



## BALLARAT COMMUNITY HEALTH CENTRE

### LOCATION

Ballarat Community Health has four GP clinics located at:

12 Lilburne Street, Lucas  
1042 Howitt Street, Wendouree  
260 Vickers Street, Sebastopol  
19 Heales Street, Smythesdale

Telephone: 03 5338 4585

Facsimile: 03 5336 1613

Email: [gpclinic@bchc.org.au](mailto:gpclinic@bchc.org.au)

Web: [www.bchc.org.au](http://www.bchc.org.au)

Dr Jennifer CELESTINO

Special interests: skin cancer screening and surgery

Dr Padma BHASKAR

Dr Dilhani WITHANAGE DONA

Dr Shaun MOHAMMADSAEEDI

Dr Arezoo KESHAVARZ

Dr Sumudu WARNAKULASURIYA

Dr Harmanpreet BRAR

Special interests: skin cancer surgery, mental health and women's health

Dr Swapnil GARG

Special interests: chronic disease management, men's and children's health, dermatology and minor surgical procedures

Dr David ANDERSON

Dr Chandra MUNASINGHE

### HOURS

Our reception hours are 8.30 am to 5.00 pm Monday to Friday.

Appointments are scheduled 9.00 am to 5.00 pm Monday to Friday.

### APPOINTMENTS

To make an appointment, you can call us on 5338 4585 or you can book online. Go to our website at [www.bchc.org.au/service/doctors-clinic/](http://www.bchc.org.au/service/doctors-clinic/)

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[www.bchc.org.au](http://www.bchc.org.au)

For health information and our practice details

# YOUR HEALTH™

healthy advice from your family doctor

Spring 2020 Edition 95

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YOUR COPY — FREE TO TAKE HOME

## Are You Being COVID Safe?

While the numbers are constantly changing, at the time of writing, over 16,303 Australians have been infected by the coronavirus (COVID-19) and almost 200 have died. And while Australia has fared well compared to many other countries, the recent increase in numbers in several states highlights the need for continued awareness and efforts to reduce the spread and avoid the dreaded 'second wave' of infections. The fact is, that until we have a vaccine (which may or may not happen) we need to learn to live with this virus and take steps to minimise our risk of being infected and infecting others.

COVID-19 is the name of the disease caused by infection by a new form of coronavirus. Coronaviruses are a large family of viruses that cause respiratory infections ranging from the common cold to more serious illnesses. Symptoms include fever, coughing, a sore throat and shortness of breath.

Most people who become unwell with COVID-19 will experience mild-to-moderate symptoms and will recover at home without medical treatment. However, some people can become very ill, particularly the elderly and those with pre-existing medical conditions such as high blood pressure, heart disease and diabetes.

If you have any symptoms of COVID-19, seek medical advice and get tested. This is the current recommendation, even if your symptoms are mild.

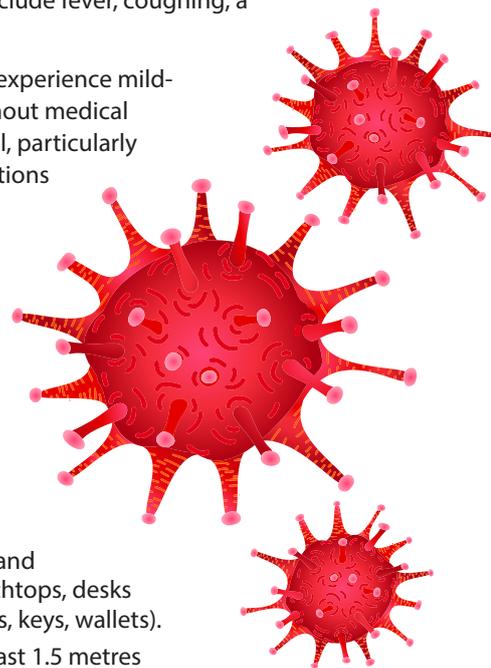
To protect yourself and others and stop the spread of the virus, it is important to:

