heated through.
5. Remove from grill and top with salsa and mashed avocado. Serve immediately.

Nutrition

PER SERVE: Energy 2,791 kJ (667 Cal), Protein 30.3 g, Fat 22.3 g (Saturated 6.4 g), Carbohydrate 69.6 g (Sugars 25.3 g), Fibre 28.7 g, Sodium 398 mg, Potassium 2,088 mg, Iron 6.3 mg, Calcium 463 mg.

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

Exercise – How much do you need?

The Australian Physical activity and sedentary behaviour guidelines provide an evidence-based guide to physical activity recommendations for the general population. There are separate guidelines for adults aged 18–64 years, older adults (65 years and over), children and young people, and women who are pregnant.

The recommendations in the guidelines are based on evidence that regular physical activity is essential for good physical and mental health and wellbeing, regardless of age. However, the amount of activity recommended varies depending on age.

For adults 18–64 years, the guidelines recommend:

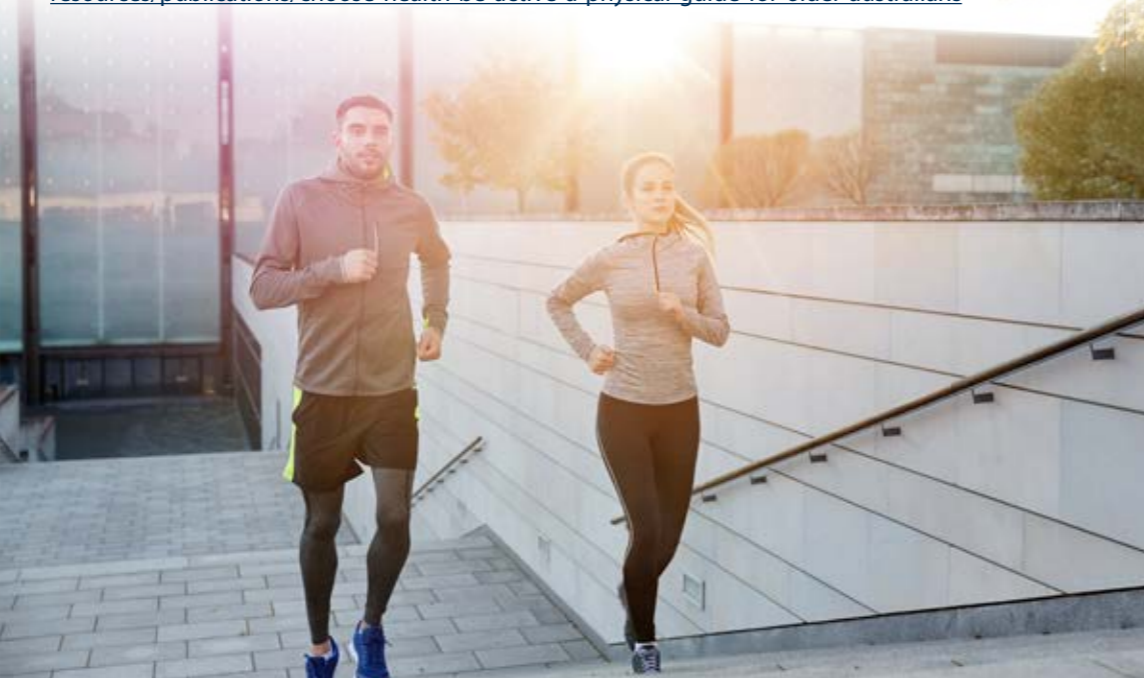
- ▶ Being active on most, preferably all, days of the week.
- ▶ Accumulating 150–300 minutes of moderate intensity (such as walking, swimming or playing golf) or 75–150 minutes of vigorous intensity (such as running/jogging, fast cycling or playing soccer or netball) physical activity, or an equivalent combination of both, each week.
- ▶ Doing muscle strengthening activities on at least 2 days each week.
- ▶ Minimising the amount of time spent in prolonged sitting and break up long periods of sitting as often as possible.
- ▶ Doing any exercise is better than none — if you are currently inactive, start small and slowly increase to the recommended amounts.
- ▶ For older adults (65 years and over) the guidelines recommend:
 - ▶ Being active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.
 - ▶ Accumulating at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week.
 - ▶ Those who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up to the recommendations.
 - ▶ Those who have enjoyed a lifetime of vigorous physical activity should continue in a way that is suited to their capability into later life, while sticking to recommended safety guidelines.

