

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

Dr Lian Chen has settled in well at Health at Dulwich since commencing his private medical practice here in June 2024 and will be increasing his availability across the entire week from December 2024.

Dr John Au is offering Bulk-Billed Skin Checks. Book an appointment with Dr Au for a skin check now!

INDEPENDENT TENANT CONSULTING DOCTORS

Dr Lian Chen - Mon, Tue, Thu, Fri, Sat
MD, FRACGP

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

Dr Melissa WRIGHT - Mon, Wed, Fri, Sat
MD, FRACGP, DCH

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

Dr John AU - Mon, Wed, Fri, Sat
MBBS (Hons), FRACGP

Special interests: men's & women's health, chronic disease management, mental health, skin cancer, iron infusion therapy

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

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

Dr Anita DANIEL - Tue, Thu
MD, FRACGP

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

Continued on back page...

YOUR HEALTH

Summer 2024 Edition 112

Binge Eating Disorder	1
DASH Diet: A Plan for Hypertension	2
Managing Alcohol Intake	2
Legumes: A Protein Power House	3

YOUR COPY — FREE TO TAKE HOME

BINGE EATING DISORDER



It's common to overeat at Christmas. Large meals, indulgent treats, and a social focus on food make it hard to resist. It's important to differentiate, however, an occasional splurge from a binge eating disorder (BED).

Binge eating disorder is characterised by episodes of overeating at least once a week, over a duration of about 2 hours, for longer than three months.

Signs include eating fast, feeling out of control, eating when not hungry or uncomfortably full, and eating alone or in secrecy to avoid embarrassment. Episodes are followed by emotional distress.

BED is a serious mental health problem but help is available. It is treatable and lasting recovery can occur.

Binge Eating Prevalence

In Australia, 1.1 million people are experiencing an eating disorder, almost half of which are Binge eating disorder (BED).

The National Eating Disorders Collaboration says BED doesn't discriminate by age or cultural background. It is more common in women than men and is often associated with other mental health conditions such as depression and anxiety.

The impact of BED can be substantial. It may include weight gain, obesity, diabetes, heart disease, and social isolation. Sadly, according to the Butterfly foundation, fewer than one third of people with this eating disorder receive treatment or support.

Treating Binge Eating Disorder

Treatment for BED typically involves a combination of therapy, such as cognitive-behavioral therapy (CBT), and in some cases, medication.

Support groups are also effective in which others who have overcome similar challenges can provide understanding and practical advice.

By seeking treatment and support, people with BED can improve their health and quality of life. Lasting recovery is possible.



Rainbow Veggie Slice

Serves: 12
Preparation time: 5 mins
Cooking time: 35 mins

This dish is sure to be a family favourite and wow your guests. Bursting with colour, this dish is super tasty and you get the goodness of veggie variety as well as whole grain fibre.

Ingredients

- 6 large eggs
- 1/2 cup milk, or So Good Soy or Almond Milk
- Salt and pepper
- 3 cups frozen stir-fry veggies, slightly thawed
- 3/4 cup grated Edam cheese
- 4 Weet-Bix wheat biscuits, crushed

Instructions

1. Preheat oven to 180°C (350°F). Lightly oil a rectangle (23 x 33 cm) baking dish.
2. Whisk together eggs, milk, and a pinch of salt and pepper. Stir through veggies. Fold in cheese and crushed Weet-Bix wheat biscuits.
3. Pour batter into prepared pan and smooth top. Bake 35 – 40 minutes until golden and cooked through.
4. Cool in pan, cut into 12 pieces.

Nutrition

PER SERVE: Energy 550 kJ (131 Cal), Protein 10 g, Fat 7 g (Saturated 3 g), Carbohydrate 8 g (Sugars 2 g), Fibre 2.8 g, Sodium 179 mg, Potassium 141 mg, Iron 1.4 mg, Calcium 178*

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

DASH Diet: A Simple Plan for High Blood Pressure

According to the National Health Survey of 2022, 1 in 5 adult Australians had high blood pressure. Also called hypertension, it affects males and females equally and is a major issue as it can lead to heart and kidney disease, and stroke.

