

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout
Your Family's Life*

Doctors Taking on New Patients

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Dulwich SA 5065**

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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 Jennifer Wilson has settled in well at Health at Dulwich since commencing her private medical practice here in April 2025. Book an appointment now with Dr Wilson.

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

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

Dr Jennifer WILSON - Mon, Sat MD, FRACGP

Special interests: paediatrics, travel medicine, preventative health & wellbeing, chronic medical conditions, mental health

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

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YOUR HEALTH

Winter 2025 Edition 114

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YOUR COPY — FREE TO TAKE HOME

STAYING ACTIVE DURING COLDER MONTHS

When the days get shorter, it's common for our moods to take a dip, staying active is important — not only for physical health but our mental wellbeing.

A major study last year found some types of exercise as effective as antidepressants, but what exercise works best depends on age and gender.

Here are a few ideas to help you stay active.

Walking in the Daylight

The limited daylight hours during winter can affect our circadian rhythm, impacting our mood and energy levels.

Getting some sunlight when you wake helps regulate your sleep-wake cycle, and boosts vitamin D levels.

Plus, the rhythmic movement of walking can be meditative, helping to clear your mind and reduce stress.

Indoor Yoga or Pilates

Indoor yoga or pilates classes, or online routines, are excellent ways to stay active while keeping warm.

These practices focus on controlled movements, flexibility, and core strength, which are beneficial for maintaining physical fitness with low impact.

The emphasis on mindful breathing and relaxation also helps to reduce anxiety and promotes a sense of calm.

Home Dance Workouts

Putting on your favourite music and dancing around your living room is a fantastic way to boost your mood and get your heart pumping.

Research published last year in Sports Medicine found that dance was effective at enhancing psychological and cognitive health.

Dancing can also be a great stress reliever, allowing you to let go of tension and embrace a sense of joy. The physical exertion contributes to cardiovascular health, while the fun aspect makes it an enjoyable way to stay active.

Water-based Activities

If you have access to a heated indoor pool, swimming is a wonderful option for winter exercise.

The buoyancy of water makes it gentle on joints, suitable for people of all ages, fitness levels, as well as those nursing injuries or dealing with arthritis.

Team Sports

Indoor team sports like basketball, netball, bowls, or badminton offer a great mix of physical activity and social connection. Playing with others can make exercise feel more like fun than a chore — and because many team sports require commitment, they're easier to turn into a routine.

Making an effort to stay active will help you feel healthier and more connected throughout winter.



Recipe



Baked Vegetable Casserole

Serves:	Preparation time:	Cooking time:
6	10 mins	55 mins

A hearty winter warmer packed full of vegetables, high in protein and fibre.

Ingredients

- 2 tbs oil, divided
- 1 medium onion, sliced
- 2 tbs tomato paste
- 1 tsp marmite
- 425g can tomatoes, chopped
- 415g can cannellini beans, drained
- 1 tbs fresh parsley, chopped
- 2 tbs oil, divided
- 1 kg frozen mixed vegetables (approx. 8 cups)
- 4 medium potatoes
- ½ cup reduced-fat cheese, grated

Instructions

1. Heat 1 tablespoon oil in a large saucepan and saute onion for 2 – 3 minutes until soft. Add tomato paste and marmite and cook for 1 minute.
2. Stir through chopped tomatoes, beans and parsley. Add frozen vegetables and stir to coat with tomato mixture. Remove from heat and place in a large casserole dish.
3. Slice potato thinly and layer over vegetable mixture. Brush with remaining oil and sprinkle with cheese.
4. Bake in a moderate oven, 180 °C for 45 minutes or until golden.

Nutrition

PER SERVE: Energy 1410 kJ (335 Cal), Protein 17 g, Fat 9 g (Saturated 2 g), Carbohydrate 40 g (Sugars 12 g), Dietary Fibre 14.2g, Sodium 375 mg, Potassium 1460 mg, Iron 4.3 mg, Calcium 194

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

Healthy Eating on a Budget

The Australian Bureau of Statistics reports that fruit and vegetable prices rose by 7.5 percent last year. But with a bit of planning and savvy shopping, you can nourish your body and look after your bank balance

Buy Seasonal Produce

Have you ever noticed big price swings for certain fruits throughout the year?

One of the easiest ways to save money is to buy fruit and vegetables that are in season.

