

July 2021



## Active Health Portland Newsletter

In this month's newsletter —

- Coronavirus
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- World Hepatitis Day
- National Diabetes Week



### Events in July 2021

1—31	Dry July
11—17	National Diabetes Week
28	World Hepatitis Day



## From the Practice Manager

To our valued patients,

I am new to Portland, having moved from Melbourne approximately six months ago. The town and the community have made this big lifestyle adjustment for me absolutely worth the sea change. Portland truly is a wonderful place to live and be part of.

As many of you are aware, Active Health have unfortunately lost several Doctors over the past six months, which were all for individual personal circumstances.

While Active Health are actively seeking replacement GP's we realise that the loss of our GP's has resulted in longer than normal waiting times and we ask that you are patient with our staff during this period. We still have emergency appointments for those that need them on the day.

We have a new Doctor to the clinic, Dr Ruvimbo Mudarikwa, who will be assisting us on a few Monday's for the next two months. Please make her feel welcome if you have the opportunity to see her.

Due to the current shortage of Doctor's, AHP have implemented a repeat script service whereby you can go to [www.hotdoc.com.au](http://www.hotdoc.com.au) and order a repeat script. The script will be for a thirty day supply and will allow you time to then book in with your GP.

We are continuing to roll out the Covid-19 vaccinations with our allocated vaccine, AstraZenica. We have just commenced administering the second dose for those that have had their first dose. Should you wish to book in for your vaccination, you can call our reception or you can go online to [www.hotdoc.com.au](http://www.hotdoc.com.au) and book in. You will have the opportunity to discuss any concerns and ask any questions you may have with our dedicated Covid-19 Clinic Doctor, Dr Ann Dunbar. Dr Dunbar recently retired but has continued on solely for our vaccination clinics.

Thank you for all your ongoing support.

## Changes at AHP

There have been a number of changes at Active Health this year!

The first being our doors are finally open again! You can now walk freely into the clinic but we still ask that those with any cold or flu like symptoms don't attend or wait in their cars.

We also welcomed our new Practice Manager, Jamie, in January.

Earlier this year both Dr Ion Pop and Dr Stephen Sitther finished their time with us.

In April Dr Ann Dunbar retired. We will all miss her very much and thank her for many wonderful years of service!

There was more sad news when Dr Samsun Nahar left the clinic in May. She has left a very big hole that will be difficult to fill but we wish her all the best for her move.

We are in the process of vaccinating as many people as possible for both COVID and influenza. If you haven't received either give reception a call to book in!

As of 1st of June we have increased our prices. Due to the current doctor shortage in Portland, and specifically the loss of doctors at Active Health, AHP has no option but to raise fees slightly and cease bulk billing of patients who are able to pay a gap. If you are in financial hardship, please discuss this with your GP as bulk billing is always at the discretion of our GP's. You will only be bulk billed if you hold a Health Care Card or Pensioner Card, or should the GP request it.

# Coronavirus (COVID-19)

Doctors at Active Health are seeing patients face-to-face but everyone is still required to wear a mask while in the building unless they have an exemption.

All patients will still be screened by reception and will need to QR or sign in on arrival.

We ask that all patients with any cold or flu like symptoms (cough, fever, sore throat, runny nose) do not attend the clinic and self isolate and get a COVID test. Doctors will not see any patients face to face with symptoms unless they have received a negative COVID test.

If you do have symptoms or have been to a 'hotspot' or exposure area you may be refused entry to the clinic.

We are still doing our best to protect those most vulnerable and stop the spread and thank you for your cooperation.

We are currently able to administer AstraZeneca COVID vaccinations to anyone over 40 or those who are eligible. If you would like to book in for your vaccination please call reception. We are running designated vaccination clinics on a Monday and Tuesday and you will have the opportunity to speak to a doctor on the day if you have any questions or concerns.

We have administered over 1000 vaccinations so far!

