

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

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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  
Saturday 9am – 12pm  
(rotation of Doctors)

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

Experienced Independent Tenant GPs  
have sought the services of Health at  
Dulwich with each sharing the same  
values of Teamwork, Care, Compassion,  
and Professional Excellence.

We welcome Dr Lian Chen to Health  
at Dulwich. Dr Chen has chosen to  
conduct his private medical practice  
at Health at Dulwich and will be offering  
appointments to all patients from  
June 2024.

Dr John Au is offering Bulk-Billed Skin  
Checks. With winter upon us, book  
an appointment with Dr Au for a skin  
check.

### 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, skin  
cancer, iron infusion therapy

Dr Melissa Wright - Mon, Wed, Fri  
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 COPY — FREE TO TAKE HOME

## Preventing Winter Colds & Flu

Colds and flu are more common in the cooler months, partly because we spend more time indoors in close contact with others. But getting sick isn't inevitable. In fact, by practising good hygiene and taking steps to boost your immune system, you can give yourself every chance of staying well over winter.

- ▶ **Be vigilant about hand-washing:** This is the first and most important action you can take to avoid cold and flu germs. Wash hands frequently, especially after touching communal surfaces like door handles and public transport handrails.
- ▶ **Develop a cleaning habit:** Regularly clean surfaces, including your computer keyboard and mobile phone, to remove germs. Use regular cleaning products to avoid contributing to antibiotic resistance.
- ▶ **Don't share!** This includes cups, plates, and cutlery, as well as towels, unless thoroughly washed between uses. Dispose of paper towels and tissues immediately after use.
- ▶ **Get enough sleep:** Poor sleep can reduce your immunity, increasing your likelihood of getting sick. Aim for 7–8 hours of good quality sleep each night.
- ▶ **Head outside:** Vitamin D, essential for immune health, is mainly obtained from sunlight. Use winter's lower UV levels as an opportunity for a lunchtime walk to boost vitamin D intake.
- ▶ **Stay active:** Regular moderate intensity exercise can help boost your immune system and reduce cold risk. Follow national guidelines for physical activity to maintain health.
- ▶ **Eat well:** Maintain a balanced diet rich in immune-boosting nutrients like vitamin C, zinc, and vitamin A. Include foods like citrus fruits, fish, and dark green vegetables in your diet.
- ▶ **Consider the flu vaccine:** Get vaccinated in early autumn to prevent flu. The vaccine is available and often free for certain groups, enhancing protection against influenza.
- ▶ **Mask up:** Consider wearing a mask in crowded places or where there is someone present who may have a cold or flu like illness

Adopting these preventative measures can significantly enhance your overall health and strengthen your immune system, particularly during the colder months when illnesses like the flu are more prevalent. Embrace these habits not just as seasonal precautions but as part of a lifelong commitment to a healthier, more resilient you.

### For more information:

- For information on preventing the flu, visit [www.healthdirect.gov.au/10-tips-to-fight-the-flu-infographic](http://www.healthdirect.gov.au/10-tips-to-fight-the-flu-infographic)
- For more information on the flu vaccine for 2024, visit [www.health.gov.au/topics/immunisation/vaccines/influenza-flu-vaccine](http://www.health.gov.au/topics/immunisation/vaccines/influenza-flu-vaccine)



## Recipe

### Roasted Cauliflower & Almond Chowder

**Serves:** 4-6  
**Preparation time:** 30 mins  
**Cooking time:** 50 mins

*This chowder is a deliciously creamy and smooth winter warmer.*

#### Ingredients

- 1 cauliflower, trimmed, cut into florets
- 1 tbs olive oil
- 1/2 cup ground almonds
- 2 tsp cumin or caraway seeds
- 2 tbs olive oil
- 1 onion, peeled, diced
- 2 celery stalks, diced finely
- 4 cloves garlic, peeled, crushed
- 2 carrots, peeled, diced
- 2 parsnips, peeled, diced
- 1/2 tsp dry mustard powder
- 6 cups Unsweetened Almond milk
- 2 tbs fresh parsley, roughly chopped

