

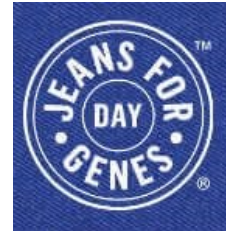
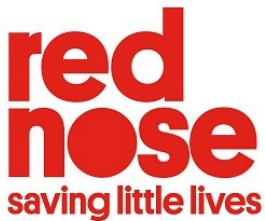
August 2020



Active Health Portland Newsletter

In this month's newsletter —

- Coronavirus
- Red Nose Day
- MS Readathon
- Jeans for Genes Day
- Daffodil Day
- Quiche Recipe



Cancer Council
Daffodil Day Appeal

Health Events in August 2020

7th	Jeans for Genes Day
14th	Red Nose Day
28th	Daffodil Day
1st—31st	MS Readathon



Coronavirus (COVID-19)

You may have noticed some changes at Active Health recently. These have been put in place to try and stop the spread of COVID-19 (coronavirus), to protect both staff and patients, and to reduce the risk of the disease spreading to those most vulnerable.

The front door is locked and will remain so for the near future. When you arrive for your appointment please wait in your car until the doctor or nurse calls you to come in. Upon entering the clinic you will have your temperature taken and be asked the following questions -

- Do you have any cold or flu-like symptoms (cough, fever, sore throat etc.)?
- Have you returned from overseas in the last month or been in contact with anyone that has?
- Have you travelled out of the state in the last month or to a known 'hotspot'?
- Have you been in direct contact with a suspected or confirmed case of coronavirus?

Patients are required to wear a mask while in the clinic must sanitise their hands when entering and exiting. We ask that, where possible, only the patient attends the appointment and leaves friends/partners/children at home.

Medicare has implemented a telehealth system where any patient can have a consult with their doctor via phone call, FaceTime (if they have an iPhone or apple device), Skype or our telehealth platform via Hotdoc.

Dr Ann Dunbar and Dr Daryl Pedler will only be consulting via phone call at this stage.

If you suspect you may have the coronavirus disease (COVID-19) you can call the dedicated hotline open 24 hours 7 days a week on 1800 675 398. Please keep Triple Zero (000) for emergencies only.

Alternatively you can contact the Portland District Hospital Fever Clinic on 03 5521 0387.

While the most common symptoms are fever, coughing, sore throat and shortness of breath, you may also experience a runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell or taste and fatigue. Currently there is no treatment that cures or prevents COVID-19. There are some treatments that can help people who are very seriously ill.

Please practice social distancing and wash your hands as often as possible. Only leave the house when absolutely necessary and wear a mask if you can't socially distance.

HELP STOP THE SPREAD OF COVID-19

-  Stay 1.5 metres away from others.
-  Wash your hands regularly for at least 20 seconds with soap and water.
-  Avoid touching your face.
-  Stay at home unless essential.

For the latest health advice, visit australia.gov.au

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Red Nose Day

Red Nose Day this year is on the 14th of August.

Red Nose is Australia's leading authority on safe sleep and pregnancy, and bereavement support for families affected by the death of a child.

Founded in 1977, Red Nose was started by bereaved parents who wanted to make sure the devastating impact of the death of their child never happened to anyone else – by finding out why their babies and children die suddenly and unexpectedly and then educating parents and health professionals about how to prevent it.

Their determination and tireless fundraising created one of Australia's most successful public health programs – “Back to Sleep”, which has so far resulted in an 85 per cent reduction in SIDS in Australia. Sudden infant death syndrome (SIDS) is the sudden and unexplained death of a baby younger than 1 year old. A diagnosis of SIDS is made if the baby's death remains unexplained even after a death scene investigation, an autopsy, and a review of the clinical history.

The first Red Nose Day, held in 1988, urged Australians to wear a red nose and be “silly for a serious cause”.

31 years later, Red Nose Day is still a much-loved and iconic national fundraising event, with thousands of people taking part in Red Nose Day activities across the country each year.

Red Nose Day will look a little different this year but people are encouraged to still donate and raise awareness. Red Nose will be holding a special National Livestreamed Remembrance Service on Red Nose Day to help all families honour and remember the children who are no longer with us.

During this time when we can't be together in person, it's important that we connect together in our grief.

This special Red Nose Day Service is dedicated to all the beautiful and precious children who are no longer with us.





MS Readathon

The MS Readathon is all about kids helping kids! Children are challenged to read as much as they can in August and raise funds for kids who have a parent living with multiple sclerosis. This year's MS Readathon will be a magical quest, and the adventure kicks off on August 1 and wraps up on August 31. Children can register with their school or individually and big kids can participate too! Funds raised from the MS Readathon will help fund vital support services, like the special MS Family Camps. These camps provide an opportunity for kids who have a parent living with multiple sclerosis to spend quality time with their family, learn more about multiple sclerosis and bond with other kids who are sharing their journey. MS Family Camps are in huge demand, and to make sure everyone who needs them can go, your help is urgently needed!