1. Practice good hygiene including washing your hands often with soap and water or using alcohol-based hand sanitisers when you can't, avoiding touching your eyes, nose and mouth, and cleaning and disinfecting commonly used surfaces (such as benchtops, desks and doorknobs) and objects (such as mobile phones, keys, wallets).
2. Follow social distancing guidelines by keeping at least 1.5 metres from others, where possible, avoiding physical greetings such as hugging, kissing and handshakes and avoiding crowds and large public gatherings.
3. Adhere to limits for public gatherings according to the recommendations in your state or territory.
4. Consider downloading the COVIDSafe app which speeds up the process of finding people who have been in close contact with someone with COVID-19 and who are therefore at risk of having the virus and passing it on to others.

If you are a confirmed case of COVID-19 it is essential that you self-isolate to avoid spreading the virus to other people. This means you must not:

- Leave your home except in an emergency or to get essential medical care
- Go into public places including work and shops
- Let another person into your home unless the person lives with you and can't live somewhere else, is providing medical care for you or is entering for an emergency

You must stay isolated until your public health authority advises you are safe to leave. Leaving isolation without permission can result in criminal charges or a fine.



Hello FRESH

## Recipe



## Chicken & Cherry Tomato Risoni

**Preparation time:** 30 minutes  
**Cooking time:** 20 minutes  
**Serves:** 4

### Ingredients

- 2 Brown onions
- 4 Cloves garlic
- 1 Bunch thyme
- 1 Bunch basil
- 500g Chicken breast
- 3 Chicken stock cubes
- Small bag baby spinach leaves
- 2 Punnets cherry tomatoes
- 1 Lemon
- 200g Risoni
- Cheddar cheese cubes
- Olive oil

### Instructions

1. Chop the brown onion, half the cherry tomatoes and crush the garlic. Zest the lemon, then slice into wedges. Pick the thyme leaves. Pick and roughly chop the basil leaves. Cut the chicken breast into 2cm chunks.
2. In a large frying pan, heat a drizzle of olive oil, add the chicken and cook until browned and cooked through. Season with salt and pepper and transfer to a plate.
3. Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the onion and cherry tomatoes and cook, stirring, until softened. Add the garlic, thyme and lemon zest and cook until fragrant, 1 minute.
4. Add the risoni and stir to combine. Add 2.25 cups water and crumbled chicken stock. Bring to the boil, then reduce to simmer, stirring occasionally, until the risoni is 'al dente' and the water absorbed.
5. When the risoni is ready and the liquid has been absorbed, stir through the shredded Cheddar cheese, chicken (and any resting juices) and baby spinach leaves.
6. Divide the cherry tomato and chicken risoni between bowls. Garnish with the basil and serve with remaining lemon wedges.

HelloFRESH

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# Stay Healthy Working from Home

The COVID-19 pandemic has changed the way many of us work and for a lot of us working from home may be the new normal. While there are many benefits — saving time and money on travel, and having more time in the day — one downside can be our physical and mental health.

Following are some tips to stay healthy while enjoying the benefits of working from home.

1. Set a routine to help create boundaries between work time and home time and to help you switch off at the end of the day. Try to have a regular start and finish time and schedule in breaks.
2. If possible, set up a specific place in your house to work and avoid working in your bedroom, which can interfere with sleep.
3. Try to get outside at least once per day to get some fresh air and sunshine.
4. Make sure you have a safe, ergonomic workstation set-up including a comfortable chair. You could also ask your employer about organising a virtual workstation assessment.
5. Take regular movement breaks. Try to get up from your desk at least once every hour. Do a few stretches, get outside for a few minutes or go for a short walk.
6. Stay connected with your co-workers by scheduling regular phone or video meetings. This can help you to feel less isolated, reduce

stress levels and help you to stay productive.

