

CARING - COMPASSIONATE - COMMITTED

*Comprehensive Healthcare Throughout
Your Family's Life*

Doctors Taking on New Patients

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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.

Drs Jennifer Wilson, Lian Chen, John Au and Anita Daniel are taking on new patients. Book an appointment with them 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 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

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YOUR HEALTH

Summer 2025 Edition 116

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YOUR COPY — FREE TO TAKE HOME

STAYING SAFE AROUND WATER

What's the first thing that comes to mind when the temperature soars? For most of us, it's heading straight to the nearest body of water. From backyard pools to world-famous beaches, water is our go-to escape from the heat.

With our incredible coastline and countless swimming spots, we're spoilt for choice when it comes to water fun. The key is making sure every splash, swim, and surf session ends with everyone heading home safely with big smiles and maybe a slight sunburn.

Most water emergencies are completely preventable with just a bit of know-how. So let's dive into some simple tips that'll keep your water adventures both fun and safe.

Spotting Rip Currents Like a Local

Here's a handy skill that'll make you feel like a proper beach veteran: knowing how to spot a rip current. Rips cause 90% of beach rescues, but they're completely manageable once you know what to do.

Look for channels of rougher, discoloured water moving away from shore. If caught in one, swim parallel to the beach until you're free, then head back to shore. [Surf Life Saving Australia](#) has an excellent visual guide with videos and photos showing exactly what to look for.

Keeping Little Ones Safe and Happy

We all know kids are drawn to water like magnets. The trick is staying close enough to help if they

need it — think arm's length, not across the pool.

Swimming lessons are brilliant, but even confident swimmers can get tired or spooked, so consider yourself their personal lifeguard.

The Simple Steps That Save Lives

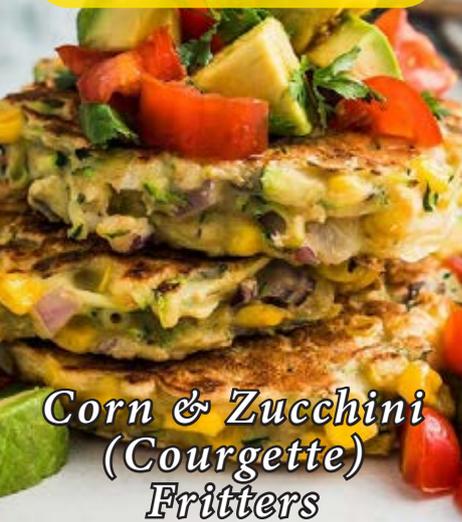
Here are the key things that'll keep your water days both fun and safe:

- **Swim between the flags:** Surf lifesavers know the local conditions and are there to help if needed
- **Understand water type:** Beach rips move differently than pool currents or river flows
- **Save the drinks for later:** Alcohol affects your judgement and reaction time, so save the drinks for after you've dried off
- **Stay sun smart:** Water reflects UV rays, so slip, slop, slap even when you're cooling off
- **Learn basic CPR:** These simple skills could make all the difference for someone you care about
- **Trust your instincts:** If conditions look dodgy or you're feeling uncertain, there's always another day for a swim

Water activities are such a huge part of our lifestyle, and with these basics sorted, you can focus on what really matters — making memories and beating the heat.



Recipe



Corn & Zucchini (Courgette) Fritters

Serves:	Preparation time:	Cooking time:
6	5 mins	20 mins

Ingredients

- 1 cup grated zucchini (approx. 1 medium)
- 1 cup frozen corn kernels, thawed and drained
- ½ red onion, finely diced
- ½ cup So Good Regular Soy Milk
- 1 large egg
- ½ cup wholemeal self-raising flour
- pinch salt and cracked black pepper
- 2 tsp olive oil, to cook Avocado salsa
- 1 avocado and 1 cup tomato, diced
- handful fresh coriander leaves, torn
- lime juice to taste

Instructions

1. Combine all ingredients (except oil and salsa items) in a large bowl and mix well.
2. Place a large skillet over medium heat and drizzle in half the olive oil. Scoop ¼ cup portions of batter onto the pan.
3. Cook fritters 3 – 4 minutes. Flip and cook a further 3 minutes until golden and cooked through. Repeat with remaining batter and oil.
4. Stir salsa ingredients together in a bowl.
5. Serve fritters warm or at room temperature, topped with avocado salsa.