Multiple sclerosis (MS) is a condition of the central nervous system, interfering with nerve impulses within the brain, spinal cord and optic nerves. It is characterised by 'sclerosis', a Greek word meaning scars. These scars occur within the central nervous system and depending on where they develop, manifest into various symptoms.

MS affects over 25,600 in Australia and more than two million diagnosed worldwide. Most people are diagnosed between the ages of 20-40, but it can affect younger and older people too. Roughly three times as many women have MS as men. There is currently no known cure for MS, however there are a number of treatment options available to help manage symptoms and slow progression of the disease.

Jeans for Genes Day

Jeans for Genes Day 2020 will be on Friday, 7th August! This national event supports Children's Medical Research Institute and helps find cures for children's genetic diseases.

Volunteers across the country sell merchandise, collect donations and spread the word about Jeans for Genes on the day.

Children's Medical Research Institute was founded to do the difficult research needed to save children's lives. Their research has helped eliminate Rubella, introduced care for premature infants, and developed microsurgery techniques for organ transplants that save lives every day.

1 in 20 kids face a birth defect or genetic disease, and 30% of children's hospital admissions are due to genetic disorders. A genetic disease is a serious condition caused, at least in part, by changes in our DNA. While often inherited, many happen 'out of the blue' due to chance occurrences. There are more than 6000 different genetic diseases. Most are poorly understood and have no specific treatments or cures.

Gene therapy is a method of curing genetic diseases by correcting the cause - by fixing an error in our DNA. Researchers have helped deliver gene therapy cures in Australia for boy in the bubble disease, spinal muscular atrophy, and the cure developed for metabolic liver disease is entering clinical trials in the UK. Right now, a new gene therapy initiative is being established to fill the gap in Australian medicine.

For information on how to get involved visit jeansforgenes.org.au!



Dressing Prices

When you have a procedure done the first dressing is free of charge, however you will have to pay for any dressing changes after that.

First dressing change **NO** Health Care/Pension Card - \$10.00

First dressing change **WITH** Health Care/Pension Card - \$8.00

Subsequent dressing change **NO** Health Care/Pension Card - \$5.00

Subsequent dressing change **WITH** Health Care/Pension Card - \$3.00

If you have procedure done elsewhere you will be charged for an initial dressing

Headspace Portland Hours of Operation

Headspace Portland are no longer providing a walk-in service and will be available by appointment only.

If you need urgent mental health support please contact:

-CAMHS (Warrnambool) on (03) 5561 9100 if person is under 18 years of age.

-Adult Mental Health Services (Portland) on (03) 5522 1000 if the person is over 18 years of age.

For after hours mental health support call 1800 808 284.

For non-urgent issues please contact reception and we will give you an enquiry form.



Commonwealth Seniors Health Card

A Commonwealth Seniors Health Card does **NOT** entitle you to bulk billed consults. Bulk billing those on a Seniors card is at the discretion of the doctor. If you are having financial difficulties please talk to your GP.



Daffodil Day

Daffodil Day is Cancer Council's most iconic and much-loved annual campaign that raises life-saving funds for world-class cancer research. It's a time of hope; where we come together to show our support for the 145,000 Australians diagnosed with cancer each year.

This August, join thousands of others across the country to raise funds that give hope and save lives. Please donate online or at a stall near you or get involved by volunteering your time.

Cancer is a major cause of illness in Australia and has a substantial social and economic impact on individuals, families and the community. In 2020, it is estimated there will be just under 150,000 new cases of cancer diagnosed and just under 50,000 deaths from cancer.

Research is vital to saving lives and finding less harsh cancer treatments. Money raised this Daffodil Day Appeal will help fund some of the brightest researchers in the country who are dedicated to discovering the next cancer breakthroughs.

We have to do things differently this year, but you can still join us and raise funds for life-saving cancer research. Daffodil day is on the 28th of August but people are encouraged to fundraise any time!

Donate online now, or sign up to fundraise for Daffodil Day!