7. Schedule time for lunch and use the opportunity of working from home to prepare and enjoy a healthy meal. If other members of your household are working from home, try to take a break and enjoy lunch together. Or consider scheduling a 'virtual lunch' with colleagues and use this as a chance to catch up.
8. Stock up on healthy snacks and avoid mindless snacking. When working from home it can be easy to head to the kitchen every time you feel like a break from work. Instead, think about other things you can do to break up your day, such as heading outside, doing a few stretches or a short workout, or enjoying a cup of tea or herbal tea.
9. Build in regular exercise. Use the extra time you have in the morning or evening due to not having to travel, or if you have the flexibility, make time for an exercise break during the day.



## Men's Health: Muscle Dysmorphia

**M**uscle Dysmorphic Disorder (MDD) is a form of common but often under-recognised mental illness where a person becomes obsessed with parts of their bodies and, in this case, muscles.

Men with MDD typically see themselves as not being muscular or lean enough. It is sometimes referred to as 'reverse anorexia' or 'bigorexia'. Those who take part in body building are particularly at risk. Other risk factors including having a low self-esteem, an existing mental health concern or genetic predisposition to mental illness, and a history of bullying about weight and appearance, particularly relating to muscularity.

Some common signs of MDD include:

- Spending excessive time doing strength training and weightlifting.
- Being overly preoccupied with your muscle size, shape and body fat.
- Feeling anxious if you cannot train or if you miss a workout.
- Overtraining or training when you are injured or unwell.

- Disordered eating behaviours, including following special or restrictive diets and using protein supplements.
- Using steroids or other illegal substances.
- Compulsive comparing and checking of your body and shape.
- Feeling anxious, distressed and/or experiencing mood swings.
- Prioritising exercise and training sessions over everything else, including your relationships, work or study.
- Being scared about losing muscle if you stop training or using steroids.

You may also worry about other aspects of your body or appearance, such as your hair, skin, or genitals.

While there are many benefits of regular exercise, it becomes a problem when it interferes with your life and negatively affects your relationships, work, study and mental and physical health.

If you recognise you have symptoms of MDD it's important to seek help. Speak with your GP who can discuss treatment options with you, including psychological counselling and medications.

# Women's Health: Fad-Free Weight Loss

With 60% of Australian women over 18 being overweight or obese, it's not surprising that diets sell. In fact, research by IBISWorld estimated that Australians' spending on weight loss counselling services and related low-calorie foods and dietary supplements will reach more than \$452 million in 2019–2020. Despite this, our waistlines continue to increase. So where are we going wrong?

The main problem is that 'diets' don't work, lifestyle changes do. Most diets are too restrictive which makes them unsustainable in the long term. If the diet cuts out whole food groups, makes it difficult to socialise or requires hours in the kitchen it is unlikely to be something you can stick to for long.

The key is to find an eating plan you can adopt for the long term. One which is good for your health and for your waist. And while different types of eating plans will work for different people, there are some key habits that will help anyone who wants to lose weight and keep it off for good.

## Losing weight – the habits that count

- ▶ Eat mostly nutrient-dense, minimally processed wholefoods. This means building your meals and snacks around vegetables, fruits, wholegrains, legumes, nuts, seeds and lean protein foods.
- ▶ Limit discretionary foods. These are foods (and drinks) we choose to eat for pleasure that don't provide much nutritional value and tend to be high in energy – think chips, confectionery, soft drinks and sweet biscuits. You don't need to cut them out entirely if they are things you enjoy but you do need to keep these to a minimum when trying to lose weight and still meet your nutritional needs.
- ▶ Let your appetite guide you. Recognise when you are hungry and when you are satisfied and aim only to eat when you are hungry (but not starving, or you will overeat) and to stop when you are satisfied (and not over-full).
- ▶ Work on your eating habits. Sitting at the table to eat (and not on the run, in the car, or in front of the TV or computer) and eating slowly can make a real difference to how much you eat and how satisfied your meal leaves you feeling.
- ▶ Move more. If you are not currently exercising then start small (even if it's only 5-10 minutes per day) and gradually increase the duration and intensity over time. Also try to get as much movement in your day as you can and avoid sitting for long periods at a time.
- ▶ Improve sleep. Poor sleep can contribute to weight gain and make it harder to lose weight. Lack of sleep worsens insulin sensitivity, leads to hormonal changes which influence weight and can also affect levels of satiety hormones which in turn influences hunger and appetite. Being tired also makes it harder to get enthusiastic about exercising and eating well!
- ▶ Reduce stress. Like poor sleep, stress can worsen insulin resistance and lead to weight gain. It can also contribute to emotional eating. Taking steps to reduce your stress levels and finding ways to manage stress, including scheduling time for rest and relaxation, should be an important part of your health and weight management plan.