Enter the DASH diet. The DASH diet stands for Dietary Approaches to Stop Hypertension, is a popular and effective eating plan designed to lower blood pressure. The DASH diet has been shown to reduce the risk of heart disease, stroke, and type 2 diabetes.

Key Components of the DASH Diet

The keys to the DASH diet are:

- **Fruits and vegetables:** Aim for at least 4-5 servings of fruits and 4-5 servings of vegetables each day. These are rich in essential nutrients, fibre, and antioxidants.
- **Whole grains:** Opt for whole grains like brown rice, quinoa, and whole-wheat bread. They provide fibre, vitamins, and minerals.
- **Low-fat dairy:** Include low-fat or non-fat dairy products like milk, yoghurt, and cheese.



- **Lean protein:** Choose lean protein sources like poultry, fish, beans, and lentils. Limit red meat and processed meats.
- **Healthy fats:** Include healthy fats like nuts, seeds, and olive oil.
- **Limited salt:** Reduce your intake of salt by limiting processed foods and using herbs and spices for flavour.
- **Limited sugary drinks:** Avoid sugary drinks and limit your intake of added sugars.

Tips for Success

For the best chance of success, start gradually. Make small changes to your diet over time to make it easier to stick with.

Don't trust the marketing on the package, read food labels. Pay attention to sodium content, added sugars, and serving sizes.

Swap refined grains for whole grains (eg white bread for whole grain bread)

Cooking at home is always better when you can because it gives you control over the ingredients and the portion sizes.

Prepare meals and snacks in advance to avoid unhealthy choices.

For more information: [Heart Smart Australia](#) has meal plans, tips and more information.

Legumes: A Protein Powerhouse

Legumes are a type of plant that produce seeds in pods. They're a nutritional powerhouse, packed with protein, fibre, and essential vitamins and minerals. Adding more legumes into your diet can provide several health benefits.

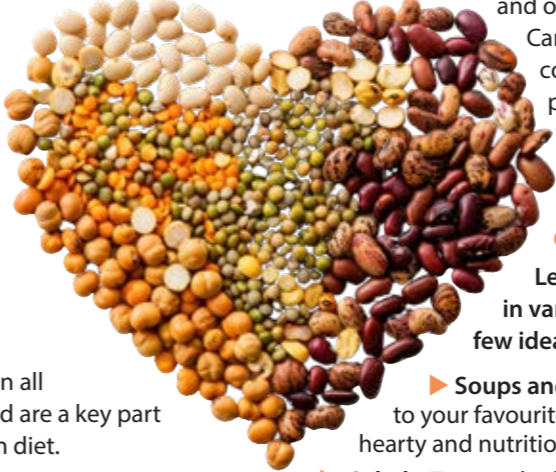
What are legumes?

Legumes come in many varieties, including beans, lentils, peas, and chickpeas. Each type offers its own unique flavour and nutritional profile.

They are widely eaten all around the world and are a key part of the Mediterranean diet.

Why are legumes good for you?

- **Protein power:** Legumes are a great source of plant-based protein, essential for building and repairing tissues.
- **Fibre-rich:** The fibre in legumes helps keep you feeling full, promotes digestive health, and can help regulate blood sugar levels.
- **Nutrient-dense:** Legumes are packed with essential vitamins and minerals, including iron, magnesium, potassium, and folate.
- **Low in fat:** Legumes are a low-fat food option, making them a heart-healthy choice.



Where can I find legumes?

Legumes are widely available at grocery stores and health food shops. You can find them in dried, canned, or frozen form. Dried legumes are often more affordable and offer a longer shelf life. Canned legumes are convenient and require no preparation.

How to incorporate legumes into your diet?