Quiche Recipe

Ingredients

- Olive or canola oil spray
- 4 slices wholegrain bread
- 250 g frozen spinach
- 1 brown onion, thinly sliced
- 400 g can mushroom, drained
- 2 tomatoes, sliced
- 6 eggs
- 1 1/2 cups low-fat milk
- 1 cup low-fat cheese, grated
- 1 tsp chilli powder
- pepper



Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray baking dish with oil.
3. Cut bread into halves.
4. Spread bread over base of a casserole dish.
5. Place spinach in microwave for 2 minutes or until defrosted.
6. Top bread with spinach, onion, mushrooms and tomatoes.
7. Beat the eggs, milk, cheese, paprika, and pepper.
8. Pour egg mixture over the bread and vegetables.
9. Bake for 30-35 minutes or until cooked through.
10. Serve warm.



PODIATRY FEES – REBECCA RUNDELL

Effective 1/04/2020 ALL appointments will be paid for at time of service regardless of Health Care Card or Pension Card status.

Due to increasing costs the new podiatry fees are as follows:

Initial Private Consult*	\$75.00
Subsequent Private Consultation*	\$70.00
EPC Consultation (\$53.80 rebated by Medicare)	\$68.00
Fee for Missed Appointment	\$20.00
Fee for 2 nd Missed Appointment	\$50.00

Private Health Insurance can be used and claimed on HICAPS when paying for appointment



**Walk-In Blood Tests Available
Between 8:30am and 12:30pm.
NO APPOINTMENT NEEDED
All Pathology Slips welcome**

Reminder

Please turn off your mobile phone or switch to silent during consultations.

General Practitioners

Dr Ann Dunbar

Dr Dunbar holds a Fellowship of the Royal College of Physicians (Edin), a Fellow of the Royal Australian College of General Practitioners and a Bachelor of Medicine, Bachelor of Surgery St Andrews. She has had extensive experience working as a GP in both Scotland and Australia. Her special medical interests include women's health, cardiovascular medicine, travel medicine and migraines.



Dr Daryl Pedler



Dr Pedler graduated from the University of Adelaide in 1972 and has extensive experience in both General Practice and Emergency Medicine. His interest in medical education also led to senior teaching roles within the Royal Australian College of General Practitioners and both Monash and Deakin Universities. Within clinical medicine his interests are in preventive care, health promotion and patient communication.

Dr Marg Garde

Dr Margaret Garde arrived in Portland to commence work at what was then "Portland Medical Group" in Otway St in December 1984. Since then she has filled roles in Emergency Medicine, Hospital care, Family Planning, Public Health, Indigenous Health, Chronic Disease Management and more recently has achieved qualifications and experience in Medical Education. At Active Health she runs continuing education for all health staff and teaches the two medical students who are attached to the clinic.



Dr Garde currently only sees patients with the student doctors and helps with the overflow of patients while other doctors are on leave. She does not see patients regularly.

Dr Samsun Nahar



Dr Samsun comes to Portland after working as a General Practitioner in rural North Queensland. Originally from Bangladesh, Dr Samsun migrated to Australia with her family in 2009. Dr Samsun's special interests lie in Women's Health, Children's Health and Chronic Disease Management.

Appointment Costs as of July 2019

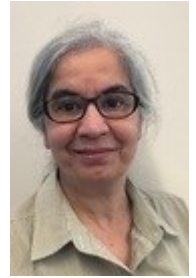
Reception will process your Medicare rebate when you pay your account and the rebate will go back into your nominated bank account in 24-48 hours. The out of pocket expense for appointments is \$20.

Appointment less than 5 minutes - \$37.45
Appointment less than 20 minutes - \$58.20
Appointment less than 40 minutes - \$93.95
Appointment more than 40 minutes - \$128.85

GP Registrars

Dr Farideh Lashkary

Dr Farideh was born in Iran and was awarded a scholarship to study Medicine in India . While working as a volunteer doctor in an Indian village she met her husband, John. She then moved to Australia and has lived in rural Victoria on a farm for the last 30 years with her husband and daughter. Dr Farideh's professional interests include mental health and preventive medicine. She enjoys working in country Victoria, having previously been based in Hamilton, Bendigo and Camperdown.



Dr Stephen Sither



Dr Stephen is our new GP Registrar for 2020. Having been in the hospital setting at Shepparton, Perth and Kalgoorlie the past 4 years he now looks forward to serving the Portland community in a different way as a general practitioner. Regional medicine is something he has especially enjoyed having worked in Kalgoorlie for a year. Although he has an interest in acute medicine, Stephen has a strong interest in preventive medicine and gets fulfilment in the wholesome care of a patient.

Medical Students

This year we have Madeleine Taylor and Kane Harvey joining us at Active Health.

Madeleine is a 24-year-old 3rd year medical student from Deakin University. She completed a Bachelor of Biomedical Science at Deakin before studying medicine. Madeleine is interested in many different aspects of the medical field, particularly paediatrics and general practice. Madeleine is excited to gain clinical experience in a variety of areas of medicine during her year at Active Health, and is looking forward to exploring Portland and immersing herself in the community.

