

October 2020



Active Health Portland Newsletter

In this month's newsletter —

- Coronavirus
- Breast Cancer Awareness Month
 - Mental Health Month
 - World Arthritis Day



Health Events in September 2020

1st - 31st	Breast Cancer Awareness Month
1st - 31st	Mental Health Month
12th	World Arthritis Day
24th	AFL Grand Final 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 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

AUTHORISED BY
PAUL ERICKSON, ALP, CANBERRA.

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month in Australia. This month of awareness provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

It's important for women of all ages to know what they can do to help find breast cancer early. Finding breast cancer early means there are more treatment options and the chances of survival are greatest. Many people are surprised to learn that men can develop breast cancer. Fortunately, breast cancer in men is rare and it accounts for less than 1% of all cancers in men.

Breast awareness is important for women of all ages, even if you're having regular mammograms. You don't need to be an expert or use a special technique to check your breasts. Take the time to get to know the normal look and feel of your breasts as part of everyday activities like showering, dressing, putting on body lotion or simply looking in the mirror. Knowing what is normal for you will help you to detect any new breast or nipple changes.

Breast changes to look out for include:

- a new lump or lumpiness, especially if it's only in one breast
- a change in the size or shape of the breast
- a change to the nipple, such as crusting, ulcer, redness or inversion
- a nipple discharge that occurs without squeezing
- a change in the skin of the breast such as redness or dimpling
- an unusual pain that doesn't go away.

Nine out of ten breast changes aren't due to cancer, but it's important to see a doctor to be sure. If you find a breast change that is unusual for you, see your GP without delay.

If you are aged 50-74, get your free breast screen done every two years. BreastScreen Australia offers free breast screening for women without symptoms aged 50-74, when screening has the greatest potential to prevent deaths from breast cancer. Women aged 40-49 and 75 years and older who have no breast cancer symptoms or signs are also eligible for free screening mammograms.



World Arthritis Day

World Arthritis Day is held on the 12th of October each year.

Arthritis is an umbrella term for more than 100 medical conditions that affect the musculoskeletal system, specifically joints where two or more bones meet. While arthritis is very common – affecting more than 3.9 million adults and children in Australia – it's not well understood.

There are over 100 forms of arthritis. Each type of arthritis affects you and your joints in different ways. Some forms of arthritis can also involve other parts of the body such as the eyes. The most common forms of arthritis are osteoarthritis, rheumatoid arthritis, gout and ankylosing spondylitis

Anyone can get arthritis, including children and young people. In Australia, one in six people have arthritis. Many people think arthritis is a normal part of getting older but this is not true. In fact, two out of every three people with arthritis are between 15 and 60 years old. Arthritis can affect people from all backgrounds, ages and lifestyles.

Arthritis affects people in different ways but the most common symptoms are:

- * pain
- * stiffness or reduced movement of a joint
- * swelling in a joint
- * redness and warmth in a joint
- * general symptoms such as tiredness, weight loss or feeling unwell

See your doctor as soon as possible if you have symptoms of arthritis. Your doctor will ask you about your symptoms and examine your joints. They may do some tests or x-rays, but these can be normal in the early stages of arthritis. It may take several visits before your doctor can tell what type of arthritis you have. This is because some types of arthritis can be hard to diagnose in the early stages. Your doctor may also send you to a rheumatologist, a doctor who specialises in arthritis, for more tests.

Currently there is no cure for most forms of arthritis. While there are treatments that can effectively control symptoms, you should be wary of any products or treatments that claim to cure arthritis. Early diagnosis and the right treatment can ease symptoms and may even prevent damage to your joints. Because arthritis affects people in different ways, treatment has to be tailored to the needs of each person. It is important to work with your healthcare team to find treatments that suit you.



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.



Mental Health Month

National Mental Health Month is an initiative of the Mental Health Foundation Australia (MHFA) to advocate for and raise awareness of Australian mental health. It is an important time where the Australian community comes together to raise awareness that #MentalHealthMatters.