Nutrition

PER SERVE: Energy 609 kJ (145 Cal), Protein 5 g, Fat 7 g (Saturated 1 g), Carbohydrate 15 g (Sugars 3g), Dietary Fibre 5g, Sodium 122 mg, Potassium 404 mg, Iron 1.4 mg, Calcium 33 Plant Sterols 2

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

Do Macros Matter?

Walk into any gym or scroll through social media, and you'll likely hear someone talking about "hitting their macros." But what exactly are macronutrients, and do they really matter as much as people claim?

The short answer? Yes and no. Let's break down what the science actually says.



What Are Macronutrients?

Macronutrients or "macros" are the three main components of food that provide energy: protein, carbohydrates, and fats. Unlike vitamins and minerals, we need these in large amounts to function properly.

Each plays different roles:

- Protein builds and repairs tissues, makes enzymes and hormones
- Carbohydrates provide quick energy for your brain and muscles
- Fats support hormone production and nutrient absorption

The Australian Guidelines Perspective

Australia's dietary guidelines actually recommend quite flexible ranges:

- **Protein:** 15-25% of total energy
- **Carbohydrates:** 45-65% of total energy
- **Fats:** 20-35% of total energy

These ranges exist because research shows people can be healthy with various macro combinations—there's no single "perfect" ratio.

What Actually Matters More

While tracking macros can be helpful, Australian nutrition research suggests focusing on food quality often trumps precise counting:

Food sources matter more than ratios. Getting carbs from vegetables and whole grains rather than processed foods makes a bigger difference than hitting exact percentages.

Total energy balance is crucial. Weight management depends more on total calories than specific macro ratios.

Individual needs vary. Your optimal balance depends on activity level, health conditions, and personal preferences.

The Stress-Free Way to Eat Well

Rather than obsessing over percentages, try this: aim for balanced meals with all three macronutrients, prioritise whole foods, and listen to your body's hunger cues.

The Australian Guide to Healthy Eating suggests filling half your plate with vegetables, one quarter with lean protein, and one quarter with wholegrains — naturally balanced without the calculator.



Iron Deficiency: The Hidden Cause of Co

Feeling tired all the time? Struggling to concentrate? Getting breathless during everyday activities? While these symptoms can have many causes, one often-overlooked culprit is iron deficiency — and it's more common in Australia than you might think.

Up to 5% of Australians have iron deficiency anaemia, with many more experiencing iron deficiency without anaemia. The condition is particularly prevalent among women of reproductive age, children, and pregnant women.

Why Iron Matters

Iron is essential for transporting oxygen throughout your body. When your iron levels drop, your body can't make enough healthy red blood cells to carry oxygen efficiently. This leads to that persistent fatigue that no amount of coffee seems to fix.

Beyond just making you tired, iron deficiency can affect your immune system, cognitive function, and overall quality of life. In children, it can impact growth and development, while in pregnancy, it increases risks for both mother and baby.

Who's at Risk?

- **Women under 50:** About 10% have depleted iron stores
- **Young children:** Studies show 15-20% of toddlers are iron deficient
- **Pregnant women:** Up to 35% develop iron deficiency anaemia
- **Indigenous Australians:** Face particularly high rates, with some communities showing 55% of women affected

Heavy menstrual periods, rapid growth spurts, pregnancy, and inadequate dietary intake are common contributing factors.

Understanding Food Sensitivities

Have you ever felt bloated, uncomfortable, or just “off” after eating certain foods? You’re not imagining it, and you’re certainly not alone. Food sensitivities affect millions of Australians, with surveys suggesting up to 25% of us believe we have some form of food intolerance.

The tricky thing about food sensitivities is they’re often misunderstood — even by healthcare professionals. Let’s clear up the confusion and help you understand what might be happening in your body.



