

Continued from front page...

Dr Ruth BAIGENT - TTue, Wed, Thu, Sat
MBBS (Hons), FRACGP, DCH
Special interests: women's health, paediatrics, chronic disease management

Dr Crina SOLOMON - Mon, Thu, Sat
MD, FRACGP

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

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 recent triennial accreditation at the end of 2024.

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, 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 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 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, 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
- Bulk-billed GP Medical Care Plan - Chronic Disease Management
- Health Check for 45 - 49 yrs
- Bulk-billed 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 NOVEMBER 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. Furthermore, the State Government has decided to mistreat payroll tax on independent General Practitioners (who are not employees) and are now including GPs for the purpose of payroll tax. GPs are now forced to add this additional cost to the private fees they charge patients. Please speak to your local State MP to raise your concerns that their incorrect treatment of payroll tax on independent 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.



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12 Stuart Road
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Facsimile: 08 7223 2018

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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 Lian Chen has settled in well at Health at Dulwich since commencing his private medical practice here in June 2024 and has now increased his availability across the entire week.

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 Lian Chen - Mon, Tue, Thu, Fri, Sat
MD, FRACGP

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

Dr Melissa WRIGHT - Wed, Fri, Sat
MD, FRACGP, DCH

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

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 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

Autumn 2025 Edition 113

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YOUR COPY — FREE TO TAKE HOME

TOP TIPS FOR A HEALTHY GUT

Your gut is home to trillions of bacteria crucial to your overall health. A healthy gut microbiome can boost your immune system, aid in digestion, and even improve your moods.

Here are nine simple ways to create a healthy gut:

1. Fibre Up

Fibre feeds the good bacteria in your gut, promoting their growth and diversity. Aim for 25-30 grams of fibre each day. Include plenty of fruits, vegetables, whole grains, and legumes.

2. Fermented Foods

Fermented foods contain probiotics, which are live bacteria. These can reduce the risk of diarrhoea from antibiotics, irritable bowel syndrome (IBS), and upper respiratory infections. Fermented foods include pickles, sourdough, miso, kimchi, kombucha, and more.

3. Hydrate

Dehydration can lead to constipation and other digestive issues. Drink plenty of water (about 8 to 10 cups) throughout the day.

4. Limit Processed Foods

Processed foods are often high in sugar, salt, unhealthy fats, chemicals, and artificial additives, which can disrupt the balance of gut bacteria. Opt for whole, unprocessed foods as much as possible. Cook from scratch, rather than eat convenience foods, wherever you can.

5. Manage Stress

Chronic stress can significantly impact our gut health. Hormones such as cortisol and adrenaline can disrupt the normal functioning of the gut and lead to a decrease in beneficial bacteria. Every day, incorporate a few stress-reducing techniques such as yoga, meditation, deep breathing exercises. Take a break and go for a walk in nature if you can.

6. Get Enough Sleep

Sleep is part of the functioning and restoration of our gut as well. Inadequate or disrupted sleep are associated with harmful bacteria. Sleep deprivation can disrupt the gut microbiome and contribute to digestive problems. Create a good night time routine and stop looking at screens at least an hour before going to sleep.

7. Limit Alcohol Consumption

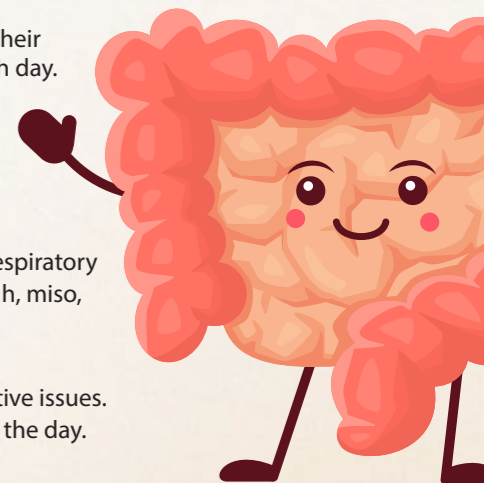
Excessive alcohol consumption can damage the gut lining and disrupt the balance of gut bacteria. If you choose to drink alcohol, do so in moderation.

8. Stay Active

Regular physical activity can promote a healthy gut microbiome. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

9. Consider Prebiotics

Probiotics and prebiotics both contribute to a healthy gut microbiome, but they function differently. Prebiotics are types of indigestible fibre that act as food for the existing beneficial bacteria in your gut. Yes, we have to feed our good bacteria. Prebiotic foods include asparagus, garlic, onions, bananas, berries, legumes, nuts, whole grains, and more. Supplements are also available if necessary.