The theme for this year's National Mental Health Month Awareness Campaign is Mental Health Matters. This theme encapsulates and highlights the gravity of the topic of mental health, and how important it is to address in the Australian community.

Mental illness is very common. One in five (20%) Australians aged 16-85 experience a mental illness in any year. The most common mental illnesses are depressive, anxiety and substance use disorder. These three types of mental illnesses often occur in combination. For example, a person with an anxiety disorder could also develop depression, or a person with depression might misuse alcohol or other drugs, in an effort to self-medicate. Of the 20% of Australians with a mental illness in any one year, 11.5% have one disorder and 8.5% have two or more disorders. Almost half (45%) Australians will experience a mental illness in their lifetime. Every day, at least six Australians die from suicide and a further thirty people will attempt to take their own life.

During this difficult time it is more important than ever to take care of yourself and those around you. If you need



Mexi-Chicken Bake Recipe

Ingredients

- * 400 g can no-added-salt diced tomatoes with basil, onion and garlic
- * 2 small skinless chicken breasts, fat trimmed
- * 20 basil leaves
- * 270 g jar sundried tomato, drained
- * 270 g jar char-grilled capsicum or roasted pepper strips, drained
- * 2 cups baby spinach leaves
- * 1 cup reduced-fat mozzarella cheese
- * 800 g sweet potato, peeled and cut into 1 1/2cm dice
- * 1/2 cup reduced-fat milk
- * basil leaves, extra, to serve
- * 1/2 red chilli, chopped (optional)

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spread ¼ cup diced tomato in the base of a large ovenproof dish.
3. Halve each chicken breast lengthways to form 4 thin breast steaks. Using a rolling pin, pound steaks between 2 sheets of plastic wrap to 5mm thickness. Arrange chicken on tomatoes in pan base; layer each with basil leaves, sundried tomatoes pieces and capsicum. Pile on spinach, spoon over remaining diced tomatoes and sprinkle with mozzarella. Bake for 20 minutes until chicken is cooked and melted cheese has browned.
4. Place sweet potato in a steaming basket over a medium saucepan of boiling water; steam for 10-15 minutes or until tender. Discard water and return potato to the hot dry saucepan. Add ¼ cup milk and mash with a potato masher until smooth, adding additional milk if required for desired consistency.
5. Divide sweet potato and chicken between serving plates, sprinkle with basil.



livelighter.com.au

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

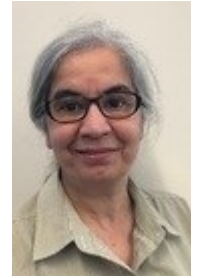
Reception will process your Medicare rebate when you pay your account and the rebate will go back into your nominated bank account in 24-48 hours. The out of pocket expense for appointments is \$20.

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.



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 dad jokes to help take your mind off what's happening in the world right now!

- * Today, my son asked "Can I have a book mark?" and I burst into tears. 11 years old and he still doesn't know my name is Brian.
- * My wife is really mad at the fact that I have no sense of direction. So I packed up my stuff and right.
- * I'm reading a book about anti-gravity. It's impossible to put down!
- * I ordered a chicken and an egg from Amazon. I'll let you know
- * My friend keeps saying "cheer up man it could be worse, you could be stuck underground in a hole full of water." I know he means well.
- * Why did the invisible man turn down the job offer? He couldn't see himself doing it.
- * What did the pirate say on his 80th birthday? AYE MATEY
- * 5/4 of people admit that they're bad with fractions.
- * What's Forrest Gump's password? 1forrest1
- * A termite walks into a bar and asks, "Is the bar tender here?"
- * To call the whole Elon Musk controversy "Elon-Gate" seems like a bit of a stretch.
- * Why wasn't the woman happy with the Velcro she bought? It was a total rip-off.
- * Why did the man fall in the well? Because he couldn't see that well!
- * I was just reminiscing about the beautiful herb garden I had when I was growing up. Good thymes.

