

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.

We welcome Dr Lian Chen to Health at Dulwich. Dr Chen has chosen to conduct his private medical practice at Health at Dulwich and will be offering appointments to all patients.

Dr John Au is offering Bulk-Billed Skin Checks. Book an appointment with Dr Au for a skin check now!

INDEPENDENT TENANT CONSULTING DOCTORS

Dr Alice KAO - Tue, Wed, Thu, Fri
MBBS, FRACGP

Special interests: women's health, children's health, preventative health, chronic disease management

Dr John AU - Mon, Tue, Wed, Thu
MBBS (Hons), FRACGP

Special interests: men's health, chronic disease management, mental health, skin cancer, iron infusion therapy

Dr Melissa Wright - Mon, Wed, Fri
MD, FRACGP, DCH

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

Dr Crina SOLOMON - Mon, Thu
MD, FRACGP

Special interests: lifestyle medicine, chronic medical conditions, women's health, children's health, mental health - provides focused psychological therapy

Dr Ruth BAIGENT - Tue, Wed, Thu
MBBS (Hons), FRACGP, DCH

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

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YOUR HEALTH

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YOUR COPY — FREE TO TAKE HOME

How Much Protein Is Enough?

With food companies producing a growing range of high-protein foods, from breads and cereals to shakes, powders, balls and bars, you might think we all need to be eating more protein. But are we really lacking in protein? And do you need special 'high-protein' foods to get enough of this important nutrient?

Protein is one of the essential macronutrients in our diet (along with fat and carbohydrate) needed for optimal health and functioning of the body. Protein is a part of every cell in our body and is needed for:

- Building and repairing tissues
- Making enzymes and hormones
- Growth and development in children and teens, and during pregnancy
- Building and maintaining muscle mass, which becomes increasingly important as we get older

Protein also helps with satiety, so having enough protein in your diet can help with weight management.

Most foods we eat contain some protein, but the major protein sources in our diet are:

- Lean meat, poultry, fish and seafood
- Eggs
- Dairy foods, including milk, yoghurt and cheese
- Legumes (lentils and dried beans and peas)
- Soy foods like tofu, tempeh and soymilk
- Nuts and seeds
- Wholegrains, particularly quinoa, buckwheat and amaranth

While it's an essential part of our diet, most people following a well-balanced diet shouldn't find it too difficult to meet their protein needs. Australian recommended dietary intakes for adults 19-70 years are 0.84g per kilogram body weight for men and 0.75g per kilogram of body weight for women. This means that a man weighing 90kgs would need around 75g of protein and a woman weighing 70kgs would need around 53g protein per day.

However, our protein needs increase as we age, and consuming enough protein is essential to help with maintaining muscle mass with age. The recommended dietary intakes of protein for older adults (over 70 years) are 1.07 g/kg body weight for men and 0.94 g/kg body weight for women.

Women who are pregnant or breastfeeding and children also have higher protein needs. And while most of the population is eating enough protein, our national dietary surveys have found that older adults and children are less likely to be meeting their protein needs.

Some argue protein intakes above the recommended dietary intakes (around 1-1.5g per kilogram body weight) are optimal, particularly for building and maintaining muscle mass. However, many adults eat well above the RDI of protein and would get this amount in their usual diet.

As an example, you will get over 80 g of protein from eating ½ cup muesli with 100g Greek yoghurt and berries for breakfast, a tuna (small can) and salad wholegrain sandwich for lunch, a chicken (100g) and vegetable stir-fry with rice for dinner, and a handful of almonds and a regular-size latte (with dairy or soy milk) for snacks.

To increase protein intake, prioritise whole foods rich in protein and other essential nutrients, instead of relying on processed powders, bars, or other manufactured "high-protein" foods.



Recipe



Peanut Butter Protein Balls

Serves:	Preparation time:	Cooking time:
12	5 mins	0 mins

Keep a batch of these in the fridge or freezer for a snack craving quick-fix! They are ridiculously easy to make, the kids love them and they will store in the fridge for up to two weeks. What's not to love?

Ingredients

- 1 cup Sanitarium™ Natural Crunchy Peanut Butter
- 1/4 cup honey
- 1 cup quick oats, plus 1/4 cup extra if needed

Instructions

1. Combine peanut butter and honey and stir until smooth. Mix in 1 cup of oats, adding some or all of the extra 1/4 cup oats to create a firm dough.
2. Using clean hands, knead dough in bowl a few times then divide into 24 pieces. Roll into balls and store in the refrigerator.