**BE COVIDSAFE**

## Flu Shots

We are currently doing all influenza vaccinations in designated clinics. If you fall into the following categories you are eligible for a government funded flu injection:

- people aged six months to less than five years
- Aboriginal and Torres Strait Islander people aged six months and older
- pregnant women (at any stage of pregnancy)
- people aged 65 years and older
- people aged six months and older with medical conditions putting them at increased risk of severe influenza and its complications:
  - cardiac disease
  - chronic respiratory conditions
  - chronic neurological conditions
  - immunocompromising conditions
  - diabetes and other metabolic disorders
  - renal disease
  - haematological disorders
- children aged six months to 10 years on long term aspirin therapy.



Children under nine years receiving their influenza vaccination for the first time **require two doses** of vaccine, spaced by a minimum of one month.

Please call reception to book an appointment.

## Dry July

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

The funds raised as part of 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!

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



## World Hepatitis Day

On the 28 July each year, World Hepatitis Day brings the world together to raise awareness of the global burden of viral hepatitis and to influence real change.

In Australia, the national World Hepatitis Day campaign is coordinated by Hepatitis Australia.

The aim of World Hepatitis Day in Australia is to mobilise national action on the elimination of viral hepatitis in Australia through a coordinated response.

The objectives of World Hepatitis Day 2021 in Australia are to:

- Mobilise the community, organisations, research institutes, media and governments to take action in support of the elimination of viral hepatitis as a public health threat by 2030
- Challenge stigma, discrimination and systemic barriers faced by people impacted by viral hepatitis
- Amplify the diverse voices of people impacted by viral hepatitis to influence public dialogue, decision making and health policy development
- Inform and educate the community, priority populations and health service providers on viral hepatitis
- Celebrate and reinforce achievements towards hepatitis elimination
- Coordinate a national agenda of activity and events
- Encourage national use of the World Hepatitis Day theme and national assets

World Hepatitis Day 2021 in Australia will align with the global theme, which is 'Hep Can't Wait'.



## 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.



## National Diabetes Week

National Diabetes Week 2021 runs from 11 – 17 July. In 2021, Diabetes Australia is continuing their Heads Up campaign which focuses on the mental and emotional health of people living with diabetes. This year, the spotlight is on diabetes stigma and mental health.

More than 4 in 5 people with diabetes have experienced diabetes stigma. Nearly 50 per cent of people with diabetes have experienced mental health challenges in the last 12 months. Stigma affects all aspects of life for people with diabetes, including their mental health and well-being. People experience diabetes stigma when they are blamed for having diabetes, while managing diabetes such as injecting insulin in public and when they experience the affects and complications of diabetes such as low blood sugar.

While there is no single cause of type 2 diabetes, there are well-established risk factors. Some risk factors can be controlled and others you are born with.

An estimated 2 million Australians are at high risk of developing type 2 diabetes and there are also large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies. Diabetes Australia has developed a Risk Calculator based on the Australian type 2 diabetes risk test (AUSDRISK). It is a simple and easy way to assess your risk or developing type 2 diabetes. Evidence, including large-scale randomised control trials, shows type 2 diabetes can be prevented or delayed in up to 58 per cent of cases by maintaining a healthy weight, being physically active and following a healthy eating plan.

People at risk of type 2 diabetes can delay and even prevent the condition by:

- Maintaining a healthy weight
- Regular physical activity
- Making healthy food choices
- Managing blood pressure
- Managing cholesterol levels
- Not smoking.



# National Diabetes Week

Diabetes is the epidemic of the 21st century and the biggest challenge confronting Australia's health system. Around 1.8 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated). 280 Australians develop diabetes every day making it the fastest growing chronic condition in Australia

For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day

Diabetes is a serious complex condition which can affect the entire body. 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.

When someone has diabetes, their body can't maintain healthy levels of glucose in the blood. Glucose is a form of sugar which is the main source of energy for our bodies. Unhealthy levels of glucose in the blood can lead to long term and short term health complications.