Unfortunately, there are no quick fixes, so forget the latest fad. Instead, make healthy food choices, watch portion sizes, listen to your appetite, move more and get enough sleep and rest. It won't make front page news or a bestseller, but it works!

### For more information:

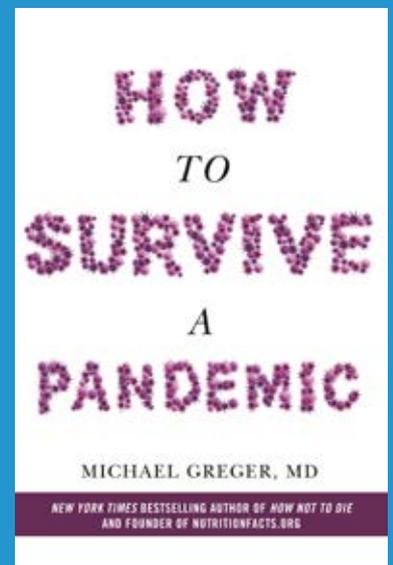
Need more help with losing weight? Consider seeking advice from an Accredited Practising Dietitian (APD) who can help you to develop an eating plan suited to your individual needs while taking into account any other health problems you may have, and the types of foods you enjoy eating. To find your local APD call Dietitians Australia on 1800 812 942 or search at [dietitiansaustralia.org.au/find-an-apd](http://dietitiansaustralia.org.au/find-an-apd)



Dr.LoL:)



## COMPETITION



Win a copy of *HOW TO SURVIVE A PANDEMIC* courtesy of Pan Macmillan.

From tuberculosis to bird flu and HIV to coronavirus, these infectious diseases share a common origin story: human interaction with animals. So what — if anything — can we do to stop them and their fatal march into our countries, our homes, and our bodies?

In *How to Survive a Pandemic*, Dr. Michael Greger, physician and internationally-recognized expert on public health issues, delves into the origins of some of the deadliest pathogens the world has ever seen.

To enter visit us online at [win.yourhealth.net.au](http://win.yourhealth.net.au)

Competition opens 1st September 2020. The winning entry will be selected on 1st December 2020. The prize winner will be notified by email. Good luck!



# Children's Health

## Recognising Type 1 Diabetes

**T**ype 1 diabetes is an autoimmune condition, which occurs when the body's immune system destroys the insulin-producing (beta) cells in the pancreas. This means that a person with type 1 diabetes does not produce any insulin – the hormone needed to manage blood glucose levels. It usually presents in childhood or young adults but can develop at any age.

The symptoms of type 1 diabetes usually have a rapid-onset and include thirst, frequent urination, tiredness and weight loss. They are often referred to as the 4Ts — Thirsty, Toilet, Tired, Thinner.

If your child displays these symptoms, it is important that you seek urgent medical advice. If not diagnosed and treated quickly, they can develop life-threatening Diabetic Ketoacidosis (DKA) because of insulin deficiency and the inability to use glucose as a fuel. Early detection, diagnosis and treatment are therefore critical. According to Diabetes Australia, 640 people end up in hospital each year because the early signs of type 1 diabetes are missed.

