

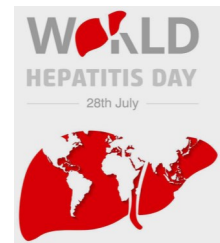
July 2020



# Active Health Portland Newsletter

In this month's newsletter —

- Coronavirus
  - Dry July
- Donate Life Week
- National Diabetes Week
- World Hepatitis Day
- Apricot Custard Flan Recipe



## Health Events in July 2020

1st - 31st	Dry July
12th - 18th	National Diabetes Week
26th - 2nd	Donate Life Week
28th	World Hepatitis Day



# 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?
- Have you been in direct contact with a suspected or confirmed case of coronavirus?

Patients may be required to wear a mask while in the clinic and we ask that people 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) or Skype.

Dr Ann Dunbar and Dr Daryl Pedler will only be consulting via telehealth 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.

Symptoms of coronavirus are: Fever, coughing, sore throat, shortness of breath or breathing difficulties and fatigue/tiredness. There is currently no treatment for this disease.

Please practice social distancing and wash your hands as often as possible. Only leave the house when absolutely necessary.

**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](https://australia.gov.au)

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PAUL ERICKSON, ALP, CANBERRA.

## Dry July

Dry July is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer.

The funds you raise as part of your Dry July will provide invaluable services for cancer patients, their families and carers – whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment.

Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself. It's a win-win!

For more information or to sign up visit the Dry July website.



## Donate Life Week

Donate Life Week is held between the 26th of July to the 2nd of August and encourages all Australians to make a real difference to the lives of others by registering and telling their family they want to be a donor. Organ and tissue donation involves removing organs and tissue from someone who has died (a donor) and transplanting them into someone who, in many cases, is very ill or dying (a recipient).

If you previously recorded a donation decision on your state driver's licence, you still need to join the Australian Organ Donor Register. South Australia is the only state where residents can record a donation decision via their driver's licence.

Organs that can be transplanted includes: heart, lung, liver, kidney, pancreas and pancreas islet.

Tissue that can be transplanted includes: heart valves and other heart tissue, blood veins, bone, veins, tendons, ligaments, skin and parts of the eye.



**DonateLife**  
26 July – 2 August 2020 *Week*

## National Diabetes Week

National diabetes week is from the 12th - 18th of July in 2020. Diabetes is a serious and complex condition that affects at least 1.7 million Australians. It is the seventh and eighth leading cause of death in females and males respectively, and the fourth largest contributor to overall disease burden in Australia. The costs associated with diabetes are substantial. The total cost of diabetes annually in Victoria has been estimated to be as high as \$3.6 billion.

The term 'diabetes' covers a range of conditions where the glucose (sugar) in the blood becomes higher than normal. High blood glucose levels can affect many parts of the body but with the right advice, technology and medication diabetes can be managed well. Diabetes requires daily self care and if complications develop, diabetes can have a significant impact on quality of life and can reduce life expectancy. While there is currently no cure for diabetes, you can live an enjoyable life by learning about the condition and effectively managing it.

There are different types of diabetes; all types are complex and serious. The three main types of diabetes are type 1, type 2 and gestational diabetes.

In type 1 diabetes, symptoms are often sudden and can be life-threatening; therefore it is usually diagnosed quite quickly. In type 2 diabetes, many people have no symptoms at all, while other signs can go unnoticed being seen as part of 'getting older'. Therefore, by the time symptoms are noticed, complications of diabetes may already be present.

Common symptoms include:

- Being more thirsty than usual
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision
- Unexplained weight loss (type 1)
- Gradually putting on weight (type 2)
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps



Evidence, including large-scale randomised control trials, shows type 2 diabetes can be prevented or delayed in up to 58% of cases by maintaining a healthy weight, being physically active and following a healthy eating plan.

If you think you are at risk or want more information have a chat to your GP!



## 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.



## World Hepatitis Day

World Hepatitis Day takes place every year on the 28th of July to raise awareness of the global burden of viral hepatitis and to influence real change. Worldwide, 290 million people are living with viral hepatitis unaware.

