



BLACKBURN CLINIC FAMILY GENERAL PRACTICE

Autumn 2019 Edition

Family Medical & Licensed Travel
Vaccination Centre

195 Whitehorse Rd, Blackburn
www.blackburnclinic.com.au
Telephone: 9875 1111
Appointments: 9875 1123

Dr Grant CONNOLEY
Dr Scott GARDINER
Dr Peter ELLIOTT
Dr Peter LOVASS
Dr Adrian TANG
Dr Praba RATNARAJAH
Dr Melanie HATTOTUWA
Dr Janice KRELTSZHEIM
Dr Claire St JOHN
Dr Ann DONAGHY
Dr Sean DAS
Dr Kazunori NAKAJIMA
Dr Suzanne ASHDOWN
Dr Kathryn CUNNEEN
Dr Aaron ZHANG
Dr Jasdeep SANDHU
Dr Andrew BROAD
Dr Yeganeh KHAVAR
Dr Terence TING

HOURS (open 365 days of the year)

Monday to Thursday 8 am - 7 pm
Friday 8 am - 6 pm
Saturday 8 am - 12 noon
Sunday 8 am - 12 noon
Public holidays 8 am - 12 noon
Good Fri, Xmas Day 9 am - 11 am

*An independent association of
medical practitioners.*

**ONLINE APPOINTMENT
BOOKINGS
NOW AVAILABLE**

www.blackburnclinic.com.au

*This service is available for our existing
patients only. For a long consultation, or if
you cannot find a suitable appointment time
online, please phone the clinic as not all
appointments are available online.*

Welcome to Dr Dushy Blanchard

We are pleased to welcome Dr Dushyanthi (Dushy) Blanchard to the team. Dushy brings extra training in Child Health and Obstetrics and Gynaecology to her role as a GP, and has worked in Psychiatry and Emergency Medicine as well. Here is a little Q & A to help you get to know Dushy.



Q - Why did you choose Medicine as a career?

A - I chose this career to be able to serve my community in a way that also fuelled my intrigue in how the human body works (or more commonly doesn't work!). Being a doctor is like being a detective for conditions of the human body and I love the challenge that brings every day. Not only do I enjoy learning about medical illnesses but I also enjoy learning about people, their cultures, livelihoods and unique interests.

Q - What do you like best about your job?

A - The best part about this job is empowering patients to take control of their own health and being there for them when the uncontrollable happens. I am so pleased when people are motivated to make changes in their lives in order to optimise their health, as this is one of the best ways to prevent further illness.

STORY CONTINUED ON BACK PAGE

Nutrition

Corn, zucchini and chick pea fritters

Preparation time:	Cooking time:	Serves:
10 minutes	12 minutes	7

Dairy and lactose-free, high in protein and low in fat

Ingredients

- 400g can chickpeas, drained
- 1 cup self-raising white flour
- ½ cup self-raising wholemeal flour
- ½ tsp salt
- 310g can corn kernels, drained
- 1 zucchini (courgette), grated
- 1 tbs chives
- 2 eggs, lightly beaten
- 1 cup So Good Almond Milk
- 2 tbs oil

Instructions

1. Place drained chickpeas in a food processor and process until roughly chopped.
2. Sift flours into a large bowl.
3. Add chickpeas, corn, zucchini (courgette) and chives.
4. Combine eggs and Almond Milk together and add to flour mixture, stirring until just combined.
5. Heat oil in a large non-stick frypan over medium heat. Add ¼ cup of mixture, flatten slightly and cook 3-4 minutes each side until golden.

Nutrition

PER SERVE: Energy 1210 kJ (288 Cal); Protein 10 g; Fat, Total 10 g; Saturated Fat 1.0 g; Carbohydrate, Total 37 g; Sugars 3.0 g; Fibre 6 g; Sodium 621 mg; Potassium 266 mg; Calcium 83 mg; Iron 2 mg.

© Recipe and image kindly provided by Sanitarium Health & Wellbeing Company.

