

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout
Your Family's Life*

Doctors Taking on New Patients

**12 Stuart Road
Dulwich SA 5065**

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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 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

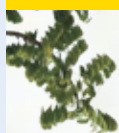
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YOUR HEALTH

Spring 2025 Edition 115

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YOUR COPY — FREE TO TAKE HOME



BREATHE EASY THIS SPRING

SIMPLE WAYS TO MANAGE SEASONAL ALLERGIES

Welcome to picnic season! But your nose is a tap and your eyes won't stop crying. Your motto is 'achoo' and people are blessing you twenty times a minute.

Ah, Spring is delightful — with an unwelcome visitor.

One in five Australians suffers from seasonal allergic rhinitis (hay fever). That's over 4.6 million of us dealing with sneezing, itchy eyes, runny noses, and fatigue — especially during spring and early summer when pollen levels are high.

While hay fever isn't dangerous, it can seriously affect your sleep, mood, and the picnics you've been planning.

The good news? With a few simple strategies, you can take control of your symptoms and enjoy the season again.

WHAT CAUSES SNIFFLES?

In Australia, hay fever is usually triggered by pollen from grasses, trees, and weeds — particularly ryegrass, which is common in southern states. When pollen enters your nose or eyes, your immune system treats it like a threat, releasing histamines that cause allergy symptoms.

Here are a few things you can do:

CHECK THE POLLEN FORECAST

Before heading outdoors, check the daily pollen count through websites like AusPollen or the Bureau of Meteorology. Pollen levels are usually highest in the morning (between 6am and 10am) and on hot, windy days.

LIMIT YOUR EXPOSURE

Keep windows closed on high pollen days — especially in the bedroom. Use air conditioning on 'recirculate' mode.

After outdoor activity, change your clothes, shower, and rinse your face to wash off pollen particles.

TRY A SALINE RINSE

A gentle saline nasal spray or rinse can help clear pollen from your nasal passages and reduce congestion. It's drug-free and easy to use, especially before bed or after being outside.

USE THE RIGHT MEDICATION

Non-drowsy antihistamines, steroid nasal sprays, and eye drops can provide fast relief. These are widely available at pharmacies, but it's a good idea to ask your pharmacist or GP what's best for your symptoms and lifestyle.

CONSIDER A LONG-TERM PLAN

If allergies are affecting your sleep, work, or quality of life, speak to your doctor about longer-term options like desensitisation (allergy immunotherapy) or allergy testing.

Seasonal allergies are a nuisance but with a bit of planning, they don't have to take over your picnic. Start with simple daily habits, and talk to your GP if you need more targeted support.



Recipe



Cheesy Sausage Rolls

Serves:	Preparation time:	Cooking time:
8	10 mins	15 mins

A light and tasty spring snack that's perfect for picnics, packed with protein from sausage and cheese!

Ingredients

- ½ packs of Vegie Delights™ Vegie Sausages
- 2 sheets of frozen reduced fat puff pastry, thawed
- 4 tbs of relish of your choice
- 1 cup cheese of your choice, grated
- 1 tbs olive oil
- Sesame seeds

Instructions

1. Preheat oven to 220°C.
2. Cut pastry sheets into quarters. Place ½ tbs of relish onto each quarter. Sprinkle a small handful of cheese on top of relish. Then top-off with 1 Vegie Sausage per quarter.
3. Brush edge of pastry with water and roll-up to enclose. Press down edge to seal.
4. Repeat with remaining ingredients.
5. Place rolls seam side down on a lined baking tray. Score rolls with knife, brush with oil and sprinkle with sesame seeds. Bake for 20 mins or until golden and

Nutrition

PER SERVE: Energy 1400 kJ (334 Cal), Protein 17 g, Fat 17 g (Saturated 6 g), Carbohydrate 27 g (Sugars 7g), Dietary Fibre 1g, Sodium 568mg, Potassium 118 mg, Iron 1 mg, Calcium 138

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

Spring into Good Eating

As the weather warms, many of us naturally crave lighter, more vibrant foods. But there's more to spring eating than just a change in appetite. Spring produce is bursting with powerful plant compounds called phytochemicals

What are phytochemicals?

Phyto means 'plant' in Greek. Phytochemicals are natural compounds plants make to protect themselves from pests, disease, and harsh weather. When we eat these plants, we get the same protective benefits.

What do phytochemicals do for us?

Half of current cancer drugs are derived from phytochemicals. Several others are being investigated in clinical trials, according to Frontiers in Pharmacology (2023).

These plant compounds have antioxidant, anti-inflammatory, and disease-fighting properties. They help:

- Protect our cells from damage caused by pollution, stress, and processed foods
- Fight disease, including cancer, heart disease, and infections
- Reduce inflammation, which, if left unchecked, can lead to chronic illness
- Balance hormones, supporting better energy, mood, and sleep
- Feed our gut microbiome, serving as food for bacteria supporting digestion and immunity



The Power of Eating the Rainbow

Phytochemicals come in many forms, each with unique benefits. The colours give a clue.

- **Carotenoids** are found in carrots, spinach, and the first ripe tomatoes of the season. Deep orange, yellow, and green hues have phytochemicals that support healthy skin, strong immunity, and sharp vision—just what we need coming out of winter.
- **Flavonoids** flourish in crisp apples, onions, fresh kale, green beans, and even in a calming cup of green tea. These phytochemicals fight inflammation and oxidative stress (the imbalance of free radicals).
- **Cruciferous vegetables** — like broccoli, cabbage, and bok choy — are rich in indoles. These are known for supporting hormone balance and protecting against certain cancers.
- **Lutein**, in spring greens, helps protect eyesight. Lycopene in tomatoes, supports heart health and may reduce the risk of some cancers.