Legumes can be enjoyed in various ways. Here are a few ideas:

- ▶ **Soups and stews:** Add legumes to your favourite soups and stews for a hearty and nutritious meal
- ▶ **Salads:** Toss cooked legumes into your salads for a boost of protein and fibre
- ▶ **Hummus and dips:** Make your own hummus or other dips using chickpeas
- ▶ **Falafel:** Create delicious falafel patties using chickpeas or broad beans
- ▶ **Curries and stir-fries:** Incorporate legumes into your favourite curries and stir-fries

By adding more legumes to your diet, you can enjoy the many health benefits they offer. Experiment with different varieties to find your favourites and discover new and delicious ways to incorporate them into your meals.



"Cut down on the ho ho ho's."

COMPETITION



Win a copy of *What Goes with What: 100 Recipes, 20 Charts, Endless Possibilities* courtesy of Pan Macmillan.

Julia offers readers a new way to think about cooking, one that focuses on mastering the alchemy of a meal—and then offers endless iterations.

Organized into six sections (salads and sandwiches; soups, stews and braises; rice, more grains, and pasta; vegetables; mains; and baked goods), Julia arms readers with 20 charts and 100 recipes that teach them how to build a successful dish, while making ample room for creativity and personal preference.

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

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

Managing Alcohol Intake

Summertime in Australia means plenty of sunshine, beach days, and social gatherings. And let's face it, alcohol often plays a part in these events. While there is no 'safe' amount of alcohol, these tips can help us reduce the risks to our health if we choose to drink.

1. Stay Hydrated

It's easy to forget to drink water when you're having fun, but dehydration can exacerbate the effects of alcohol.

2. Eat Before You Drink

Food can help slow down the absorption of alcohol into your bloodstream, so it's a good idea to eat something before you start drinking. Slow down and enjoy food pairings.

3. Choose Your Drinks Wisely

Some drinks contain more alcohol than others, so be mindful of what you're drinking. For example, a standard glass of wine or beer contains less alcohol than a shot of spirits. Use the [FARE standard drink face sheet](#)

4. Embrace the Rise of Non-Alcoholic Drinks

Australians are increasingly turning to non-alcoholic drinks as a healthier and more refreshing alternative to traditional alcoholic drinks. Major alcohol brands and select craft makers are selling well-known beer, wine, and spirits — all without any alcohol.

5. Consider Dry Challenges

Dry July, Sober October, and Febfast are just a few examples of popular dry challenges that encourage people to abstain from alcohol for a set period. These challenges can be a great way to improve your health, boost your energy levels, and save money.

6. Remember, Drinking is for Pleasure, Not Health

While moderate alcohol consumption may be pleasurable, drinking can have serious health consequences, such as injury, chronic conditions, and premature death. There is no safe amount of alcohol. It's a major public health issue, so if you choose to drink, stick to the Australian guidelines.

For healthy adults:

- No more than 4 standard drinks on any single day
- No more than 10 standard drinks per week

It's important to note that this is a guideline, and individual tolerance and risk factors can vary. If you're pregnant, breastfeeding, or taking certain medications, you should avoid alcohol altogether.

Help to quit drinking

If you're a heavy drinker, or feel alcohol is a problem for you, giving it up can lead to many improvements in your life. Your mood, energy, relationships, money, work productivity, and health can all benefit.

Your doctor can refer you to [treatment](#) such as detox, medication, and counselling.

The National Alcohol and Other Drugs Hotline provides confidential support to anyone struggling with addiction 24 hours a day. Phone 1800 250 015.



Continued from front page...

Dr Ruth BAIGENT - TTue, Wed, Thu, Sat

MBBS (Hons), FRACGP, DCH

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

Dr Crina SOLOMON - Mon, Thu, Sat

MD, FRACGP

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

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

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 and successfully passed our recent triennial accreditation in September 2024.

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 and Chloe, and Amy our phlebotomist, 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 Grace, Mia, Jessye, Skye, Jonte, Ashley, and Arya. 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 the 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
- Mental Health Consults & Care Plans
- 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 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 may bill a lower reduced fee for children 5 years and older and under 13 years of age, with the fee up to the Doctor's discretion. 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.