Preventing Bowel Cancer

It doesn't get as much attention as other types of cancer, but bowel cancer is the second leading cause of cancer deaths in Australia. It is estimated that 1 in 12 Australians will develop bowel cancer in their lifetime. It can occur at any age but is more common after the age of 50.

Symptoms of bowel cancer:

The most common symptoms of bowel cancer include:

- ▶ A persistent change in your bowel habits
- ▶ Blood in your bowel movement or rectal bleeding
- ▶ A change in appearance of your bowel movements
- ▶ Abdominal pain, especially if it is severe
- ▶ Unexplained anaemia (iron deficiency) causing tiredness

If you do experience any of these, it's important to see your doctor for further investigations. Bowel cancer can be treated successfully in almost 90% of cases, if detected early.

There's a lot we can do to reduce our risk of bowel cancer. You can lower your risk of bowel cancer by:

- Exercising regularly, moving more and limiting sedentary time.
- Eating a diet high in fibre, particularly wholegrains.
- Consuming adequate calcium, from dairy products and supplements.
- Avoiding processed meats and, if you eat red meat, limiting it to 500g per week.
- If you drink alcohol, limiting this to no more than 2 standard drinks per day.
- Not smoking.
- Maintaining a healthy weight.

For further information you should consider speaking with your doctor or the nursing staff. You can also find out more from BowelScreen Australia by www.bowelscreenustralia.org



Men's Health: Heart Health

Heart disease is Australia's single leading cause of death. In 2017, heart disease claimed the lives of 51 Australians each day – that's one person every 28 minutes. While both men and women are affected, men are more likely to develop heart disease than women.

There's no single cause for heart disease but there are many risk factors which increase your chances of developing it.

These risk factors include:

- Age
- Family history
- Ethnic background
- Smoking
- Being overweight
- Being physically inactive
- Eating an unhealthy diet
- Having high blood pressure and/or high cholesterol
- Having diabetes
- Social isolation and depression

Fortunately many of the risk factors for heart disease are modifiable by introducing a few simple lifestyle changes.

You can find out more about what's involved by speaking with your GP, or visiting the Heart Foundation website:

www.heartfoundation.org.au



REDUCE YOUR RISK

1. If you smoke, quit. This is one of the best things you can do to reduce heart disease risk.
2. Get moving. Schedule regular exercise and incorporate more movement into your day. It's also important to limit your sitting time.
3. Improve your eating habits. A heart-healthy diet contains plenty of fibre-rich veggies, legumes, fruits, wholegrains, moderate amounts of lean protein and healthy fats from foods like avocado, nuts, seeds and fish.
4. If you drink alcohol, try to keep it to no more than 2 standard drinks a day.
5. Get enough sleep.
6. Take care of your mental health.

Facts about the Flu Vaccine

Commonly called "the flu", influenza affects between 5 and 20% of Australians each year and has been estimated to result in around 300,000 consultations with general practitioners (GP) annually.

Having the influenza vaccine won't guarantee that you won't get flu, but it significantly reduces the risk. Studies have shown that the vaccine can provide between 50 and 70% protection against laboratory-confirmed influenza infection and similar protection against hospitalisation for the flu.

The influenza vaccine is made from influenza viruses that have been grown, highly purified, chemically killed and then separated to pieces of purified inactivated influenza virus.

The formulation of vaccines for use in Australia is determined each year by the Australian Influenza Vaccine Committee based on information and recommendations from the World Health Organisation (WHO).

The types of influenza viruses circulating in the community change. A new vaccine is made each year to protect against the current strains.

Some people worry that they might develop the flu if they have the vaccination. The vaccine doesn't contain any live viruses, so it cannot cause the flu. The most common reactions are local redness and swelling. Some people

may experience other mild symptoms such as headache, fever or muscle soreness. Serious reactions are rare. Speak to your doctor if you have a specific concern.

Available for anyone over 6 months of age, the vaccine is best given in autumn, before the flu season starts.