During summer, for example, mangoes are abundant and offer a low-cost treat rich in vitamins A, C, and fibre. In winter, oranges become more affordable, providing a boost of vitamin C, calcium, folate, and potassium.

Buying seasonal produce ensures you're getting the freshest, most nutrient-rich options at the best value.

Rethink Where You Shop

Fresh food at the supermarket is often picked before it's ripe, transported long distances, and kept in refrigerated storage for weeks — reducing its quality.

Local farmers' markets offer produce that's travelled far less to get from paddock, tree, or vine to your plate. You'll often find fresher, tastier

options — and may even pay less for them.

Frozen Doesn't Mean Less Fresh

If you can't get it fresh, go frozen.

Nutritionists say frozen vegetables are picked at their peak and are just as nutritious as fresh. They also help reduce kitchen waste.

Frozen, tinned, and dried pantry staples — like beans and legumes — offer a nutritional punch for a fraction of the cost of fresh produce.

Visit a European or Asian grocer in your area for affordable ingredients and a wider variety. Go on a food safari!

Cook from Scratch

- Home cooking is the key to cheaper groceries and more delicious meals.
- Make a weekly meal plan with dishes everyone will eat.
- Buy larger, plain versions of items like yoghurt or passata, and add your own flavours.
- Swap out one meat-based meal a week for plant-based proteins, such as quinoa and black beans — you'll boost your health and stretch your budget.
- Make your own treats. Cakes, bars, and muffins are simple, tasty, and healthier than store-bought versions.

Sticking to a grocery budget isn't about being boring — it's about being creative. You might just find yourself feeling healthier, too.



The Truth About Weight Loss Drugs

Social media is flooded with dramatic weight-loss stories — many linked to medications. In Australia, several weight-loss drugs are now TGA-approved. But are they medical miracles or risky shortcuts?

Who are Weight-Loss Drugs For?

Two in three Australian adults were overweight or obese in 2022. Excess weight raises the risk of chronic diseases like heart disease, diabetes, and cancer.

Doctors may prescribe weight-loss drugs for people with obesity or weight-related conditions, especially when diet and exercise alone haven't worked. Medications like phentermine, liraglutide, orlistat, and semaglutide are approved for weight management, but are not subsidised under the PBS — so patients pay full price.

How Weight-Loss Medications Work?

- ▶ **Semaglutide:** A GLP-1 receptor agonist that slows digestion, reduces appetite, and helps regulate blood sugar. Originally developed for type 2 diabetes, it's now widely used for weight loss. There are 2 brands of semaglutide available:
 1. **Ozempic:** TGA-approved for diabetes but often prescribed off-label for weight loss. It contains semaglutide and is taken as a weekly injection.
 2. **Wegovy:** A higher-dose form of semaglutide, approved in Australia for chronic weight management in adults with obesity or weight-related conditions.
- ▶ **Liraglutide (Saxenda):** Another GLP-1 agonist, taken daily. Saxenda curbs hunger and is approved specifically for weight loss.

- ▶ **Xenical (Orlistat)** - Works by blocking about 30% of fat absorption in the gut. Best used with a low-fat diet to reduce calorie intake and support weight loss.
- ▶ **Mounjaro (Tirzepatide)** - A newer weekly injection that mimics GLP-1 and GIP hormones. It regulates blood sugar and increases feelings of fullness to aid weight loss.

Evidence-Based Benefits

When used under medical supervision, weight-loss medications can support significant and sustained weight loss, particularly when combined with lifestyle changes. Potential benefits include:

- Lower blood pressure
- Improved blood sugar control
- Reduced risk of cardiovascular disease
- Enhanced mobility and quality of life

The Side Effect Trade-Off

Common side effects include nausea, vomiting, diarrhoea, constipation, and fatigue.

Less common but serious side effects may include pancreatitis, gallbladder disease, or kidney issues.

Weight regain is possible, especially if lifestyle changes are not maintained after stopping the medication.

Are the Results Worth the Risk?

Weight-loss drugs can be highly effective tools — but they're not magic bullets. Their success depends on proper medical supervision, commitment to a healthy lifestyle, and realistic expectations.

Dr.LoL:)



COMPETITION



Win a copy of CSIRO Low-Carb Every Day courtesy of Pan Macmillan.

Struggling with weight, blood sugar, or low energy?

The CSIRO Low-Carb Diet is back—backed by science and now even easier to follow at home.