A healthy gut is a passport to a good life. Trade an upset stomach and brain fog for consistent energy and a clearer head. If you have any health concerns, speak to your doctor before making significant dietary changes.

Recipe



French Vanilla Pear & Almond Bake

Serves:	Preparation time:	Cooking time:
6	10 mins	1hr 10 mins

This wholesome, dairy-free pear and almond tray-bake is a nutritious and delicious choice for breakfast or morning tea.

Ingredients

- 2 pears, cored
- 7 Weet-Bix wheat biscuits, broken into pieces
- 6 large eggs
- 1 cup milk, or Almond Milk
- 1 tsp cinnamon
- 2 Tbsp maple syrup, divided
- 1/2 cup sliced almonds

Instructions

1. Preheat oven to 180°C (350°F). Lightly oil a shallow 1.5 ltr baking dish.
2. Dice 1½ pears and place them in the prepared baking dish. Toss with crumbled Weet-Bix and spread evenly.
3. Whisk eggs, milk, cinnamon, and half the syrup in a jug. Pour over the pear mixture, smoothing to submerge.
4. Slice the remaining pear and arrange on top. Coat almonds in the remaining syrup and sprinkle over.
5. Cover with foil and bake for 60 minutes. Uncover and bake 5–10 more minutes until golden and firm. Cool for 15 minutes before serving warm or at room temperature.

Nutrition

PER SERVE: Energy 1120 kJ (267 Cal), Protein 13 g, Fat 13 g (Saturated 2 g), Carbohydrate 25 g (Sugars 11 g), Fibre 4.2g, Sodium 137 mg, Potassium 415 mg, Iron 3.7* mg, Calcium 119*

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

Is Sitting the New Smoking?

It may sound extreme, but consider this: Nearly 70% of Australians are either sedentary or not exercising enough.

This includes 2 in 3 children and over half of all adults. Shockingly, only 2% of teenagers (13–17) meet national physical activity guidelines.

Why Is Sitting Dangerous?

Short periods of sitting aren't harmful, but prolonged sitting is linked to serious health risks, including diabetes, bowel and breast cancer, dementia, heart disease, and stroke.

Why Are We Sitting So Much?

Modern life revolves around screens—work, commuting, and relaxation all involve sitting. This makes prolonged inactivity a growing health concern.

Why We Need Physical Activity?

Movement benefits both body and mind. Exercise boosts energy, regulates blood pressure, blood sugar, and cholesterol, and releases feel-good chemicals like endorphins and serotonin, improving mood and focus.

How Can We Stay Active?

Anything that gets our bodies moving, makes us breathe more quickly, and gets our heart pumping faster is great.

There are lots of things we can do to become more active.

At Work:

- Set an alarm to remind yourself to stand up every 30 minutes.
- Have walking meetings whenever possible.
- Consider investing in a standing desk converter or using a stack of books to raise your laptop.
- Do some light exercises like stretches, calf raises, or arm circles during breaks.

During Commute:

- If possible, walk or cycle to work or the train station.
- Get off the bus or train a stop early and walk the rest of the way.

At Home:

- Make chores more active by playing music and dancing while cleaning.
- Gardening is a great way to get some physical activity and enjoy the outdoors.

- Take a brisk walk during your lunch break.
- Choose active hobbies like walking, hiking, swimming, or dancing.
- Whenever possible, take the stairs instead of the elevator.
- Take a walk around the block with your family after dinner at night.

Any exercise you do can be light, moderate, or intensive — from putting on a load of washing, cycling, to jogging.

Even a little bit makes a big difference. The effects will be immediate as well as long lasting.



The Benefits of Strength Training

We often associate weight training with bulging biceps and grunting in the gym. But the problem is that muscle mass dwindles with inactivity. If we don't use it, we lose it.

Perhaps it's no surprise that weights/going to the gym is Australia's second most popular sporting activity, according to Roy Morgan Research.

Also known as resistance training, strength training involves any exercise that uses your body weight or equipment to build muscle strength.

And its foundational to good health, says AUSActive, the peak body for Australia's exercise and active health sector.