The exact cause of type 1 diabetes is not yet known. However, the condition is more common if there is a family history and if a person has other autoimmune conditions such as thyroid or coeliac disease. It isn't related to lifestyle factors such as diet and exercise, although these are important in the management.

There is also no known cure for type 1 diabetes and we don't know how to prevent it developing. However, researchers are making progress towards a cure. You can find out more about this research by visiting [jdrf.org.au/research](http://jdrf.org.au/research)

The treatment of type 1 diabetes includes replacing insulin through regular injections or via an insulin pump. Insulin doses then need to be balanced with food intake and activity levels to keep blood glucose levels within a certain range (as close as possible to someone without diabetes). A child with type 1 diabetes will also need to monitor their blood glucose levels regularly, either using a fingerprick blood glucose monitor or continuous glucose monitor, to help with adjusting insulin doses.

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## Maintain your mental health during COVID-19

**T**here is no doubt that COVID-19 has altered the way that we live, and work. While restrictions may have eased in parts of the country, the recent increase in numbers in some states has shown the need for continued social distancing and the likelihood of further lockdowns for many Australians.

The impact of the restrictions on mental health is well recognised. Some people are more likely to have symptoms of depression and anxiety and low optimism, especially those who have lost jobs, people living alone and those caring for dependent family members.

If you are struggling with your mental health because of COVID-19 it's important to reach out for help. There are many online resources now available including Beyond Blue's Coronavirus Mental Wellbeing Support Service, providing information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic. You can also speak with your doctor or a mental health professional.

Things you can do to look after your mental health and wellbeing during this time include:

- ▶ Staying informed but not overwhelmed. Limit the time you spend reading, watching or listening to news that makes you feel stressed or anxious.
- ▶ Maintaining or building a daily routine. Try to get up and go to bed at similar times, eat regular meals and work and rest times.
- ▶ Looking after your physical health by eating well, exercising regularly and getting a good night's sleep. Avoid using alcohol and drugs to cope with anxiety, boredom or social isolation.
- ▶ Staying connected with friends and family. Even if you can't do this in person, you can keep in touch via phone or video calls.
- ▶ Helping others. If you can, consider offering support to other people in your community such as offering to help them with food shopping. Take care that this happens safely with appropriate social distancing.

If you are being treated for a mental health condition, continue to take your medications and attend appointments with your mental health professionals (whether in person or by phone or video), keep in touch with those who care about you, and know who you can contact for support when needed.

### AFTER-HOURS

For urgent after-hours medical care ring 000 or go to your nearest emergency department.

For after-hours medical advice please ring the after-hours GP Helpline on 1800 022 222.

For 24 hour expert health information ring the Nurse-on-call helpline on 1300 60 60 24.

### OUR PRACTICE

Our clinics offer a safe and family friendly approach in the delivery of care to you. Our four clinics provide a full range of medical services and our doctors, nurses and allied health staff are committed to improving your healthcare.

### TEST RESULTS & FOLLOW UP

If you have a test ordered by your doctor our practice will contact you to discuss your results. In most cases we need you to come into the clinic to see the doctor for a follow up.

### SERVICES AVAILABLE

Ballarat Community Health provides high quality healthcare for everyone. GP clinic services include:

- General check-ups
- Women's and Men's Health Screening
- Chronic Disease Management
- Immunisations
- Wound management
- Blood collection
- Sexual Health and family planning

### FEES

Patients with a current concession card and people under 16 will be bulk-billed.

Non-concession card holders are private patients and need to pay their accounts on the day of the appointment. Cash and EFTPOS payments are welcome.

Some procedures/services may attract a small additional fee. These fees will be discussed with you.

If you don't have a Medicare card you will need to pay the full fee before you see the Doctor or Nurse on the day.

### PRIVACY POLICY

Your medical record is a confidential document. It is the policy of this clinic to maintain security of personal health information at all times and to ensure that it is only available to authorised members of staff.

It is practice policy that all patients have access to their medical file. The doctor will provide them with an up-to-date and accurate summary on request - one week's notice required.