

December 2020



Active Health Portland Newsletter

In this month's newsletter —



- Coronavirus
- World AIDS Day
- International Day of People with Disability
- Cheesy Potato Frittata Recipe



Events in December 2020



1st	World AIDS Day
3rd	International Day of People with Disability



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 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 and 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 whenever you are in public.

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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World AIDS Day

World AIDS Day is held on the 1st of December each year. It raises awareness across the world and in the community about HIV and AIDS. It is a day for the community to show their support for people living with HIV and to commemorate people who have died of AIDS related conditions or other conditions associated with HIV.

The national World AIDS Day theme for Australia in 2020 is 'Now More Than Ever'. World AIDS Day aims to encourage Australians to educate themselves and others about HIV; to take action to reduce the transmission of HIV by promoting prevention strategies; and to ensure that people living with HIV can participate fully in the life of the community, free from stigma and discrimination.

As a community and as individuals, there is a lot we can do in relation to HIV. Working in partnership with people with HIV, we can encourage others to understand how HIV is transmitted. We can support people to access testing, treatment and care, as we know that commencing treatment at the early stages of HIV results in better health outcomes and reduces the likelihood of onward transmission.

UNAIDS's theme for World AIDS Day 2020 is 'Global Solidarity, Shared Responsibility'. UNAIDS is leading the global effort to end AIDS as a public health threat by 2030 as part of the Sustainable Development Goals. The focus of UNAIDS is on stopping new HIV infections, ensuring that everyone living with HIV has access to HIV treatment, protecting and promoting human rights and producing data for decision-making.

HIV (Human Immunodeficiency Virus) is a condition that can cause AIDS (Acquired Immune Deficiency Syndrome). HIV and AIDS are not the same thing.

Left untreated, HIV attacks the body's immune system making the body vulnerable to infections and medical conditions that the immune system would be normally capable of controlling. People who have newly acquired HIV can experience flu like symptoms, but others do not notice any symptoms for many years.

People with HIV take daily treatment to prevent the virus from advancing into AIDS. Without treatment, people with HIV are at risk of developing AIDS defining conditions. AIDS refers to the illnesses that can develop as a result of untreated HIV or in a person where current treatments have failed. It is not an interchangeable term with HIV. People living with HIV in Australia may still develop AIDS, but this is now rare.

Like other conditions, HIV can be prevented. By being informed about what HIV is and how it can be transmitted, we can take measures to look after ourselves and others.



International Day of People with Disability

IDPwD is a United Nations observed day celebrated internationally. It aims to increase public awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions.

The Australian Government has been supporting IDPwD since 1996 and provides funds to promote and raise awareness of the day around Australia.

The 2020 theme for IDPwD - 'Not all Disabilities are Visible' - also focuses on spreading awareness and understanding of disabilities that are not immediately apparent, such as mental illness, chronic pain or fatigue, sight or hearing impairments, diabetes, brain injuries, neurological disorders, learning differences and cognitive dysfunctions, among others.

According to the WHO World Report on Disability, 15% of the world's population, or more than 1 billion people, are living with disability. Of this number, it's estimated 450 million are living with a mental or neurological condition— and two-thirds of these people will not seek professional medical help, largely due to stigma, discrimination and neglect.

Another 69 million individuals are estimated to sustain Traumatic Brain Injuries each year worldwide, while one in 160 children are identified as on the autism spectrum.

These are just some examples of the millions of people currently living with a disability that is not immediately apparent, and a reminder of the importance of removing barriers for all people living with disability, both visible and invisible.

During the COVID-19 pandemic, isolation, disconnect, disrupted routines and diminished services have greatly impacted the lives and mental well-being of people with disabilities right around the world. Spreading awareness of invisible disabilities, as well as these potentially detrimental— and not always immediately apparent— impacts to mental health, is crucial as the world continues to fight against the virus.



INTERNATIONAL DAY OF
PEOPLE WITH DISABILITIES



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.



