



SUMMER NEWSLETTER 2020.

Clinic News.

The Clinic will be closed on the following days

Friday 25th December Xmas Day

Monday 28th December Boxing Day

Friday 1st January New Year's Day

Covid precautions in our clinic:

Ring on arrival.

Staff will ask if you have any Respiratory symptoms.

Wear a mask.

Sanitise hands

Social distance – marking provided

SMOKING.

As part of our ongoing audits to keep your medical records up to date, we will be asking you about your smoking history.

Are You Ready To QUIT Smoking?

Set a date

QUIT and the Better Health Channel can suggest **numerous strategies** that have helped Victorian smokers to **give up**. From electing a 'quit date' and throwing away all temptations, to replacement therapies and online coaching – there are so many ways to make today's cigarette your last.

A call to Quit line [on 13 7848] can offer a great start to your quitting journey, "For the cost of a local call, you can double your chances of success." QUIT also offers **free personalised online coaching** and a free text messaging service to help you keep on track.

Dealing with the triggers

Sometimes it may feel impossible to deny yourself the pleasure of a cigarette. This is because something has 'triggered' your old smoking habit.

When you smoke, your brain grows more receptors that want nicotine. When you stop smoking, these receptors eventually go to sleep – but they're always standing by, ready to jump to attention and start shouting for nicotine if something triggers the impulse.

These triggers can include anything from seeing a cigarette packet to smelling smoke, seeing someone light up – or even hearing the sound of a cigarette lighter.

However much you try to stay away from temptation, chances are at some point you are going to be triggered – so it's worth having a plan for how you will deal with the cravings this will bring back.

At QUIT, they recommend the '4Ds':

- Delay, and take a
- Deep breath.
- Drink water, and then
- Do something else.

Of course, drinking alcohol can make it much harder to resist a trigger, as it's common for smoking and drinking to go hand-in-hand. So you may need to avoid alcohol for the first two or three weeks as well.

When you try to quit smoking, you're not just fighting one addiction – but actually doing battle with three. There are three distinct and separate parts to our craving for cigarettes: a nicotine addiction, an emotional addiction, and a habitual addiction.

Cigarettes are a method for delivering nicotine into our bloodstream. When you decide to give up, you can wean yourself off your nicotine addiction with patches or other nicotine delivery systems.

The emotional addiction, however, is much harder to break. This is the reason why most people continue to smoke, and it can be extremely complex. We use cigarettes for many reasons: to reward ourselves, to console ourselves when things are going badly, to calm ourselves down, to take time out.

As Dr Sarah White director of the Victorian anti-smoking initiative [QUIT](#) notes: “People trying to quit need to find another way to deal with stress, and another way to reward themselves.”

Thirdly, there is the habitual addiction. This relates to when and where you smoke – the ‘signposts’ of your habit. Perhaps you always have a cigarette with your morning coffee, or after lunch. Maybe one or two on the way home. Or when you have a drink. These habits are hard to break.

The medical profession describes smoking as “a chronic relapsing condition” – which basically means that for many people, the urge never completely goes away. This is why it can be brutally hard to quit.

Never give up giving up

Dr White reminds us that “there is no such thing as a failed quit attempt”. Each attempt to quit will teach you something about your habit and the triggers you find hardest to resist.



How to cope and stay safe in extreme heat

During extreme heat, whether it’s one hot day or a heatwave, remember:

- Drink plenty of water, even if you don’t feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day. If you do have to go outside, wear a hat and sunscreen, and seek shade.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.

- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.
- Watch or listen to news reports to find out more information during extreme heat.



kidsafevic.com.au

The risk of heatstroke and dehydration is very real

- a child's body temperature rises three to five times faster than an adults'
- even on a mild day, the temperature inside a parked car can be 20 to 30 degrees hotter than the temperature outside
- when it's 30 degrees outside, a child could be suffering in up to 60-degree heat
- leaving the windows down has little effect on the inside temperature of the car
- large cars heat up as quickly as smaller cars.

Visit Kidsafe Victoria for more information.

Fatal distraction

Accidentally leaving a child in a car is sometime known as fatal distraction, and it can happen to anyone. Unfortunately, the consequences have the potential to be devastating.

In recent times, there have been incidents in Australia and around the world where parents or carers, believing a child to be elsewhere and safe, have unknowingly left a child in a car with tragic outcomes.

Create a safer routine

There are some steps that people can work into daily routines to help lower the risk of inadvertently leaving a child in a car:

- open the back door of the car every time you park, even if there is no one in the back seat
- place a child's bag or cuddly toy in the front seat as a reminder
- leave a bag, phone or wallet in the back seat of the car
- use a mirror for rear facing car seats
- create a mental list of things to check each time you leave the car, for example, 'baby, keys, wallet and phone'.