Guidelines for children vary according to age and include recommendations about how much activity children and teenagers should do each day (including energetic play for younger children and planned physical activity for older children and teenagers) and guidelines on limiting sitting and screen time, and getting enough sleep.

Pregnant women are generally advised to follow the exercise guidelines for adults but might need to modify the intensity and type of exercise they do as their pregnancy progresses. Pelvic floor exercises are also recommended to keep pelvic muscles strong and to avoid problems like incontinence.

For more information, download the following free resources:

- Make your move: sit less, be active for life, with ideas on increasing activity levels. <https://www.health.gov.au/resources/publications/make-your-move-sit-less-be-active-for-life-adults-18-to-64-years>
- Choose health, be active: a physical guide for older Australians <https://www.health.gov.au/resources/publications/choose-health-be-active-a-physical-guide-for-older-australians>



Lifestyle management of high blood pressure

High blood pressure is a common health condition which increases the risk of heart disease, stroke and chronic kidney disease. Lifestyle changes play an important role in prevention and treatment of high blood pressure.

In late 2023, the International Society of Hypertension released a position paper on the lifestyle management of hypertension, providing evidence-based recommendations for the prevention and management of high blood pressure. They recommend these lifestyle changes are used as the first line of treatment, and suggest that they should be continued even when blood pressure lowering medications are as prescribed.

The lifestyle changes recommended by the International Society of Hypertension to prevent or delay the onset of high blood pressure and to reduce cardiovascular risk include:

- ▶ Maintaining a healthy body weight and waist circumference.
- ▶ Following a healthy eating plan including an increased intake of fibre-rich plant foods, fish, unsaturated fats, low-fat dairy products, and a reduced intake of red meat, salt and added sugars (including sugar-sweetened drinks).
- ▶ Engaging in regular physical activity, including planned exercise (both aerobic and muscle strengthening exercises) and incidental activity.
- ▶ Reducing sedentary time and avoiding prolonged periods of sitting.
- ▶ Avoiding or limiting alcohol intake and particularly avoiding binge drinking.
- ▶ Increasing quality sleep time (aiming for 7–9 hours for adults) by improving sleep hygiene (for example, having regular sleep

timing, a conducive sleep environment and a sleep routine to prepare for bed.

- ▶ Managing stress levels by practising stress reduction techniques like mindfulness-based stress reduction, meditation, yoga, tai chi for around 30-45 minutes per day and listening to music for at least 25 minutes, 3 times per week.
- ▶ For those who smoke, seeking support and resources to quit smoking.
- ▶ Reducing exposure to pollution by limiting time spent outdoors when pollution is high, using ventilation systems with filtration and avoiding exposure to passive smoke.
- ▶ Using digital tools such as apps to track food intake, daily steps and sleep patterns. These tools can help to monitor, manage, and provide motivation to make lifestyle changes.

The guidelines recommend starting early in life, encouraging healthy lifestyle habits from childhood. They also include recommendations for government and policy makers, particularly around encouraging and supporting healthy food choices and providing the environment, facilities and infrastructure to encourage regular physical activity. Lastly, the guidelines recommend that health care providers receive adequate training in working with individuals to support them in adopting lifestyle changes.

Dr. LoL:)



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

COMPETITION



Win a copy of *Wholesome* By Sarah courtesy of Pan Macmillan.

Fast Weeknight Dinner Ideas For The Whole Family. As creator of Wholesome by Sarah, Sarah Pound has won a legion of fans online, who cook her fresh, wholesome and flavour-packed recipes every night of the week

There are no tricky techniques here - this is solid home cooking that is fresh, fast and full of flavour. As well as her delicious recipes, Sarah shares foolproof formulas for building perfect salads and stir-fries; killer marinade, spice rub and salad dressing ideas; plus loads of practical tips to streamline life in the kitchen

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

Competition opens 1st March 2024. The winning entry will be selected on 1st June 2024 and notified by email.

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

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

Dr Anita DANIEL - Tue, Thu
MD, FRACGP

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

Vanessa KAO - Wed, Fri
IBOP - Podiatrist

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

Ratha – RN Practice Nurse

Chloe – RN Practice Nurse

EunAh – RN Practice Nurse - on maternity leave

Yi (Amy) – Phlebotomist

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, Chloe and EunAh, 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 Mia, Grace, Aarya, Skye, Ashley, Georgia, and Anna. 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 Assessment 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 NOVEMBER 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 and State MPs 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.