

September 2020



Active Health Portland Newsletter

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Health Events in September 2020

1st—30th	Childhood Cancer Awareness Mont
21st—27th	Dementia Action Week
10th	R U Ok? Day
1st—30th	Footy Colours 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 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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Childhood Cancer Awareness Month

Each year the month of September is dedicated to raising awareness of childhood cancers. It is estimated that, on average, about 750 children aged 0-14 are diagnosed with cancer each year in Australia.

Leukaemias are the most common type of cancer diagnosed among Australian children, accounting for about 33% of all cases, followed by tumours of the central nervous system (mainly brain tumours) which were responsible for 25% of all diagnoses and lymphomas which accounted for a further 10%. Almost half (48%) of all children diagnosed with cancer in Australia were aged 0-4 at diagnosis, with a median age of 5 years.

After adjusting for changes in the population, the incidence rate of all childhood cancers combined in Australia has increased significantly by a total of 35% between 1983 and 2014. Australia is estimated to have the fifth highest incidence rate of childhood cancers among countries in the G20, following Germany, the United States, South Korea and Canada.

There is an average of 101 cancer deaths per year for children under the age of 15 in Australia. Tumours of the central nervous system (mainly brain tumours) account for the largest number of cancer deaths for children in Australia (39%), followed by leukaemias (22%) and neuroblastoma (13%). Overall childhood cancer mortality rates decreased by an average of 3% per year between 1998 and 2014, or a total decrease of 39%.

Australia is estimated to have the lowest childhood cancer mortality rate among all G20 countries.

Footy Colours Day

There are many organisations raising awareness for Childhood Cancer Awareness Month. One of these is Footy Colours Day which is one of Fight Cancer Foundation's largest fundraisers. Footy Colours Day aims to raise money to develop education programs for kids diagnosed with cancer. With treatment starting instantly, children will face on average more than 6 months away from school. The programs are designed to help these kids return to their normal life after treatment without the social and emotional impact of having to drop a year level.

Hosting a Footy Colours Day event can be as simple as wearing your favourite team colours to work or school and making a donation. There is no set date for Footy Colours Day so you can celebrate any day in September.

For more information or ideas on how to host a Footy Colours Day event visit their website!



Dementia Action Week

This year Dementia Action Week will be held from 21-27 September 2020. The national awareness week will begin on 21 September, which is World Alzheimer's Day.

An estimated 447,000 people have dementia in Australia. This number is projected to reach almost 1.1 million by 2058.

Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease. Dementia affects thinking, behaviour and the ability to perform everyday tasks. Brain function is affected enough to interfere with the person's normal social or working life. There are many different forms of dementia and each has its own causes.

There are a number of conditions that produce symptoms similar to dementia. These include some vitamin and hormone deficiencies, depression, medication clashes or overmedication, infections and brain tumours. Therefore, it is essential that a medical diagnosis is obtained at an early stage when symptoms first appear, to ensure that a person who has a treatable condition is diagnosed and treated correctly.

If the symptoms are caused by dementia, an early diagnosis will mean early access to support, information, and medication should it be available. The early signs of dementia are very subtle and vague and may not be immediately obvious. Some common symptoms may include: progressive and frequent memory loss, confusion, personality change, apathy and withdrawal and a loss of ability to perform everyday tasks.

At present there is no prevention or cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia. The help of families, friends and carers can make a positive difference to managing the condition.

Dementia Australia's research and engagement with advocates shows that there is a prevailing attitude that people living with dementia are overwhelmingly very old, frail and living in care. That once diagnosed with dementia, people have a complete loss of independence – and ultimately a very sad life. These misconceptions lead to judgements about capacity and condescending behaviours. These mistaken beliefs cause significant discrimination against those living with dementia.

Dementia Action Week 2020 will demonstrate that many people living with dementia can continue to live well for many years after their diagnosis - and live rich and active lives.

As part of Dementia Action week, Dementia Australia will be releasing a new tip each day on how we can help people living with dementia live well.

Dementia Action Week

21–27 September 2020

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.



R U Ok? Day

R U OK? Day is Thursday 10 September 2020. It's a national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.

The focus for this year is about learning what to say after 'are you ok?'. 2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us. In the lead-up to the 10th of September, R U OK? is releasing resources to help Australians know what to say when someone says they're not OK and to guide them through how they can continue a conversation that could change a life.

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

For a wide range of resources for almost every situation visit ruok.org.au



1. Ask



2. Listen



3. Encourage
action



4. Check in

Mexi-Chicken Bake Recipe

Ingredients

- 2 onions, chopped
- 2 capsicums, chopped
- 2 x 400g cans baked beans (Mexican flavoured)
- 400 g skinless chicken breast, sliced in half lengthways and chopped
- 1 cup reduced-fat mozzarella cheese, grated

****Variations****

Add chilli flakes and fresh coriander for extra flavour.

Mexican flavoured baked beans are usually in the supermarket with the baked beans. If unavailable, swap for:

- No-added-salt baked beans + 1 tablespoon smoked paprika + 1 teaspoon ground coriander
- Red kidney beans or other beans + jar of salsa

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Combine onion, capsicum and canned beans in a large ovenproof dish.
3. Place chicken pieces into bean mix and press down so they are covered by sauce.
4. Bake for 20 minutes, then remove foil, sprinkle with cheese and bake for a further 5 – 10 minutes until chicken is cooked through and cheese has browned.
5. Divide between plates and 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 (\$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

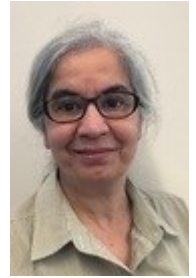
Reception will process your Medicare rebate when you pay your account and the rebate will go back into your nominated bank account in 24-48 hours. The out of pocket expense for appointments is \$20.

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.

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!

- * Ronald McDonald is “Donald McDonald” in Japan because it makes pronunciation easier for the Japanese.
- * Paraskavedekatriaphobia is the fear of Friday the 13th.
- * Coca-Cola owns all website URLs that can be read as ahh, all the way up to 62 h's.
- * In total, there are 205 bones in the skeleton of a horse.
- * Dolly Parton lost in a Dolly Parton look-alike contest.
- * Mike Tyson once offered a zoo attendant 10,000 dollars to let him fight a gorilla.
- * A woman tried to commit suicide by jumping off the Empire State Building. She jumped from the 86th floor but was blown back onto the 85th floor by a gust of wind.
- * A small child could swim through the veins of a blue whale.
- * Sea otters hold hands when they sleep so they don't drift away from each other.
- * A crocodile can't poke its tongue out but an alligator can.
- * A sheep, a duck and a rooster were the first passengers in a hot air balloon.
- * A baby spider is called a spiderling.
- * In 2017 more people were killed from injuries caused by taking a selfie than by shark attacks.