Kane is a 29 year old 3rd year medical student from Deakin University who has completed a Bachelor of Science (Physics) and Bachelor of Biomedical Science before starting medicine. Kane has a particular interest in primary care, with the hopes of becoming a rural GP. Kane is excited to be a part of Active health and get more clinical experience in Portland in 2020.

On days that the students are in clinic you may be offered an appointment with them if they are working with the senior doctor you wish to see.

Allied Health Clinicians

Ritesh Kawade - Physiotherapist



Ritesh Kawade holds a Masters in Manual and Sports Physiotherapy from the University of South Australia. He initially graduated from the University of Pune in 2002 and worked in a hospital in India for seven years before moving to Australia. The chance to work in a rural community brought him to Portland and Warrnambool. Ritesh works from his clinic 'The Hands On Clinic' in Warrnambool 3 days per week and is available at Active Health on Mondays and Wednesdays.

Rebecca Rundell - Podiatrist

Rebecca Rundell holds a Bachelor of Podiatry. She has also trained in Foot Mobilisation Therapy and is a Qualified Footwear Fitting Technician. Her special medical interests include Occupational Footwear, Biomechanics and Foot Mobilisation Therapy. Rebecca currently has a private clinic at Active Health on Monday's and works from her other private clinic at Otway St during the week. Rebecca offers general podiatry, nail care, biomechanics, footwear advice, gait analysis and orthotics as well as care for sporting injuries, diabetes management and paediatrics. No referral is required for private patients, however referrals ARE required for DVA patients.



Nikki Edwards - Podiatrist



Nikki Edwards holds a Diploma of Applied Science (Podiatry) and has worked in private and public practice in Port Lincoln, Gladstone, Rockhampton and Portland. Nikki's special medical interests are high risk foot care and wound management with a focus on preventative care and education

Nikki provides podiatry to the frail, aged and disabled. The aim with this service is to prevent long term complications associated with chronic health conditions such as diabetes. This service can be accessed by contacting central intake at Portland District Health on 5522 1410.



For any questions or assistance making an allied health appointment please contact reception.

Did Not Attend and Late Cancellation Fees at Active Health

If you miss an appointment or cancel giving less than 24 hours notice you may be charged a fee. The first fee is \$20, however if you miss subsequent appointments you may be charged the full fee of \$50.

If there are extenuating circumstances out of your control the fee may be waived. If you have received a fee and have any questions please contact reception.

Have any of your details changed?

It is important we have your correct details so that we can confirm we are dealing with the right person and are able to contact you in regards to your care.

If you have received a new Medicare, Health Care or Pension card or have moved house or changed your phone number please let reception know

Do you need a script?

It is the policy at Active Health Portland that you see a GP when you require a script.

It is the duty of care of a GP to ensure their patients are keeping in good health. When you come in to get a script the GP can ensure that you are having no adverse side effects and that the medication is helping you in the way it should.

Please ensure you check on your medication and scripts regularly so that you can make a time to organise a script well ahead of time. This will help to make sure you can see your regular GP for the script that is required as another doctor may not be able to write it for you.

DON'T FORGET TO COME TO RECEPTION WHEN YOU ARRIVE AND BEFORE YOU LEAVE

It is important that we know you have arrived so we can make the doctor or clinician you are visiting aware.

Please report to reception before taking a seat.

Bulk Billing

Bulk billing is at the discretion of your doctor. Generally, you will only be bulk billed if you have a pension or health care card or are a student under the age of 25. In all cases you will need to present your current, valid card to reception.

If you are having financial trouble please discuss the issue with your GP.

This page is usually for local events happening over the next month. As all events are cancelled or postponed, here are some fun facts to help take your mind off what's happening in the world right now!



- * A cow-bison hybrid is called a “beefalo”.
- * Cats have fewer toes on their back paws.
- * Turkeys can blush.
- * No number before 1,000 contains the letter A
- * The Eiffel Tower can grow more than six inches during the summer. The high temperatures make the iron expand.
- * Australia is the only continent in the world without an active volcano
- * The scientific term for brain freeze is “sphenopalatine ganglioneuralgia”.
- * In 1923, a jockey suffered a fatal heart attack but his horse finished and won the race, making him the first and only jockey to win a race after death.
- * Octopuses and squids have beaks. The beak is made of keratin – the same material that a bird’s beak, and our fingernails are made of.
- * 75% of the world’s diet is produced from just 12 plant and five different animal species.
- * In 2009, Stephen Hawking held a reception for time travellers, but didn’t publicize it until after. This way, only those who could time travel would be able to attend. Nobody else attended.
- * Violin bows are commonly made from horse hair.

