

Spring News Letter, 2020

Clinic News.

Thank you to everyone for continuing to look after your health and still coming to see your GP. We have been continually working at keeping you safe in our clinic by limiting the number of people you have contact with whilst in the clinic. Some of the precautions we have implemented include:

- All patients are asked by our reception staff prior to entry if they have a sore throat, runny nose, cough, etc or have been to Melbourne recently
- Having hand sanitiser available to use as you enter the clinic.
- Limiting the number of people sitting in the waiting room.
- All our staff are wearing face masks.
- Our Procedure rooms and Theatres are cleaned after each person has been in them.

It is very important to still have your routine checks, rather than delay them for an extended period.

The clinic will be closed on the following days:

**Friday 23rd October - AFL Grand Final
Eve
Tuesday 3rd November - Melbourne
Cup**

Let's **BE** COVID

SAFE together

**We need to all keep making
COVIDSafechoices to help stop
the spread.**

- Keep physical distancing in public spaces.
- Practise good hygiene.
- Protect others and stay at home if you're unwell. If you're experiencing cold or flu-like symptoms speak to your doctor about getting tested.
- If you haven't already, download the COVIDSafe app.

Together, let's **BE COVIDSAFE**. Visit **health.gov.au** for more information.

Flu vaccinations.

It is not too late to have your annual flu vaccination.

The following people are eligible to receive a free seasonal influenza vaccine:

- 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.

It's Important to Stay Connected

Being socially connected with people we care about and whose company we enjoy can help us cope with stress and reduce feelings of loneliness, anxiety and depression. As human beings, positive social connections are really important to our mental and physical health.

However, until we have a COVID-19 vaccine, physical distancing is going to be a key factor in limiting the spread and keeping our friends, family and community safe. To help slow the spread we need to stay physically apart, which means that it's even more important for our wellbeing that we stay socially and emotionally close to our loved ones.

Now is the time to work out other ways to connect and schedule in some regular time with friends.

How to stay connected while physically distancing

There are lots of ways we can stay connected with each other. Phone call, video chat, text messaging, email and social media are some of the more commonly used ways, but there are lots of other ideas to explore. Here are just a few:

- Send letters or postcards by mail.
- Join an online book club or start one with friends.
- Have a virtual weekly dinner with friends or family.
- Have a trivia night or do the quizzes from the weekend papers together via video chat.
- Join an online gym class, or follow a YouTube exercise session together.
- Share a virtual dance party or movie night.

- Play multiplayer video games with friends, or find apps for classic two-player games such as chess or word games.

Don't let these ideas intimidate you. You don't have to have an elaborate plan to connect with people. Even a simple text message or email, or tagging someone on a social media post with a positive message can help people day to day.

Where to get help

Telephone and online support for mental health issues

In urgent mental health and crisis situations, dial '000'

Mental health helplines are a great resource if you are struggling with mental health issues. Speak to someone who will listen and can give you appropriate advice and tell you the steps to take to get help.

Find someone to talk to by calling one of the following helplines:

- [Suicide Call Back Service](#) – call [1300 659 467](tel:1300659467) for this free service for people having suicidal thoughts or family or friends affected by suicide.
- [SuicideLine](#) – call [1300 651 251](tel:1300651251) for free and anonymous support, 24 hours a day, seven days a week across Victoria.
- [Kids Help Line](#) – call [1800 55 1800](tel:1800551800) for free counselling for young people between the ages of five and 25.
- [Lifeline](#) – call [13 11 14](tel:131114) for this Australia-wide crisis support and prevention service.
- [beyondblue](#) – call [1300 22 4636](tel:1300224636) for support for issues relating to anxiety and depression.
- [headspace](#) - National Youth Mental Health Foundation
- [ehespace](#) - provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. Tel: [1800 650 890](tel:1800650890)
- [SANE Australia](#) Tel. [1800 18 SANE \(7263\)](tel:180018SANE7263)
- Need Help? Chat live with a [SANE Helpline Advisor](#) (Available Monday-

Friday, 10am-10pm AEST). Tel: [1800 187 263](tel:1800187263).