Nutrition

PER SERVE: Energy 875 kJ (209 Cal), Protein 9g, Fat 13g (Saturated 1g), Carbohydrate 13g (Sugars 8g), Fibre 2.6g, Sodium 3mg, Potassium 211mg, Iron 0.3mg, Calcium 4mg.

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

Building Health Habits

Trying to build new healthy habits? Here are a few tips that can help:

Start small. Simple actions become habits faster, which boosts your self-confidence to adopt other healthy habits. Consistently making small changes can have a big impact on your health.

Think long-term. Instead of changing everything at once, start with one or two habits and gradually add more over time. The goal is to create habits and routines that you can maintain in the long-term.

Plan for disruptions. Sometimes holidays/travel, illness, a busy work schedule, or other factors make it hard to stick to your healthy habits. The key is not to let the habits go completely and to have a plan for reestablishing your health routines when the disruption ends (for example, when you return from holidays).

Focus on systems rather than goals. Systems are the collection of daily habits that help you achieve your desired outcomes, while goals are the results you want to achieve. As author James Clear says in his bestselling book, *Atomic Habits*, "You don't rise to the level of your goals. You fall to the level of your systems".

Build identity-based habits. Another recommendation is to shape your identity to align with your desired behaviours. Every action you take, he explains, then becomes a vote for the type of person you wish to become. For example, if you have quit smoking and someone offers you a cigarette, tell them you are a non-smoker rather than that you are trying to quit.

In line with the suggestions above, researchers

from the Health Behaviour Research Center at the University College of London suggest the following steps for building a new healthy habit:

1. Decide on a goal that you would like to achieve for your health.
2. Choose a simple action that will get you towards your goal, which you can do daily.
3. Plan when and where you will do your chosen action. Be consistent: choose a time and place that you encounter every day of the week.
4. Every time you encounter that time and place, do the action.

For example:

- If your goal is to eat more vegetables, you might decide that with every dinner meal (when) at home (where) you will fill half of your plate with vegetables (action).
- If you have a goal of being more active, you might decide that you will walk for 15 minutes (action) around the local park (where) after breakfast each morning (when).

The researchers say that the action will get easier with time, and within 10 weeks you should find you are doing it automatically without even having to think about it.



Learn How to Sleep Like a Baby

While it's easy to skimp on sleep when there are other competing priorities, getting enough sleep is more important than you might think. Good sleep is a significant contributor to our health and wellbeing. Insufficient sleep doesn't just affect our mood, concentration, and energy, it also increases the risk of health conditions, such as high blood pressure, diabetes, and heart disease.

Along with other lifestyle habits, such as eating well and staying active, consider getting enough sleep an essential part of optimising your health. Try these tips to help improve your sleep habits:

- **Prioritise sleep.** The first step in getting better sleep is to recognise the importance and to make it a priority.
- **Keep a regular sleep schedule.** This means going to bed and getting up at around the same times each day, including weekends and holidays.
- **Get enough sleep.** While our sleep needs vary, and some people need more or less, most adults need around 8 hours of sleep per night, while children need more.
- **Be mindful of light.** Try to get some bright light in the morning but aim for dim lights at night. For example, use lamps in your bedroom in the evening rather than bright overhead lights. Light is an important regulator of our sleep-wake cycles.
- **Avoid screens before bed.** The light from your television, computer, tablet or mobile phone screen can affect the production of melatonin, a hormone which plays an important role in sleep, so turn off all screens for at least an hour before bed.



- **Stop work.** Avoid working right until bedtime and finish your work day by writing a list of things you need to do tomorrow so your brain can switch off.
- **Relax before bed.** Listening to relaxing music, meditating, reading or having a warm bath or shower can all help, so find out what works best for you.
- **Make sure your bedroom is quiet, dark and has a comfortable temperature.** Noise, light and being too hot or cold will all make it harder to get a good night's sleep. Also remove distractions (such as mobile phones) from the bedroom.
- **Exercise regularly.** All exercise is beneficial and exercising earlier in the day can help to improve sleep quality but avoid strenuous exercise close to bedtime.
- **Avoid alcohol, caffeine and smoking.** Caffeine and nicotine are both stimulants that can keep you awake and while alcohol might help you get off to sleep, it can worsen sleep quality.

For more information, visit the Sleep Health Foundation: www.sleephealthfoundation.org.au

Tips to Help Your Health Care

Being actively involved and working with healthcare providers can help you get the health care that's right for you. The Australian Commission on Safety and Quality in Health Care provides these tips to use when talking with healthcare providers.