The FODMAP Connection

One of the most common culprits behind food sensitivities is a group of carbohydrates called FODMAPs. Don’t worry about remembering the full name — just know they’re found in many everyday foods like certain fruits, vegetables, grains, and dairy products.

Some people struggle to digest these carbohydrates properly. When they reach your large intestine undigested, gut bacteria ferment them, producing gas and drawing in extra water, which causes those uncomfortable digestive symptoms.

Common Sensitivity Triggers

While FODMAPs cause many food sensitivities, other triggers include:

- Gluten - found in wheat, barley, and rye
- Food additives - like preservatives and artificial sweeteners
- Natural food chemicals - found in foods like tomatoes, chocolate, and citrus

Managing Food Sensitivities

If you suspect food sensitivities, work with a healthcare professional or dietitian. They can guide you through an elimination diet to identify your personal triggers and tolerance levels.

This process takes patience, but many people find they can still enjoy most foods once they understand their body’s specific needs.

Not All Food Reactions Are the Same

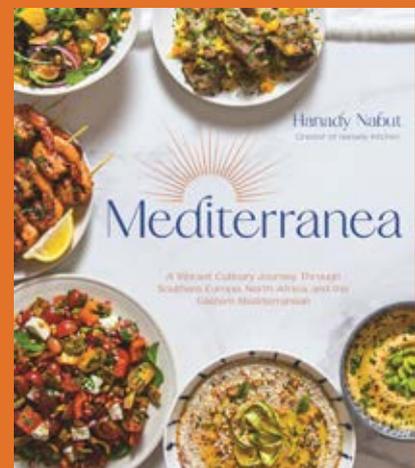
There’s an important difference between food allergies and food sensitivities. Food allergies involve your immune system and can be life-threatening, causing reactions like swelling, difficulty breathing, or anaphylaxis. Australia has one of the highest food allergy rates globally, affecting about 1 in 10 infants.

Food sensitivities (or intolerances) are different. They don’t involve your immune system and aren’t life-threatening, but they can certainly make you feel miserable. These reactions usually happen in your digestive system and can cause bloating, gas, stomach pain, or changes in bowel habits.

Dr.LoL:)



COMPETITION



Win a copy of *Mediterranea* courtesy of Pan Macmillan.

Looking for fresh, vibrant flavors that nourish your body and bring joy to every meal?

Mediterranea takes you on a delicious culinary journey through Southern Europe, North Africa, and the Eastern Mediterranean with recipes that celebrate healthy living.

With over 100 stunning recipes featuring fresh ingredients, healthy fats, and bold Mediterranean flavors inspired by the world’s most celebrated cuisine, this beautifully illustrated cookbook makes vibrant, nourishing cooking easily accessible.

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

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

Constant Fatigue

Recognising the Signs

Iron deficiency often develops gradually, so symptoms can be easy to dismiss.

- Persistent fatigue and weakness
- Shortness of breath during normal activities
- Pale skin, nails, or inner eyelids
- Restless legs or unusual cravings for ice or starch
- Difficulty concentrating or “brain fog”

Boosting Your Iron Intake

Your body absorbs iron from meat, poultry, and fish (haem iron) much more easily than from plant sources. However, you can improve iron absorption from plant foods by:

- Combining iron-rich foods with vitamin C (think spinach with lemon, or beans with tomatoes)
- Cooking in cast iron pans
- Avoiding tea and coffee with iron-rich meals

Good sources include red meat, chicken, fish, eggs, leafy greens, legumes, and iron-fortified cereals.

When to See Your Doctor

If you’re experiencing persistent fatigue or other symptoms, don’t just assume it’s normal. A simple blood test can check your iron levels. This is especially important for men and post-menopausal women, as iron deficiency in these groups may indicate underlying health issues requiring investigation.



Dr Anita DANIEL - Tue, Thu
MD, FRACGP

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

Dr Ruth BAIGENT - Tue, 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

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 and Kate, assist the doctors with a range of healthcare services. Natarsha is our practice manager and leads our friendly reception team of Grace, Jessye, Skye, Jonte, Aarya, Ashley, Amalia, Amy and Julia. 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 Condition 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 NOVEMBER 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.