



WHY YOUR GUT HEALTH MATTERS

Your gut does far more than digest food. The trillions of microorganisms in your digestive tract make up your microbiome — and they influence your immune system, your mood, your energy, and your risk of chronic disease.

A diverse microbiome thrives on variety. Plenty of vegetables, legumes, wholegrains, and fermented foods like yoghurt and kefir all help. Processed foods, excess sugar, and unnecessary antibiotics can disrupt that balance over time.

If you are experiencing from persistent bloating, changes in bowel habits, unexplained fatigue or discomfort after eating, **consider seeking medical advice.**

Many gut conditions including coeliac disease, IBS, and inflammatory bowel disease all respond well to proper diagnosis and management.

Book a GP appointment — *most gut conditions are very manageable with the right diagnosis. Your GP can also refer you to a dietitian for personalised guidance.*

[Check your risk factors for gut conditions →](#)

GUT HEALTH TECH: WHAT'S WORTH KNOWING

Home microbiome tests are becoming more popular — but they have limits.

Companies like Microba now sell kits that analyse your gut bacteria at home. The results can be interesting and give you a useful snapshot — but they can't diagnose a condition, and a normal-looking result doesn't mean symptoms should be ignored.

Research is also moving fast. Scientists are finding new links between gut bacteria and conditions like [IBS, diabetes, and even mental health](#).

Australian researchers believe [microbiome testing](#) could one day be as routine as a blood test. Meanwhile, new [gut therapies](#) are already in development here in Australia.

HEALTH TIPS

Autumn is a good time to get your flu vaccination before winter hits. It takes about two weeks to become effective — so the earlier the better.

Ask at reception or speak with your GP today!

YOUR HEALTH

AUTUMN ALLERGIES: MORE THAN JUST A RUNNY NOSE

Hay fever doesn't clock off in autumn. As grasses wind down, mould spores from fallen leaves and damp conditions can trigger sneezing, itchy eyes, and — importantly — asthma flare-ups.

Over-the-counter antihistamines help many people, but if your symptoms are disrupting sleep, work, or daily life, it's worth more than a trip to the chemist.

Your GP can assess whether allergy testing is appropriate, review your asthma action plan, or refer you to a specialist for longer-term management.

[Learn about allergy management in Australia →](#)

COELIAC AWARENESS MONTH

April is a good time to learn a little more about coeliac disease — a common condition that's very manageable once you know about it.

It simply means the body reacts to gluten, a protein found in wheat, rye, and barley. Many Australians live well with coeliac disease by making straightforward changes to what they eat.

If you've been experiencing ongoing digestive discomfort, a blood test is the first step — your GP can arrange it, and if it suggests coeliac disease, they'll refer you for further testing to confirm.


[Find out more about coeliac disease →](#)

THE ANNUAL HEALTH CHECK — WHAT SHOULD YOU ACTUALLY ASK FOR?


A yearly check-up is one of the best things you can do for yourself — and it's simpler than you think.

Your GP runs through the basics: blood pressure, cholesterol, blood sugar etc....

Some of it may be covered under Medicare — ask our team about what applies to you.

 *Either way, you walk out knowing where you stand.*

World Health Day on 7 April is as good a reason as any to take action.

 **GP action step:** Book your annual health check and let your GP know your family history so they can tailor it to suit you.



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 last 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.

Drs Lian Chen, John Au, Melissa Wright, Anita Daniel and Jennifer Wilson 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 Ruth Baigent
MBBS (Hons), FRACGP, DCH

Dr Alice Kao
MBBS, FRACGP

Dr Anita Daniel
MD, FRACGP

Dr Jennifer Wilson
MD, FRACGP

VISITING SPECIALISTS

Vanessa Kao – Podiatrist (Wed, Fri)

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

Will Vuong – Mental Health Social Worker (Mon)

AASW, BSocWk, BSocPg. Special interests: mental health, psychological therapy, psychological trauma, youth and young adult mental health.

OUR TEAM

- **RN Practice Nurses:** Xixi, Kate and Jessica
- **Practice Manager:** Natarsha
- **Business Manager:** Trien
- **Receptionists:** Jessye, Skye, Jonte, Amalia, Julia, Bernadette, Arella and Amy

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.

Doctors do not answer clinical questions by email. In line with RACGP Accreditation Standards, we do not accept medical advice requests electronically. If medical advice is required, please book an appointment.

YOUR PRIVACY

Your medical record is a confidential document and this clinic maintains security of personal health information at all times 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. For mental health appointments or 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