For our bodies to work properly we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy. In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body. When people with diabetes eat glucose, which is in foods such as breads, cereals, fruit and starchy vegetables, legumes, milk, yoghurt and sweets, it can't be converted into energy.

Instead of being turned into energy the glucose stays in the blood resulting in high blood glucose levels. After eating, the glucose is carried around your body in your blood. Your blood glucose level is called glycaemia. Blood glucose levels can be monitored and managed through self care and treatment.

Diabetes can be managed well but the potential complications are the same for type 1 and type 2 diabetes including heart attack, stroke, kidney disease, limb amputation, depression, anxiety and blindness.

We know diabetes:

- Is the leading cause of blindness in working age adults
- Is a leading cause of kidney failure and dialysis
- Increases the risk of heart attacks and stroke by up to four times
- Is a major cause of limb amputations
- Affects mental health as well as physical health. Depression, anxiety and distress occur in more than 30% of all people with diabetes.

# Health Facts

1. More than half your bones are located in your hands and feet
2. Your heart will beat about 115,000 times each day.
3. The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.
4. Your brain isn't fully formed until age 25.
5. One in every 2000 babies is born with a tooth
6. Tooth enamel is the hardest substance in the human body
7. A modern human's brain is smaller than a Neanderthal's brain.
8. Humans have the same number of vertebrae in our neck as a giraffe!
9. We lose 80% of our body heat from our heads.
10. The longest bone in the human body is the femur



## Berry Rhubarb Meringue Pots Recipe

**LIVELIGHTER**

[livelighter.com.au](http://livelighter.com.au)

### Ingredients

- \* 4 stalks rhubarb, cut into 5cm lengths
- \* 2 apples, peeled, cored and thinly sliced
- \* 1 1/2 cups frozen mixed berries
- \* 1/2 cup unsweetened apple juice or water
- \* 1 tsp ground cinnamon
- \* 2 egg whites, at room temperature
- \* 1 tbs caster sugar
- \* 1/4 cup slivered almonds

### Method

1. Preheat oven to 180°C (160°C fan forced).
2. Place rhubarb, apples, berries, juice or water and cinnamon into a large saucepan over a moderate heat. Cover, bring to the boil and simmer gently, stirring occasionally, over a low heat for 15-20 minutes until rhubarb is soft but apples retain their shape.
3. In a clean dry bowl whisk the egg whites until soft peaks have formed. Add sugar and beat until sugar has dissolved.
4. Divide cooked fruit between 4 small 1-cup capacity ovenproof bowls and top with meringue, shaping into a peak. Sprinkle with almonds and bake for 10 minutes until golden. Serve immediately.





## **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 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 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 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 Deborah Carrington



Dr Deborah Carrington graduated with honours from the University of Melbourne in 2008 and is a Fellow of the Royal Australian College of General Practitioners. In 2016, Deborah was awarded the Richard Gutch Medal for achieving the highest results in Victoria in the RACGP Fellowship Examinations. She holds a Diploma of Child Health from the University of Sydney and has completed studies with Australasian Lactation Courses. Deborah has now completed accreditation in Neuroprotective Developmental Care with Possums Education. Her areas of special interest are breastfeeding and other infant feeding support, unsettled babies, sleep issues, maternal mental health, tongue tie assessments and release. She is a mum of four children and loves supporting families as they navigate the challenges and joys of parenthood.

Dr Carrington is currently only seeing a small number of patients and is mostly limited to Mum & Bub appointments. If you are pregnant and/or have young children and would like to see Dr Carrington please call reception to discuss.

### Appointment Costs as of June 2021

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-\$30.

- Appointment less than 5 minutes - \$37.75
- Appointment less than 20 minutes - \$63.75
- Appointment less than 40 minutes - \$102.55
- Appointment more than 40 minutes - \$140.50

# 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. Referrals are not required.



## 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 you current, valid card to reception.

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