It's Time to Talk about Mental Health

- Almost half of all Victorians will experience mental illness in their lifetime but too many people don't speak up for fear of stigma and discrimination. It's time to start a new conversation - mental health is something which affects us all.
- The people profiled in It's Time to Talk about Mental Health have shared their stories to illustrate how we are all affected by different mental health challenges, and to offer hope to anyone who may be struggling.
- You can find more information on the series by searching [#timetotalkvic](#).

If you or someone you know needs support, call [Lifeline](#) on **13 11 14** or [beyondblue](#) on **1300 224 636**. In an emergency, call 000.

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.

Who can I call if I am lonely or isolated?

If you are feeling sad or distressed about being by yourself or feeling disconnected from the world around you, know that there are people you can talk to to help you navigate this challenging time.

- If you are at immediate risk of injury or harm, call 000.
- For crisis support if you are having difficulty coping or staying safe, call [Lifeline](#) on **13 11 14**.
- If you're feeling worried or struggling to cope during isolation, call the [Beyond Blue coronavirus mental wellbeing support service](#) on **1800 512 348**.
- You can access peer support through the [SANE forums](#) or contact [SANE](#) on **1800 187 263**.
- [MensLine](#) provides support for Australian men, 24/7 at **1300 789 978**.
- [Kids Helpine](#) is a confidential 24/7 phone and online counselling service for young people aged 5 to 25. You can call them for any reason, at any time.
- [Suicide Call Back Service](#) provides mental health support 24/7 via phone, video and online counselling for anyone who is feeling

suicidal, who is worried about someone else, or who has been affected by suicide in any way. Call **1300 659 467**.

If how you are feeling is affecting your day to day life and you have been feeling down for more than two weeks – seek help from a health professional. Make an appointment with your GP or contact a support service.

You can find more information about support services and other mental health resources on the Department of Health and Human Services **Mental health resources – Coronavirus (COVID-19) page**.

How to meet people when you're staying at home

Even when we're physically isolating, there are ways to meet new people.

Community groups can provide a way for people with common interests to connect, so if you're looking to make new social connections in your area and are not sure where to begin, start with your **local council**.

Many suburbs around Melbourne have a **Good Karma Network**. Have a look on their site to see if there's one near you (and if there isn't, start one!). Good Karma Networks operate through social media, and they aim to connect community members in a positive, collaborative way. A place to ask for help, or offer it, to brainstorm, problem solve and build relationships.

Online support forums such as the **Beyond Blue** or **SANE Forums** can be a good way to get in touch with people who are having similar experiences. Peer support forums for young people include **ReachOut**, **eHeadspace group chats** and **Youth Beyond Blue Forums**.

Family violence support

If you are being prevented from making social connections by someone you live with, you may be experiencing **family violence**. For family violence help and support call safe steps on 1800 015 188 at any time, day or night.

Learn more about **family violence crisis response and support services during coronavirus**.

Reach out today. Don't put it off until you're feeling upbeat. Friends don't expect you to be on top of your game all the time. When you're feeling sad or flat it's even more important to reach out and let someone you trust know how you feel. A friend can help you talk through a problem and see things from a different perspective.

Ref: <https://www.betterhealth.vic.gov.au/>

Chicken Ranch Salad

20 minutes (20 minutes)

Serves 4

Replace dill in dressing with chives or parsley, if preferred. Salad, without avocado, croutons and dressing added, can be prepared several hours ahead. Add avocado and croutons and drizzle with dressing just before serving.

Ingredients

- 500g skinless, boneless chicken breast fillets, trimmed of any fat
- 2 teaspoons olive oil
- 2 corn cobs, husk and silk removed
- 1 large baby Cos lettuce, coarsely chopped
- 1 large Lebanese cucumbers, cut into 2cm pieces
- 250g punnet cherry tomatoes, halved
- 1 avocado, peeled and chopped
- ½ red onion, thinly sliced

Croutons

- 4 slices (160g) wholegrain sourdough bread, cut into 1½ cm cubes
- 1 tablespoon olive oil

Ranch dressing

- ¾ cup Greek yoghurt
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 small clove garlic, crushed
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Method

- To make croutons, spread bread over a baking tray. Drizzle with oil. Toss to coat. Bake in 200C oven (fan-forced) for 8-10 minutes or until crisp and golden. Remove. Cool.
- Meanwhile, to make dressing, whisk all ingredients in a small bowl with a fork until combined. Cover and refrigerate.
- Heat oil in a medium non-stick frying pan over a medium-high heat. Add chicken and season with pepper. Cook about 5 minutes on each side or until cooked through. Remove and cool. Thinly slice.
- Cut corn kernels from cobs. Place in a large bowl. Add lettuce, cucumber, tomatoes, avocado, onion and croutons. Gently toss to combine.
- Divide salad over 4 plates. Top with chicken. Drizzle with dressing.

Shortcut: Instead of cooking chicken breast fillet, replace with 400g shredded cooked, skinless chicken, available from supermarket delis. Toss shredded chicken through salad.

More on this topic