The vaccine is free for some 'at-risk' people under the National Immunisation Program, including:

- People aged 65 years and over
- Aboriginal and Torres Strait Islander people aged six months to less than five years
- Aboriginal and Torres Strait Islander people who are aged 15 years and over
- Pregnant women
- People aged six months and over with certain medical conditions

Several states have expanded their free vaccine offering to children under five years of age.

The vaccine is available through your local GP. You may also be able to access it at community health clinics, Aboriginal Medical Services, through school-based immunisation programs and at some pharmacies and workplaces.

For more information visit...

- www.immunise.health.gov.au
- www.immunisationcoalition.org.au/
- www.isg.org.au/
- www.health.gov.au/flureport

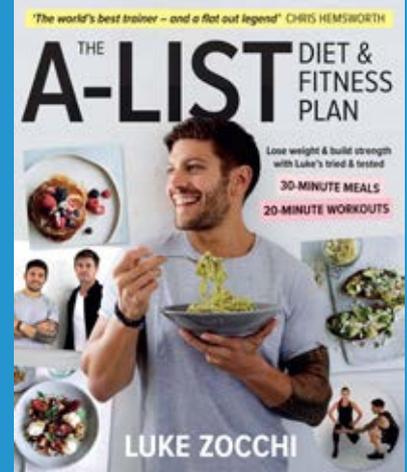
Dr.LoL:)



COMPETITION

Win one of 3 copies of *The A-List Diet and Fitness Plan* by Luke Zocchi.

Luke has been the personal trainer to celebrities such as Chris Hemsworth and Cate Blanchett.



This amazing book will provide you with a selection of meals and workouts to help you loose weight and build strength. It has been provided courtesy of Pan Macmillan Australia.

To enter visit us online at win.yourhealth.net.au

Competition opens 1st March 2019. The winning entry will be selected on 31st May 2019. The prize winner will be notified by email. Good luck!

Women's Health: Morning Sickness

Morning sickness is a common symptom of pregnancy and often goes away by the end of first trimester, but in some cases may continue for the duration of pregnancy.

The exact cause of morning sickness is unknown, but is thought to be caused by changes in hormones during pregnancy. And while it's called morning sickness, nausea and vomiting in pregnancy can occur at any time of the day.

If you are experiencing morning sickness, the following suggestions may help:

- ▶ Eat small regular meals and snacks over the day – going too long without eating can often make nausea worse.
- ▶ Eat according to your appetite rather than worrying about normal mealtimes.
- ▶ Avoid strong smelling foods and if possible, get someone else to help with cooking and preparing your meals.
- ▶ Avoid fatty, fried and highly spiced food.
- ▶ Try a piece of dry toast or dry cracker biscuits before getting out of bed – you might want to keep a supply of dry crackers by your bed.
- ▶ Ginger tea, dry ginger ale or ginger tablets, may help with nausea in pregnancy.

- ▶ Drink plenty of fluid to prevent dehydration but you may find it better to sip on fluids across the day rather than drinking large amounts at one time.

If these suggestions don't help, speak with your doctor about medications to treat morning sickness which are safe during pregnancy.

Morning sickness doesn't usually cause any problems for your baby but if you have severe and persistent vomiting, if you are unable to keep down any food or fluids or if you feel weak, dizzy or unwell, it's important to seek urgent medical attention.

For more information:

- www.pregnancybirthbaby.org.au/dealing-with-morning-sickness



Welcome to Dr Dushy Blanchard continued...

Q - What hobbies and interests do you have outside of work?

A - I am a trained classical soprano but I love to sing jazz and soul music. My inspirations are Ella Fitzgerald, Lauryn Hill and my singing teacher! My partner and I love car karaoke... probably a bit too much... we do get a few looks from neighbouring cars. Besides music I enjoy spending time with my loved ones.

Q - If you could redesign the food pyramid without any dire health consequences, how would it look?

A - A range of items from a Thai Restaurant menu, with the addition of almond Magnums! If I had to eat one meal every day for the rest of my life, it would definitely be my favourite Thai dish, Pad Gra Pow with plain rice.

