



UNDERSTANDING YOUR KIDNEY HEALTH

Why these bean-shaped organs deserve attention

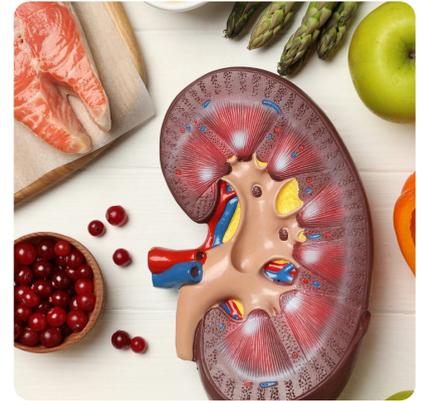
Your kidneys filter 200 liters of blood daily, yet 1 in 3 Australian adults is at increased risk of kidney disease — often without knowing it. The problem? Kidney disease shows no symptoms until up to 90% of function is already lost.

The numbers that matter:

- Blood pressure: Keep below 120/80 mmHg
- Blood sugar (fasting): Under 5.5 mmol/L
- eGFR (kidney function): Above 60 mL/min

Quick wins: Drink 6-8 glasses of water daily, limit salt and processed foods, exercise 30 minutes most days. Get kidney function tested annually if you have diabetes, high blood pressure, or family history.

[Check your risk factors →](#)



MEDICAL BREAKTHROUGHS THAT ACTUALLY MATTER

Medical science had a rough 2025 with budget cuts, but the breakthroughs kept coming.

Baby KJ became the [first person](#) to get a custom CRISPR gene edit designed just for him at Children's Hospital of Philadelphia — doctors spent 6 months creating a personalised fix for his rare enzyme deficiency.

The FDA approved [Yeztugo](#), a twice-yearly HIV prevention shot that blocks nearly all transmission (no more daily pills).

[Neffy](#) brought the **first needle-free epinephrine** in 30+ years for kids with allergies. And the FDA has now cleared nearly 1,000 AI medical devices that are detecting diseases and adjusting treatments in real-time.

💡 *Bottom line: innovation doesn't stop, even when funding slows down!*

YOUR HEALTH

PRE-DIABETES IS REVERSIBLE — BUT ONLY IF YOU CATCH IT EARLY

Your body can be silently struggling with blood sugar for years before full diabetes hits. The damage is happening now, but here's the good news: Pre-diabetes can be reversed or put into remission with lifestyle changes. Wait too long? It becomes permanent.

Get tested if you:

- Are over 40 (or 30+ for Aboriginal/Torres Strait Islanders)
- Have a family history of diabetes
- Are overweight or inactive
- Had gestational diabetes

✅ **Quick wins:** Cut sugary drinks, add 30 minutes of walking daily, lose just 5% of body weight. Small changes = big impact.

SAVE YOUR \$\$\$ WITH A GP CARE PLAN

You're paying full price for physio — and you don't have to!

A GP Care Plan unlocks up to 5 Medicare-subsidised allied health visits per year (physio, dietitian, podiatry, exercise physiology). Without one? You're paying \$80-150 per session out of pocket.

Who's eligible: Anyone with a chronic condition (*diabetes, heart disease, asthma, arthritis*) that needs ongoing management for 6+ months. Takes one 30-minute GP appointment. Valid for 12 months.

MYTH BUSTERS

MYTH: You need 8 glasses of water daily

FACT: Water needs vary by activity, climate, and individual.

Listen to your body — thirst is your best guide.

? HEALTH QUIZ

How many minutes of exercise per week does the WHO recommend for adults?

1. 75 minutes
2. 150 minutes
3. 300 minutes

ANSWER (2)

HEALTH TIPS

ASK THE DOCTOR

"Do I really need to finish all my antibiotics if I feel better?"

Yes! Stopping early can cause bacteria to become resistant...

HEALTH REMINDERS

When was your last check?

- **Cholesterol:** Every 5 years
- **Skin check:** 6–12 months
- **BP:** Every 2 years



ABOUT THE PRACTICE

Caring - Compassionate - Committed

Comprehensive healthcare throughout your family's life.

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.

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

DOCTORS Now Taking New Patients

Dr Lian Chen
MD, FRACGP

Dr John Au
MBBS (Hons), FRACGP

Dr Melissa Wright
MD, FRACGP, DCH

Dr Jennifer Wilson
MD, FRACGP

Dr Alice Kao
MBBS, FRACGP

Dr Anita Daniel
MD, FRACGP

Dr Ruth Baigent
MBBS (Hons), FRACGP, DCH

VISITING SPECIALISTS

Vanessa Kao – Podiatrist (Wed, Fri)

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

OUR TEAM

- **RN Practice Nurses:** Xixi and Kate
- **Practice Manager:** Natarsha
- **Business Manager:** Trien
- **Receptionists:** Grace, Jessye, Skye, Jonte, Aarya, Ashley, Amalia, Amy and Julia

FEES & BILLING Mixed Billing

Independent Doctors have adopted mixed billing at Health at Dulwich. Fees are payable at the time of consultation by Cash and Card. A full schedule of fees is on display at reception.

Doctors have chosen to bulk bill:

- Children under 5 years of age (weekdays 9am – 5pm)
- Veterans Affairs cardholders (weekdays 9am – 5pm)
- Health Assessments and Medical Care Plans (exc. Mental Health Care Plans)

A reduced fee may apply for children aged 5–12 and Health Care Cardholders (weekdays 9am–5pm), at the doctor's discretion.

Saturday and weekday evening (after 5pm) appointments attract a higher fee, with no bulk billing available. Previous bulk billing does not guarantee future bulk billing.

Fees vary by consultation length and complexity, and may differ between doctors.

COMMUNICATION

Telephone calls for doctors are relayed via reception or nursing staff. Your doctor will return your call or arrange an appointment. Consultations will not be interrupted except in an emergency.

We use SMS for appointment reminders and recalls. Please advise if you wish to opt out.

Doctors do not answer clinical questions by email. In line with RACGP Accreditation Standards, we do not accept medical advice requests electronically (email, SMS, social media). If medical advice is required, please call reception to book an appointment.

YOUR PRIVACY

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.

OPENING HOURS

Mon 9:00am–6:00pm
Tue–Fri 9:00am–5:00pm
Sat 9:00am–12:00pm
Sun Closed

Rotation of Doctors on Saturday. SA Pathology Collection Branch: Mon to Sat 8:30am - 12:30pm.

APPOINTMENTS



Please call reception for an appointment or book online via HotDoc. If you need a longer appointment, please advise when booking. Urgent medical problems will always be dealt with promptly. Both in-person and telehealth consultations are available.

Referral Renewals & Repeat Prescriptions

All referral renewals and repeat prescriptions require an appointment (in-person or telehealth) with your doctor to review your health conditions and ensure appropriate management. Please contact us at least 2 weeks before your medication or specialist referral expires.

Follow-up of Test Results

Your doctor will advise when to expect results and will ask you to book a follow-up appointment. Test results require an appointment and will not be given over the phone.

AFTER HOURS

In case of emergency, please dial 000 for an ambulance.

When the practice is closed, please ring Home Doctor Service 13 74 25.

SERVICES AVAILABLE

- 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
- 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