Here are some of the benefits:

- **Stronger Bones:** Increases bone density, reducing osteoporosis and fracture risk.
- **More Muscle, Faster Metabolism:** Boosts calorie burn even at rest, supporting weight management.
- **Better Balance & Coordination:** Reduces fall risk, especially as you age.
- **Improved Mood & Mental Health:** Releases endorphins, lowers stress, and enhances self-esteem.
- **Sharper Memory:** Strength training improves short-term memory in older adults.
- **Lower Risk of Chronic Disease:** Helps control blood pressure, blood sugar, and reduces heart disease, diabetes, and cancer risks.

- **Easier Everyday Tasks:** Makes lifting, carrying, and daily activities easier.

How to start strength training

Start with exercises like squats, lunges, push-ups, planks, and crunches. These require no equipment and can be modified to suit different fitness levels.

Resistance bands are affordable and versatile. They offer varying levels of resistance. They're flexible enough to use at home or by attaching to stable furniture, such as door handles.

Free weights like dumbbells and barbells offer a more traditional approach to strength training. They can be handy if you work from home and can do some lifting as a break.

Here are some tips for beginning your strength training.

1. Start slow and steady: Begin with a few basic exercises and gradually increase the weight or resistance as you get stronger.
2. Technique is key: Focus on maintaining good form to avoid injuries. Consider consulting with a qualified personal trainer for guidance.
3. Listen to your body: Rest when you need to and don't push yourself too hard, especially when starting.

The best strength training for you is the one you enjoy enough to keep doing. Always consult with your doctor or a healthcare professional before starting any new exercise program.

For more information visit: ausactive.org.au.



Lifestyle Habits for Reducing Cancer Risk

The word itself can drive fear. But understanding what cancer is is the first step to fighting back.

Cancer occurs when normal cells develop mutations, leading to uncontrolled growth and the ability to invade surrounding tissues. Often, mutant cells can be harmless or corrected by our DNA. Our immune systems have Natural Killer (NK) cells the ability to identify and target cell mutations.

It's possible to live to a ripe old age and never develop cancer. That's because cancer is complex. It's not one single condition, and while genes play a

big role, our lifestyle habits and epigenetics often give us more control than many of us realise.

Here are five lifestyle habits that will reduce your risk of developing cancer.

1. Quit Smoking

Smoking is the leading preventable cause of cancer, killing 8 million people annually, including 1.3 million from second-hand smoke. Vaping combined with smoking further accelerates lung cancer risk. Quitting is the most important step you can take.

2. Maintain a Healthy Weight

Excess weight, especially around the abdomen, increases the risk of cancers like breast, colon, kidney, and pancreatic. It disrupts hormones, causes inflammation, and leads to insulin resistance, all of which contribute to cancer. Processed meats like bacon, sausages, and cold cuts are also classified as carcinogenic—reducing them may be wise.

3. Eat a Plant-Rich Diet

A diet rich in fruits, vegetables, whole grains, and legumes can reduce cancer risk. The Cancer Council recommends at least five servings of vegetables and two of fruit daily. Certain foods, like green tea, berries, and cruciferous vegetables, have anti-cancer properties, fight inflammation, and support digestion.

4. Protect Your Skin

Australia has the highest melanoma rates. Protect yourself with SPF 50+ sunscreen, especially if you work outdoors.

5. Stay Active

Aim for 150 minutes of moderate or 75 minutes of vigorous exercise weekly. Stay active throughout the day—consistency is key. With simple lifestyle habits, we can substantially reduce our risks of developing cancer. If we do develop it nonetheless, these same lifestyle habits can help us fight the cancer.

For more information visit:

Cancer Council: www.cancer.org.au/blog/not-everything-gives-you-cancer-but-eating-too-much-processed-meat-certainly-can

Dr. LoL:)



COMPETITION

MAYA SHETREAT-KLEIN MD
**Healthy Food,
Healthy Gut,
Happy Child**
The Real Dirt on
Raising Healthy
Kids in a
Processed
World

Win a copy of *Healthy Food, Healthy Gut, Happy Child: The Real Dirt on Raising Healthy Kids in a Processed World*, courtesy of Pan Macmillan.

From allergies and ADHD to obesity and mental illness, chronic diseases in children are on the rise.

When pediatric neurologist Dr. Maya Shetreat-Klein's son experienced a severe health crisis, conventional treatments failed—so she turned to food.

Her journey revealed a powerful truth: *heal the food, heal the gut, heal the brain... and heal the child.*

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

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