Health Quiz *answers at bottom of page*

1. What is the largest bone in the body?
2. What is removed during a cholecystectomy?
3. In the human body, the parotid glands produce what?
4. Acousticophobia is the fear of what?
5. True or false: 60% of your brain is fat.
6. What virus did the World Health Organization say would infect 40 million people by the year 2000?
7. What do doctors look at through an ophthalmoscope?
8. What is it called when your body doesn't have enough water?
9. What is the condition called when your second toe is longer than your big toe?
10. "Polydactyly" refers to a condition in which a person has extra what?



Cheesy Potato Frittata Recipe

Ingredients

- * 4 potatoes , sliced
- * 8 eggs
- * 1/4 cup reduced-fat milk
- * 1 cup low-fat cheese, grated
- * pepper
- * olive or canola oil spray
- * 2 onions, thinly sliced
- * 1 clove garlic, crushed



Method

1. Preheat oven to 200°C (180°C fan forced).
2. Cook the potato slices in the microwave on high for 5 minutes, or boil until just tender.
3. Beat eggs and milk in a large bowl.
4. Add cheese and pepper.
5. Spray an oven-proof frying pan with oil.
6. Cook onion and garlic over low heat, stirring, for 5-6 minutes until soft.
7. Remove and add to the egg mixture, along with the potato.
8. Wipe pan clean, spray with oil and return to low heat..
9. Pour frittata mixture into pan. Gently pull away from sides of the pan using a blunt knife, allowing uncooked egg to run to edges.
10. Once cooked around the outside (about 2-3 minutes), transfer pan to the oven and bake for 15 minutes until set.
11. Turn out and cool.



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 Fellow 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 see's 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

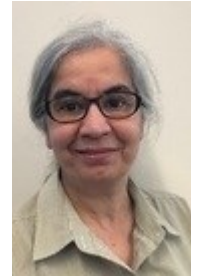
Reception will process your Medicare rebate when you pay your account and the rebate will go back into your nominated bank account in 24-48 hours. The out of pocket expense for appointments is \$20.

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.



Dr Joydip Ghosh

Dr Joydip Ghosh arrived at Portland in June, 2020 as a new GP for AHP. Dr Ghosh holds his MPH (master in public health) from Finland and has keen interest in public health interventions including health promotion & primary health care. While working as a GP and in hospitals in Bangladesh as well as in aged care sector of Australia, his clinical interests lies in chronic disease management, mental health, skin conditions and preventive medicine. Having grown up in rural area back to his home, he is committed to making a contribution to our community.



Active Health Opening Hours during Christmas/New Year—



24th December - 8:30am to 5pm

25th December - **CLOSED**

26th December - **CLOSED**

27th December - **CLOSED**

28th December - **CLOSED**

29th December - 8:30am- 5pm

30th December - 8:30am - 5pm

31st December - 8:30am - 5pm

1st January - **CLOSED**

2nd January - **CLOSED**

3rd January - **CLOSED**



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 about Christmas!

- * The tradition of Christmas trees goes all the way back to ancient Egyptians and Romans, who marked the winter solstice with evergreens as a reminder that spring would return.
- * Rudolph the Red-Nosed Reindeer first appeared in 1939 when the Montgomery Ward department store asked one of its copywriters to create a Christmas story the store could give away as a promotional gimmick. The store had been giving away colouring books for years, and decided to make its own to save money.
- * Astronauts broadcast "Jingle Bells" from space - a prank that almost went too far. Nine days before Christmas in 1965, the two astronauts aboard Gemini 6 sent an odd report to Mission Control that they saw an "unidentified flying object" about to enter Earth's atmosphere, traveling in the polar orbit from north to south. They interrupted the tense report with the sound of "Jingle Bells," as Wally Schirra played a small harmonica accompanied by Tom Stafford on a handful of small sleigh bells they had smuggled aboard.
- * It is estimated that Bing Crosby's *White Christmas*, penned by Irving Berlin, is the best-selling single of all time, with over 100 million sales worldwide.
- * *Home Alone* is the biggest Christmas movie ever, raking in \$533 million globally. Jim Carrey's *Grinch* comes in at two, bringing in \$260 million with *Home Alone 2* coming in third.

MERRY CHRISTMAS
AND
HAPPY NEW YEAR