#### Instructions

1. Place cauliflower florets on a baking tray, drizzle with olive oil, and season with salt and pepper. Roast at 180°C for 30 minutes and set aside.
2. Spread ground almonds on another tray, add cumin and caraway seeds, and toast in the oven for 8 minutes, stirring halfway. Remove when golden and set aside.
3. In a large pot, heat olive oil and sauté onion, celery, garlic, carrots, and parsnips for 5 minutes until tender. Add mustard powder, roasted cauliflower, and almond milk, simmering for 25–30 minutes. Stir in chopped parsley.
4. Partially blend the soup with a stick mixer, adjusting thickness with additional milk if needed.
5. Serve the chowder hot, topped with almond-seed mix, croutons, and extra parsley.

#### Nutrition

**PER SERVE:** Energy 1,140kJ (273 Cal), Protein 10g, Fat 16g (Saturated 2g), Carbohydrate 23g (Sugars 11g), Fibre 11.2g, Sodium 175mg, Potassium 967mg, Iron 1.7mg, Calcium 365mg.

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

## Fad Diets: separating facts from fiction

With two-thirds of Australian adults carrying excess weight, it's not surprising that diets sell. In fact, research by IBISWorld estimates that Australians' spending on weight loss services (which includes diet meals, online weight loss programs, diet shakes, bars and supplements and personal weight loss counselling) was around \$483 million in 2018-2023. Despite this, our waistlines continue to increase. So where are we going wrong?

The major problem is that 'diets' don't work, lifestyle changes do. Most diets are too restrictive, which makes them unsustainable in the long term. If the diet cuts out entire food groups, makes it difficult to socialise or requires hours in the kitchen, it is unlikely to be something you can stick to for long.

The key is to find an eating plan you can adopt for the long term. One which is good for your health and for your waist. And while different eating plans will work for different people, there are some key habits that will help anyone who wants to lose weight and keep it off for good. These include making healthy food choices, watching portion sizes, listening to your appetite, moving more and getting enough sleep and rest. It won't make front page news or a bestseller, but it works!

Following are a few tips to consider when

deciding whether to adopt a new eating plan.

#### Avoid diets that:

- Promise rapid weight loss
- Restrict entire food groups
- Focus on short-term changes to your eating habits
- Allow you to eat unlimited quantities of particular foods
- Recommend specific food combinations
- Encourage miracle pills, potions or supplements
- Makes claims based on testimonials rather than published scientific evidence

#### Look for eating plans that:

- Align with generally accepted healthy eating guidelines
- Can be adapted to your own lifestyle and individual needs
- You could follow in the long term, not just for a few weeks
- Come from a professional with recognised nutrition qualifications
- Are backed by reputable scientific evidence
- Recommend combining dietary changes with regular physical activity

#### For more information:

To find your local APD call Dietitians Australia on 1800 812 942 or search at [dietitiansaustralia.org.au/find-an-apd/](http://dietitiansaustralia.org.au/find-an-apd/)

## How to find good health information online

The Internet provides a valuable tool for accessing information and resources. However, finding evidence-based health information online can be challenging. It's important to have reliable health information to make informed decisions, as incorrect information can be harmful and pose a risk to your health.

The Australian Commission on Safety and Quality in Health Care provides these top tips for finding good health information online:

- **Identify Relevant Information:** Determine the specific information you need and consider expert organizations related to your topic, such as Diabetes Australia for diabetes or NPS MedicineWise for medication details. Ensure the information is applicable to your location.
- **Select Trusted Sources:** Seek information from credible experts and organizations like condition-specific groups, health services, and government agencies. Verify the author's credentials, the evidence supporting their information, and its currency.

- **Ensure Understandability:** Choose health information that is clearly written and simplifies complex terms or concepts.
- **Spot Warning Signs:** Avoid information promoting specific products or services, instilling fear, or offering limited options. Be cautious of testimonials, particularly in regulated health services in Australia.
- **Engage Carefully Online:** Interact with others sharing similar health issues for support but remember individual experiences vary.
- **Consult Healthcare Professionals:** Discuss any information you find with a healthcare provider to confirm its relevance and accuracy for your situation.
- **Seek Assistance When Needed:** If you struggle to find or evaluate health information, consider consulting a healthcare professional, local consumer organization, or trusted acquaintance for guidance.