- [SANE Forums](#) are full of people who want to talk to you and offer support.
- Your local [GP \(doctor\)](#)
- [Mental Health Foundation of Australia \(Victoria\)](#) Tel. (03) 9427 0406
- [Anxiety Recovery Centre Victoria](#) Tel. (03) 9830 0533 or 1300 ANXIETY (269 438)
- [ReachOut Australia](#) helps under 25s with everyday questions through to tough times.

ARE YOU ELIGIBLE FOR THESE SERVICES?

75 Years+ Health Assessment.

This is a comprehensive assessment we offer to all our patients over the age of 75 years. The assessment is conducted by one of our practice nurses usually in your home. The nurse will talk to you about physical, psychological and social functions. This information helps to assist in the early identification of care needs. A follow up appointment will be made for you to see your usual GP to discuss the assessment.

Chronic Disease Care Plan.

A chronic medical condition is one that has been (or is likely to be) present for six months or longer, for example asthma, cancer, diabetes, heart disease and chronic pain.

A Chronic Disease Care Plan can help people with chronic medical conditions by providing an organized approach to care. A Care Plan is a plan of action you have agreed with your GP. This plan:

- Identifies your health needs.
- Sets out the services to be provided by your GP; and
- Lists the actions you can take to help manage your condition.

Spring Health Calendar Events



1-30th September [Dementia Awareness month](#)

1-30th September Prostate Cancer Awareness Month <https://www.prostate.org.au/>

7-11th September [Women's Health Week](#)

10th September [R U OK Day](#)



1-31st October Breast Cancer Awareness



Month. <https://www.canceraustralia.gov.au/about-us/campaigns-events/breast-cancer-awareness-month>

15-21st October National Nutrition Week. <https://nutritionaustralia.org/uncategorized/national-nutrition-week-tryfor5/>

1-30th November [Movember](#)

8-14th November Perinatal Depression and Anxiety Awareness Week

<https://www.panda.org.au/awareness/panda-week> **18th November** World Chronic

Obstructive Pulmonary Disease Day

<https://lungfoundation.com.au/>



Healthy nachos

15 minutes (15 minutes)

Serves 4

Ingredients

- 2 small wholemeal tortillas, cut into triangles
- Spray olive oil
- 1 garlic clove, crushed
- 1 small red onion, finely chopped
- 1/2 red capsicum, seeded, finely chopped
- 2 carrots, peeled, grated
- 1 teaspoon Mexican chilli powder
- 400g can no added salt diced tomato
- 200g can no added salt red kidney beans, drained, rinsed
- 100g can no added salt corn kernels, drained, rinsed
- 1/4 cup (30g) grated reduced fat mozzarella
- Coriander sprigs, to serve

Method

1. Preheat the oven to 180°C. Spray a deep medium sized rectangle baking tray with olive oil. Prepare another large baking tray with baking paper.
2. Spread the pita triangles out in a single layer on the baking tray. Spray with olive oil and

bake for 5 minutes or until golden in the preheated oven.

3. Meanwhile, spray a medium-size saucepan over medium heat. Add onion and garlic. Cook, stirring, for 2 to 3 minutes or until soft.
4. Add capsicum, carrot and chilli powder. Cook, stirring occasionally, for 2 to 3 minutes or until capsicum is just tender.
5. Add diced tomatoes, beans, and corn. Bring to the boil. Reduce heat to low.
6. Simmer for 4-5 minutes or until the mixture has slightly thickened. Set aside.
7. Place baked pita chips into a deep baking tray and top with tomato, bean and corn mix plus grated cheese. Bake for 10 minutes, until bubbling and golden.
8. Top with coriander sprigs to serve.

Ref :

<https://www.heartfoundation.org.au/Recipes/healthy-nachos>