Viral infections of the liver that are classified as hepatitis include hepatitis A, B, C, D, and E. A different virus is responsible for each type of virally transmitted hepatitis.

Hepatitis A is always an acute, short-term disease, while hepatitis B, C, and D are most likely to become ongoing and chronic. Hepatitis E is usually acute but can be particularly dangerous in pregnant women.

Hepatitis A is caused by an infection with the hepatitis A virus (HAV). This type of hepatitis is most commonly transmitted by consuming food or water contaminated by faeces from a person infected with hepatitis A.

Hepatitis B is transmitted through contact with infectious body fluids, such as blood, vaginal secretions, or semen, containing the hepatitis B virus (HBV). Injection drug use, having sex with an infected partner, or sharing razors with an infected person increase your risk of getting hepatitis B.

Hepatitis C comes from the hepatitis C virus (HCV). Hepatitis C is transmitted through direct contact with infected body fluids, typically through injection drug use and sexual contact.

Hepatitis D is a serious liver disease caused by the hepatitis D virus (HDV). HDV is contracted through direct contact with infected blood. Hepatitis D is a rare form of hepatitis that only occurs in conjunction with hepatitis B infection. The hepatitis D virus can't multiply without the presence of hepatitis B.

Hepatitis E is a waterborne disease caused by the hepatitis E virus (HEV). Hepatitis E is mainly found in areas with poor sanitation and typically results from ingesting faecal matter that contaminates the water supply.

## Apricot Custard Flan Recipe

### Ingredients

- 1/2 tsp ground nutmeg, optional
- olive or canola oil spray
- 1/4 cup plain flour
- 1 1/2 tbs caster sugar
- 2 eggs
- 1 cup low-fat milk
- 1/2 tsp vanilla extract
- 825 g canned apricots in natural juice, drained
- 1 tsp ground cinnamon

### Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray a 22cm diameter shallow ovenproof dish with oil.
3. Combine flour, sugar, eggs, milk and vanilla in a bowl and mix well.
4. Place apricots with cut side down into dish, then pour egg mixture on top and sprinkle with cinnamon.
5. Bake for 30 minutes or until custard is set.
6. Stand for 5 minutes before serving.



## **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 ( <b>\$53.80 rebated by Medicare</b> )	\$68.00
Fee for Missed Appointment	\$20.00
Fee for 2 <sup>nd</sup> 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.

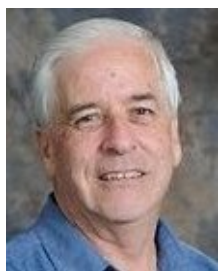
# General Practitioners

## 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.

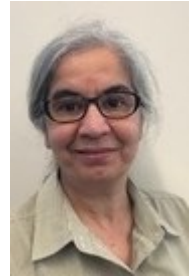
Appointment less than 5 minutes - \$37.45  
Appointment less than 20 minutes - \$58.20  
Appointment less than 40 minutes - \$93.95  
Appointment more than 40 minutes - \$128.85



# 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.

## 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!**

- \* The Barbie doll's full name is Barbara Millicent Roberts, from Willows, Wisconsin. Her birthday is March 9, 1959, when she was first displayed at the New York Toy Fair..
- \* The Kangaroo and Emu were chosen to be the two animals on the Australian Coat of Arms because they can't walk backwards, reflecting a forward-thinking culture
- \* Australia was the second country in the world to grant women the right to vote; this occurred in 1894
- \* Australia's first police force was made up of 12 convicts who were judged to be the best behaved
- \* Australia is the driest of any continent on earth other than Antarctica
- \* While mining is one of Australia's biggest industries, more land is covered by pubs than mines
- \* In Switzerland it is illegal to own just one guinea pig. This is because guinea pigs are social animals, and they are considered victims of abuse if they are alone.
- \* A flock of crows is known as a murder.
- \* Bananas are curved because they grow towards the sun.
- \* During your lifetime, you will produce enough saliva to fill two swimming pools.