#### For more information:

Visit the Australian Commission on Safety and Quality in Health Care website: [www.safetyandquality.gov.au/consumers/finding-good-health-information-online](http://www.safetyandquality.gov.au/consumers/finding-good-health-information-online)



## Lower cholesterol naturally

When it comes to cholesterol lowering, the first thing most people think of is reducing saturated fat intake. While this is an important first step, there are many other dietary changes that can help, and it's not just about restriction. In fact, adding more of certain foods to your diet can help to lower cholesterol levels.

The Portfolio diet was designed by Canadian researchers to combine several foods known to help with lowering cholesterol levels. Key components of the diet include:

- Soluble fibre found in foods such as oats, barley, legumes, psyllium husks and certain fruit and vegetables including apples, pears, eggplant and okra
- Soy protein (from foods such as soybeans, edamame, tofu, tempeh and soy milk)
- Nuts including almonds, walnuts and other nuts
- Plant sterols which occur naturally in small amounts in plant foods like nuts and seeds but are also added to certain foods like plant sterol-enriched spread or milks

The Portfolio diet is also limited in animal foods (meat and dairy products) and encourages the consumption of 5 to 9 serves of fruit and vegetables each day. Healthy oils such as olive oil are recommended.

For someone consuming around 2000kcal per day, the portfolio diet recommends around 25g soy protein, 20g soluble fibre, 30g nuts and 2g plant sterols per day.

The original portfolio diet study was published in 2003 and found that the diet could reduce LDL cholesterol levels by almost 30% in 4 weeks. This was more than a three times greater reduction in LDL cholesterol compared to a low saturated fat diet and similar to the effect of a low dose of cholesterol-lowering (statin) medication.

Further studies have since been published and a 2018 systematic review of 7 studies found that combining the portfolio diet with a standard cholesterol-lowering diet (the US National Cholesterol Education Program (NCEP) Step II diet) resulted in a 17% greater reduction in LDL cholesterol compared to the NCEP Step II diet alone. There was also a greater reduction in non-HDL cholesterol, apolipoprotein B, total cholesterol, triglycerides, systolic and diastolic blood pressure, C-reactive protein (a marker of inflammation) and estimated 10-year coronary heart disease risk with the addition of the Portfolio diet.

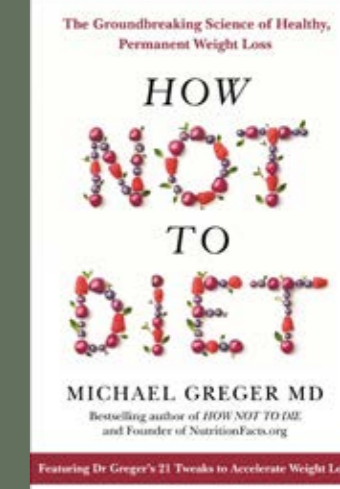
So if you want to reduce your cholesterol levels, cutting down on saturated fat is important, but for an even greater cholesterol-lowering effect, make sure you eating plenty of fruit, vegetables, plant protein including soy foods and legumes, grains such as oats and barley, and a handful of nuts each day.

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

Dr. LoL:)



## COMPETITION



Win a copy of *How Not to Diet* courtesy of Pan Macmillan.

Put an end to dieting and replace weight-loss struggles with this easy approach to a healthy, plant-based lifestyle.

Every month seems to bring a trendy new diet or a new fad to try in order to lose weight.

How Not to Diet is a treasure trove of buried data and cutting-edge dietary research that Dr Michael Greger, renowned nutrition expert, has translated into accessible, actionable advice with exciting tools and tricks that will help you to safely lose weight and eliminate unwanted body fat — for good.

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

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

Continued from front page...

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

Dr Lian Chen - Mon, Thu  
MD, FRACGP

Special interests: paediatrics, men's health, chronic disease management, minor procedures

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 (maternity leave)

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 independent 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, Arya, Skye, Ashley, Georgia, Anna and Jonte. 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 APRIL 2024

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, Diners, 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.