Ask questions. It's important to ask about your health and health care, especially if you're unsure about the information you are given. This will help your healthcare providers understand your concerns and what's important to you when deciding your treatment.

► **Find good-quality and reliable health information.** Your doctor or healthcare provider is the best person to ask about this. You can easily find health information online, but it's not always trustworthy. When searching online, look for trusted sources include condition-specific organisations (such as Beyond Blue, Cancer Council Australia, the Heart Foundation and Diabetes Australia), state and territory health services, hospital websites, universities and Australian Government agencies including the Department of Health and Healthdirect.

► **Understand the risks and benefits of medical tests, treatments and procedures.** It's important to understand the risks and benefits of any medical tests or treatments recommended by

your doctor or other health care provider before you decide about your health care. The choosing wisely website is a helpful resource to find out more information about treatment options: www.choosingwisely.org.au.

- **Keep a list of all the medicines you're taking.** Include any vitamins or other supplements. Make sure you know how and when to take your medication, particularly if you use more than one medicine.
- **Confirm what will happen before your operation or procedure.** Request clarification if something is unclear. Don't forget to tell your healthcare provider about any allergies or reactions to medications you had experienced, so they can note this in your medical file.
- **Ask about your care when you leave hospital.** If you've been in hospital, ask for a discharge plan that explains why you were admitted, the care you received, what to do when you leave, and details of any follow-up appointments.
- **Know your rights.** When you seek or receive care in the Australian health system, you're entitled to certain rights. You can read more about these in the Australian Charter of Healthcare Rights, developed by the Australian Commission on Safety and Quality in Health Care: www.safetyandquality.gov.au/australian-charterhealthcare-rights

- **Understand privacy and accessing your medical record.** Your healthcare providers have to keep a record of your health and treatment. It is a legal requirement for these records to be kept confidential and private. You can request to see your medical record if you want to access it. If you have registered for the electronic My Health Record, you can access this yourself on the Internet. To register for electronic record visit <https://www.digitalhealth.gov.au/initiatives-and-programs/my-health-record>
- **Provide feedback to improve healthcare safety and quality.** Healthcare providers appreciate your feedback, so they know what they're doing right and what needs improvement. If you have a complaint about your care, try talking to the hospital or your health care provider directly. If they don't respond or you're not satisfied with the response, you can contact your state health complaint authority.

For more information:

Visit the Australian Commission on Safety and Quality in Health Care website: www.safetyandquality.gov.au/our-work/partnering-consumers/top-tips-safe-health-care

Download the Top tips for safe health care booklet: www.safetyandquality.gov.au/sites/default/files/migrated/Top-tips-safe-care_web-version.pdf

Dr. LoL:)



COMPETITION



Win a copy of *CSIRO Protein Plus* courtesy of Pan Macmillan.

CSIRO Protein Plus is a complete guide to the nutritional benefits of dietary protein, and how to use protein combined with resistance exercise to improve overall health.

Featuring 115 higher-protein recipes (both animal- and plant-based), as well as meal suggestions and exercises, the information in this book will help you:

- Better manage your weight
- Improve your appetite control
- Improve your strength and physical performance
- Preserve your muscle function for healthier ageing

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

Competition opens 1st September 2024. The winning entry will be selected on 1st December 2024 and notified by email.

Continued from front page...

Dr Anita DANIEL - Tue, Thu
MD, FRACGP

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

Dr Lian Chen - Mon, Thu
MD, FRACGP

Special interests: paediatrics, men's health, chronic disease management, mental health, minor procedures

Vanessa KAO - Wed, Fri
IBOP - Podiatrist

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

Ratha – RN Practice Nurse

Chloe – RN 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.

Experienced and committed independent 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, Ratha, Chloe and Amy, 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 Mia, Grace, Aarya, Skye, Ashley, Anna and Jonte. 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 staff via message and your doctor will return your call at their earliest convenience. 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 our 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, medical providers, insurance companies 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. Please 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 Plan - Chronic Disease Management
- Health Check for 45 - 49 yrs
- Senior Health Assessment > 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 - AS OF JULY 2024

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? Unfortunately, the Federal Government's indexation of your Medicare Rebates has never kept pace with the rising costs for Doctors to operate their medical practice. Your Medicare Rebates were frozen from 2012 until 2018 with recent annual increases well below CPI and now cover less than half of the actual cost incurred by Doctors to provide high-quality medical care and services which means they are not in a position to bulk bill all patients. Please speak to your local Federal MP to raise your concerns that your Medicare Rebates have not kept up with inflation.

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.

You may also contact the Health & Community Services Complaints Commissioner on (08) 8226 8666.