Australia's native bush foods pack serious nutritional power. Kakadu plum, for example, has the **highest amount of vitamin C of any fruit**. Davidson plum, Muntries, and Quandong peach have adapted to harsh climates over millennia and are especially rich in phytochemicals.

Check out the Seasonal Food Guide Australia: seasonalfoodguide.com.au — to see what's good near you.

Spring's bounty isn't just fresh and tasty — it's functional. By enjoying the season's produce, you're giving your body nourishment and the natural disease-fighting power of phytochemicals.

Diet Influences: Dementia and Depression

About one in five Australians are affected by a mental illness, according to the Australian Bureau of Statistics. New research from Edith Cowan University (ECU) showed a new link between food choices and dementia (AD). Essentially, what you eat influences brain health through inflammation, gut function, and even the gut-brain connection.

Influence of Diet on Depression

An earlier Australian study, known as the SMILES (Supporting the Modification of lifestyle in Lowered Emotional States), showed that people with depression who followed a Mediterranean-style diet saw significant improvements in their symptoms.

Over 32 percent of participants in the diet group achieved remission, compared to 8 percent in the control group.

The Impact of Food on Biological Pathways

Oxidative stress and inflammation are thought to play a key role in depression.

Oxidative Stress occurs when there are too many free radicals



in the body, which can damage cells. Antioxidants, like fruits, vegetables, and herbs, help combat them.

Inflammation is also linked to depression. When the body is inflamed, it can interfere with the brain's ability to regulate mood and energy levels.

Food for Better Mental Health

Focus on eating plenty of whole foods and reducing processed, convenience foods.

- **Omega-3 Fatty Acids:** Omega-3 fatty acids have anti-inflammatory effects. Sources include walnuts, flax seeds, and olive oil.

Does Meal Timing Affect Weight Loss?

The enduring principle of weight loss—that consuming fewer calories than you expend is key—remains foundational. But the exciting field of chrononutrition is adding a new layer to our understanding, suggesting that when we eat can play a significant role in our weight management, commitment to a healthy lifestyle, and realistic expectations.

Chrononutrition: Eating in Sync with Your Body's Clock

Our bodies operate on an intricate 24-hour cycle, known as the circadian rhythm. This internal clock regulates metabolism, hormone production, and digestive efficiency. Chrononutrition explores how aligning our meal times with this rhythm can achieve better health outcomes, including weight management.



What Research Suggests

A large study of over 50,000 participants, indicated that certain meal timing patterns correlated with a lower Body Mass Index (BMI). These patterns included eating breakfast, making breakfast or lunch the largest meal, and maintaining a longer overnight fast.

Conversely, consuming more than three meals (including snacks) and having dinner as the largest meal were associated with a higher BMI.

This suggests that front-loading your calorie intake earlier in the day, when your body is naturally more active and efficient, could be beneficial.

However, another study published in Cell Metabolism (2022) compared weight loss outcomes between groups. One group consumed calories in the morning. The other group had an evening-loaded diet. Interestingly, this research found no significant difference in overall weight loss or energy expenditure between the groups.

However, there was one crucial difference. The morning-loaded diet reported significantly lower hunger throughout the day. Reduced hunger can make it easier to avoid overeating and thereby achieve your weight loss goals.

A Balanced Approach for Sustainable Weight Management

Ultimately, for sustainable weight management, focus on a balanced diet rich in whole, unprocessed foods. The new (and old) chrononutrition approach of eating your biggest meals earlier in the day may help reduce hunger and aid weight loss.

Eat breakfast like a king, lunch like a prince and dinner like a pauper — as long as that works for you.

The best dietary approach is the one you can stick to.

For personalised advice tailored to your specific needs, always consult with your doctor or an Accredited Practising Dietitian.



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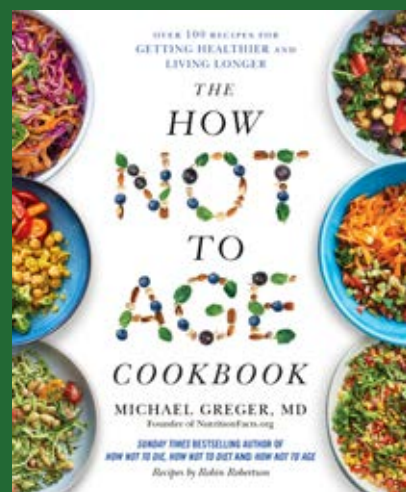
- **B Vitamins:** B vitamins, particularly B12 and folate, are essential for producing serotonin, a neurotransmitter that helps regulate mood. Foods rich in B vitamins include leafy greens, eggs, and legumes.
- **Magnesium:** Magnesium deficiencies have been linked to depression and anxiety. Include foods like nuts, seeds, and leafy greens to boost magnesium levels.
- **Antioxidants:** These help protect the brain from damage caused by free radicals, supporting better mental health. They're found in foods like berries, dark chocolate, and green vegetables.

While diet alone is not a cure for depression or Alzheimer's, food choices may help or even play a preventative role.

Dr.LoL:)



COMPETITION



Win a copy of *The How Not to Age Cookbook* courtesy of **Pan Macmillan**.

Concerned about aging, declining health, or losing vitality as you get older?

The *How Not to Age Cookbook* delivers science-backed recipes to help you live your longest, healthiest life..

With over 100 delicious, nutritionally balanced recipes featuring ingredients proven to promote longevity and inspired by the world's longest-living populations, this fully illustrated guide makes healthy aging practical and achievable.

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

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

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 - 1 JULY 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.