

Time to check for diabetes

10 – 16 July is National Diabetes Week 2022. Diabetes is the fastest growing chronic condition in Australia with more than 120,000 Australians developing the condition in the past year.

It is estimated that a further 500,000 Australians have undiagnosed Type 2 diabetes. Those most at risk of developing Type 2 diabetes include:

- People with a family history of diabetes
- People aged 55+ (risk increases with age)
- People aged 45 + and overweight and/or high blood pressure
- People over 35 from an Aboriginal or Torres Strait Islander background; or from a Pacific Island, Indian subcontinent or Chinese background
- Women who have given birth to a child over 4.5 kgs (9 lbs) or had gestational diabetes or Polycystic Ovarian Syndrome.

Prevention

Important lifestyle factors to prevent Type 2 diabetes include maintaining a healthy weight, keeping physically active, and eating foods low in fat, salt and sugar. Also important is keeping your blood pressure and cholesterol in check.

People aged 45 to 49 years who are at risk of developing chronic disease and all people over 75 years can have comprehensive health assessments with their GP and practice nurse. These assessments are funded by Medicare and incur no out-of-pocket expenses.

Symptoms of Type 2 Diabetes

Many people with type 2 diabetes display no symptoms and sometimes signs are dismissed as a part of 'getting older'.

Common symptoms include:

- Being excessively thirsty
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision

- Gradually putting on weight
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps.

Management of Type 2 Diabetes

While there is currently no cure, the condition can be managed through lifestyle modifications and medication. Management is essential to help prevent serious diabetes-related complications including blindness, amputation, heart disease and kidney disease.

For more information

Ask your GP or visit Diabetes Australia:
www.diabetesaustralia.com.au



It's about time you took the time

Type 2 diabetes can do serious damage if left undiagnosed.



BLINDNESS **KIDNEY DAMAGE** **HEART ATTACK** **AMPUTATION**

A type 2 diabetes risk check only takes a minute.
Over 40? Take the time to get checked.

FREE Flu Vaccines in June

NSW Health has just announced flu vaccines are FREE for NSW residents aged over 6 months from 1st - 30th June 2022. **Book online** via Practice Nurses, Alexandria, Victoria & Sofia.

Men's Health Week: Prostate Cancer

By Dr Michael Hanson

Men's Health Week is 13 - 19 June, and this year we are raising awareness about prostate cancer.

Around 18,000 new cases of prostate cancer are diagnosed in Australia every year. It is the most common cancer in men aside from skin cancer. One in six men will be diagnosed by the age of 85.

Symptoms

Early prostate cancer does not typically cause symptoms and can usually only be detected by screening (see more information below).

Advanced prostate cancer symptoms can include:

- frequent urination
- pain while urinating
- blood in the urine or semen
- a weak urinary stream
- pain in the back or pelvis
- weak legs or feet.

Risk factors

- Age, risk higher > 50 years old. 63% of cases diagnosed in men over 65.
- Family history of prostate, breast or ovarian cancer, especially BRCA1 and BRCA2 gene mutations.

Prevention

Regular screening and early detection of prostate cancer ensures the best possible outcomes. There is also evidence that regular physical activity can be protective for prostate cancer and improve overall health.

Screening

Because early prostate cancer is asymptomatic, it is important for men aged 50 – 70 years to undertake screening via their GP (usually just a blood test).

A prostate specific antigen (PSA) blood test measures the proteins made by both normal and cancerous prostate cells. Your GP may use results from more than one blood test, over time, to help determine your risk of prostate cancer.

Diagnosis & Management

Depending on your risk, symptoms and the results of PSA screening, your GP may arrange a clinical examination, scans and/or a referral to specialist.

Men with low-risk prostate cancer may only need to be regularly and carefully monitored. If the cancer is progressing, surgery or radiation therapy may be recommended.

While five-year survival rate is quite high (95.5%), men with prostate cancer experience a range of effects from their disease and its treatment, including depression, anxiety, urinary incontinence, and impairments in sexual and bowel function. Your GP can help identify these problems and offer treatment or referral to better manage these issues.



Welcome Dr Victoria Beyer

We are delighted to announce Dr Victoria Beyer joined Bulli Medical Practice at the end of May.

Victoria graduated from the University of Sydney's Graduate Medical Program in 2012, after completing an undergraduate degree in English and Chemistry. She spent her junior doctor years working in Northern Sydney, as well as several months in Katherine in the Northern Territory working in an Aboriginal Medical Service.

Victoria has a Diploma of Child Health and a Family Planning Certificate in Sexual and Reproductive Health. Her areas of interest include paediatrics, women's health, antenatal care and sexual health. Victoria is qualified to insert Implanon and recently finished training to administer Medical Termination of Pregnancy.

Victoria recently moved to the Illawarra with her husband and young daughter. Outside of work she loves running, skiing and playing the french horn in the NSW Doctors Orchestra.