With updated research, 80 new quick and delicious recipes, simple daily meal plans, and fresh exercises to boost strength and health, this fully-researched guide makes better eating practical, sustainable, and effective for everyday Aussies.

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

Competition opens 1st June 2025. The winning entry will be selected on 1st September 2025 and notified by email.

Is Intermittent Fasting Different for Women?

Intermittent fasting (IF) has become a popular approach for weight management and improving overall health. With two in three Aussies classified as overweight or obese, it's no surprise that IF is gaining traction — but do men and women experience the same results?

What is Intermittent Fasting?

Intermittent fasting isn't about what you eat, but when you eat. It involves cycling between periods of eating and fasting.

One common method is 16:8 fasting, where you fast for 16 hours and eat during an 8-hour window. Another is the 5:2 diet, where you eat normally for five days a week and restrict calories on two non-consecutive days.

Research suggests IF may assist with weight loss, improved blood sugar levels, and better

blood pressure control. However, emerging evidence indicates that women may respond differently to fasting than men.

How IF May Affect Women Differently?

Dr Stacy Sims, an expert in female physiology and nutrition, argues that intermittent fasting is not always beneficial for women. These are the reasons why:

1. Hormonal Sensitivity

Women's bodies are more sensitive to calorie restriction due to complex hormonal fluctuations, particularly involving estrogen and progesterone. Sims points out that the female hypothalamus — the brain's hormone control centre — is highly responsive to energy deficits. Fasting may disrupt hormonal balance more easily in women.

2. Stress Response (Cortisol)

Fasting can trigger a stress response, increasing levels of cortisol — the body's primary stress hormone.

Chronically elevated cortisol can lead to increased fat storage (especially around the abdomen), muscle loss, blood sugar imbalances, and issues with sleep and mood. These effects tend to be more pronounced in women.

3. Metabolic Differences

Some studies suggest that men may experience a short-term metabolic boost during fasting, while women's metabolisms may slow down in an effort to conserve energy.

Sims advocates for a more personalised, physiology-aware approach to nutrition and training, especially for women.

When to Avoid Intermittent Fasting

Intermittent fasting isn't suitable for everyone. You should avoid IF if you:

- Are pregnant or breastfeeding
- Are underweight or have a history of disordered eating
- Have type 1 diabetes or other medical conditions that affect blood sugar regulation
- Experience fatigue, stress, or disruptions to daily life while fasting

As with any diet or health change, it's a good idea to consult your GP or a qualified dietitian.

What It All Comes Down To

While intermittent fasting may offer benefits like weight loss and improved metabolic health, it's not a one-size-fits-all solution — especially for women.

Dr Ruth BAIGENT - TTue, Wed, Thu, Sat

MBBS (Hons), FRACGP, DCH

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

Vanessa KAO - Wed, Fri

IBOP - Podiatrist

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

Xixi – RN Practice Nurse

Kate – RN Practice Nurse

Jessica – EN 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 triennial accreditation at the end of 2024.

Experienced and committed independent tenant 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, Xixi, Kate and Jessica, 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, Jessye, Skye, Jonte, Aarya, Ashley and Amalia. 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 or nursing staff via message and your doctor will either return your call at their earliest convenience or instruct for an appointment to be scheduled. 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 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 and to **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 Plans - Chronic Disease Management
- Health Check for 45 - 49 yrs
- Senior Health Assessments > 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 - 2025

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 & Everyone Is Not Bulk Billed? Unfortunately, the Federal Government's tripling of bulk-billed incentives for eligible patients along with the government's inadequate indexation of your Medicare Rebates, Medicare has not kept pace with the rising costs for Doctors to operate their medical practice. Your Medicare Rebates were frozen for an extended period of time and recent bulk billing incentives announced by the Federal Government and Opposition Party still fall well below the actual costs incurred by Doctors to provide high-quality medical care and services. This means they are not in a position to bulk bill all patients. **Please speak to your local Federal MPs to raise your concerns that your Medicare Rebates have not kept up with inflation to meet rising costs.** Furthermore, the current State Government has decided to mistreat payroll tax on independent tenant General Practitioners (who are not employees and are small businesses in their own right) and are now including GPs for the purposes of payroll tax. GPs are now forced to add this additional payroll tax cost to the private fees they charge patients. **Please speak to your local State MP to raise your concerns that the government's incorrect treatment of payroll tax on independent tenant GPs is adding to the already increasing costs to run a General Practice.**

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.