Q - What is the first thing you would buy if you won the lottery?

A - I would buy a house, because one day a lottery win will not provide enough money to buy a house!

Q - If your house was burning down, what's the one non-living thing you would save?

A - My phone so I can call 000!!!

Q - What was the worst thing you did as a child?

A - I stole left handed scissors from school. I'm right handed but I just liked the green handles! My mum was very worried I would become a kleptomaniac when she found my stash of left handed scissors and she forced me to apologise and return them to the teacher. Thanks to my mum I'm no longer a kleptomaniac— 25 years and counting!

Q - If you were an animal, which animal would you be?

A - It's true that elephants have good memories then I'd like to be an elephant, however I'm not too keen on the idea of a 22 month pregnancy.

Q - If you were stuck on an island what three things would you bring?

A - Will there be Wi-Fi? If so, I only need one thing so that I can order my Thai food to be delivered by Ubureats and enjoy my island getaway!

Q - Any random facts you could share with us?

A - The plastic or metal tube at the end of your shoelace is called an aglet.

Q - What is the most important thing you have learned in the last five years?

A - Firstly, not to be too hard on yourself. Secondly, enjoy and embrace what you have.

ARE YOU AGED 45-49?

We offer a specific health check for patients in this age group who are at risk of developing chronic conditions. Risk factors include family history of chronic disease, and lifestyle risks such as smoking, physical inactivity, poor nutrition, alcohol use. Biomedical risk factors include high cholesterol, high blood pressure, impaired glucose metabolism or excess weight. We are currently offering the 45-49 year old health check with no out of pocket cost. This service aims to give you strategies to prevent the onset of chronic conditions in the future. Take the first step towards long term good health and speak to a receptionist to book your health check.

WHEN WE ARE CLOSED

Phone the clinic after hours on 9875 1111 and your call will automatically be transferred to the After Hours GP Clinic at 36 Wellington Rd, Box Hill (Ph 9899 9980), during their opening hours:

Mon-Fri 6.30pm-11.00pm,

Sat 1pm-11.00pm,

Sun & Pub Hols 10am-11.00pm.

Outside these hours your call will divert to our Home Doctor Service (Ph 13 74 25). Box Hill, Maroondah and Knox Private Hospitals all have emergency departments.

APPOINTMENTS

Appointments should be made to see the doctor of your choice. Urgent problems are always seen quickly – please notify the receptionist.

BILLING POLICY

We are a private billing clinic. Fees are subject to regular review. Current fees and changes to fees are displayed in the waiting room. Full payment on the day will attract a discount. Veterans Affairs gold card holders will be bulk-billed. If you have difficulty paying our fees at any time, please discuss this with your doctor.

DIABETES CLINIC

Education and information about use of devices, healthy eating, and strategies to help manage your condition to avoid complications. Our Diabetes Clinic will keep you up to date with the latest approaches. Ask your doctor for a referral.

SKIN CANCER CHECKS

Most patients should have a skin cancer check once per year. Please ask your doctor for a specific appointment for this, and to send you a reminder when your next SKIN CHECK is due

IRON INFUSIONS

We can treat iron deficiency anaemia on-site, where medically appropriate, at considerable savings compared to the traditional day-surgery model. Please see your doctor for advice.

75 PLUS HEALTH ASSESSMENTS

A preventative service, aimed to keep you living independently in your own home, for ages 75 plus (or 55 for those of ATSI descent). This comprehensive assessment is only for your doctor's use and includes time with the nurse and your doctor. This service is billed to Medicare.

ONSITE CLINICAL PHARMACIST

Free service for our patients, providing a range of medication support services. Suitable for those with chronic conditions, taking multiple medications, or patients taking medications who may be experiencing side-effects.

MELBOURNE PATHOLOGY

Blackburn Clinic patients are able to access Melbourne Pathology services within Blackburn Clinic, from 8.00am - 1.00pm, Mon - Fri. Please take a number at reception and wait in our reception waiting area to be called.