GP Availability Winter 2022

The table (right) is a guide to which doctor works on which days. This may help when scheduling your next appointment. Note:

The roster changes regularly and doctors take holidays from time to time. Your best guide to availability is via online booking (via our website) or call us on **4284 4622**. Please note:

- Dr Michael Hanson works alternate Mondays and Fridays every second week.
- Dr Jeffrey Hall works Mondays every second week.
- Doctors alternate on Saturdays as part of a roster. Please check via Facebook or ask at reception.



Above: Staff of Bulli Medical Practice at Resin Brewery to farewell Dr Anna Putnis who returned to the UK with her family in late May.

Practice/staff news

- Farewell to Dr Anna Putnis who is returning to the United Kingdom with her family
- Welcome to Dr Victoria Beyer
- Farewell to Natasha who has left to complete her university studies
- Farewell to Ashleigh and Lottie who have left to take on full time work
- Welcome to our new administration staff including Jessica, Chloe, Bek and Evelyn.

Flu Vaccines + COVID-19 Winter Booster

Cases of flu in the Illawarra are on the rise. Annual vaccination is the most important way to prevent flu and its complications. Flu vaccine is recommended for all people aged 6 months and over.

You can call or book online for your flu-shot with our practice nurses, Alexandria Pritchard, Victoria Wright and Sofia Fairbrother.

For those over 65 years, you can also get your COVID-19 Winter Booster at the same time as your flu shot.

We continue to offer a COVID-19 vaccination clinic on Saturday mornings.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
Dr Victoria Beyer	✓	✓			✓	✓	✓	✓	✓	✓	✓
Dr Julie Blaze		✓	✓		✓	✓					✓
Dr John Deady			✓	✓	✓	✓			✓	✓	✓
Dr Hayley Glasson			✓	✓			✓	✓			
Dr Rebecca Goodman	✓	✓			✓	✓			✓	✓	✓
Dr Saroja Gunasekera			✓	✓	✓	✓	✓	✓			
Dr Jeff Hall	✓			✓	✓	✓				✓	✓
Dr Michael Hanson	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
Dr Amy Harkness					✓	✓			✓	✓	✓
Dr Helen Maclean	✓	✓	✓				✓	✓			✓
Dr Berlinda Png	✓		✓	✓	✓	✓	✓	✓			✓

Fees Policy

Bulli Medical Practice is not a bulk billing practice. It is our policy that payment for consultation is made at the time of your appointment.

Please see our website or ask at reception for our full fee schedule. The out of pocket expense for a standard Level B consultation (15 minutes) is \$46.90.

We have EFTPOS facilities (debit and credit card: Visa & Mastercard but NOT American Express).

Medicare rebates will be sent online directly to Medicare and you will receive your rebate via direct deposit into your nominated bank account.

If payment cannot be made on the day, an account can be issued incurring an administration fee of \$15 which is not Medicare rebatable.

Privacy & Medical Records

Your medical record is a confidential document.

It is the policy of the practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

The Practice adheres to the national privacy principles. A copy of our privacy policy is available at reception and on our website.

Bulli Medical Practice

74 Park Road, Bulli NSW 2516

Monday to Friday 8am - 6pm
Saturdays 8am - 12 noon
Closed Sundays.

If you need to see a doctor outside of hours, call:

Wollongong Radio Doctors 4228 5522
or the GP Helpline 1800 022 222.

In an emergency call 000.

New patients always welcome!

Book online today:

**bullimedicalpractice.com.au
or call 4284 4622.**

 **Bullimedicalpractice**

COVID-19 UPDATE

Despite changes to NSW Covid Rules and easing of restrictions, Bulli Medical Practice will continue Covid-safe practices to ensure the safety of our patients, staff and doctors.

- All staff and doctors will continue to wear masks and we request all patients continue to wear masks.
- We will continue to screen for Covid-19 symptoms at the time of appointment and again on presentation to the practice.
- Appointments are available at the separate Respiratory Clinic allowing patients with potential Covid 19 Symptoms face-to-face access to a doctor wearing full PPE.

Reminders, Recalls & Results

Please telephone the Practice after 10am weekdays to find out the results of any tests that have been ordered by our doctors.

Patients that require immediate action in relation to test results will be contacted by the Practice to arrange a consultation so that they can discuss the test results with a doctor.

We are committed to providing preventative health care and participate in government reminder systems and registers.

We offer a SMS reminder system. If you would like to receive SMS reminders please inform reception and ensure they have your current mobile telephone number. If you do not wish to be a part of this system, please notify reception.

Feedback & Continuous Improvement

We value your feedback and encourage you to complete a general feedback form (which you can deposit in the secure box at reception) or by emailing feedback@bullimedicalpractice.com.au.

We endeavour to respond to your suggestions as soon as possible and to continuously improve our service. From time to time we might also ask you to complete a confidential evaluation as part of AGPAL accreditation.

If you are unhappy with any aspect of the care that you receive then please let us know. Talk to either your doctor or reception staff and we will try our best to help. We believe problems are best resolved within the Practice as this helps us to continuously improve.

If however, the problem is not resolved, you may wish to contact the NSW state government authority for dealing with medical complaints.

The address is:

Health Care Complaints Commission
Locked Bag 18, Strawberry Hills NSW 2012.