



**BULLINAH
ABORIGINAL
HEALTH
SERVICE**

Mon. - Fri.
8.30am
to
5.00pm
Tel: 6681 5644

**CHILD &
MATERNAL
HEALTH
CLINIC**

Tues. & Wed.
9.00am
to
4.30pm
Tel: 6681 5992

**CABBAGE TREE
ISLAND
CLINIC**

Mon. & Thurs.
10am to 4pm
Tel: 6683 4732

**BALLINA CHILD
&
FAMILY
CENTRE**

Wednesdays
9.30am
to
4.00pm
Tel: 6681 5644

Bullinah Aboriginal Health Service Newsletter

2ND QUARTER EDITION

NATIONAL DIABETES WEEK

9–15 JULY 2017

What is Diabetes?

Diabetes is a chronic disease that occurs when there is too much glucose in the blood because the body is not producing insulin or not using insulin properly.

There are two main types of diabetes:

- **Type 1 diabetes** represents 10 – 15% of all cases of diabetes
- **Type 2 diabetes** is more likely in people with a family history of type 2 diabetes or from particular ethnic backgrounds

In addition to type 1 and type 2 diabetes, there are two other types of diabetes:

Pre-diabetes

Pre-diabetes is a condition when blood glucose levels are higher than normal but not yet high enough for a diagnosis of type 2 diabetes. Left untreated it may develop into type 2 diabetes within five to ten years.

Gestational diabetes

Gestational diabetes is a form of diabetes that occurs in pregnancy and mostly disappears after the birth.

Turn to pages 6 & 7 for more detailed information on Diabetes.

A person is
diagnosed with
Diabetes every 5
minutes

Winter Is Here – Have you and your kids had a Flu shot?

What is the flu?

Flu or Influenza is a viral infection that causes:

- Fever, cough, runny nose
- Headaches, muscle aches and pains
- Nausea, vomiting and diarrhoea in some people
- Neurological complications, such as seizures, encephalitis (inflammation of the brain), confusion or disorientation or paralysis can occur in up to 10% of hospitalised children, with half being previously healthy kids and half having underlying medical conditions.

Flu can be a very severe illness and young kids are at higher risk.

Of all vaccine preventable diseases, influenza or the 'flu' is the leading cause of hospitalisation among Australian children under five years of age. Many parents simply don't know that. In fact, nearly 1,500 kids are admitted to hospital for confirmed flu each year and healthy kids under five are the most likely age group to be hospitalised for complications related to flu.

Children can die from the neurological and other complications related to flu. A recent study looking at all admissions to paediatric intensive care units in Australia and New Zealand over a 17-year period (1997-2013) for kids up to 16 years old found that half of the children who died with flu-related admissions were previously healthy kids (see the study by Marlena below). This is a very important reminder about how serious flu can be.

Kids are also more likely to catch the flu compared to adults (20-30% of kids compared to 10-30% of adults) and kids contribute greatly to the spreading of the disease in the community.

The flu vaccine is free for our mob

Due to disease burden influenza vaccines are free for all Aboriginal and Torres Strait Islander people aged six months to five years old and anyone 15 years old or over. The flu shot will protect you against the latest seasonal flu virus.

It is critical that people of any age at high risk of complications from influenza are vaccinated, including those with:

- Heart conditions
- Asthma or other lung conditions
- Chronic neurological conditions
- Weakened immune systems due to drugs or diseases
- Down syndrome
- Other chronic conditions such as kidney disease, diabetes, obesity

The vaccine is also strongly recommended and free for pregnant women at any time in the pregnancy.

Winter is here continued....

So with the cold weather and flu season looming, remember these key points:

- The flu vaccine is available NOW
- We recommend all people over six months of age get the flu vaccine, especially those who are at higher risk of infection; plus adults
- The flu can have serious consequences and be fatal in previously well children
- Cover your mouth when coughing or sneezing, use disposable tissues and throw them in the bin.
- Wash hands frequently.
- Keep away from people who are sick with the flu.

Reference: Royal Children's Hospital Melbourne. *Children and the flu vaccine*. 12/05/17. <https://blogs.rch.org.au/drmargie/>

5 tips to help prevent a cold or flu this season



1. Eat a heap of fresh seasonal vegetables & fruits

Fresh fruit and vegetables contain vitamins, minerals and other special nutrients necessary for a healthy immune system.

2. Use herbs & spices to naturally enhance your meals

Ingredients like garlic, thyme, ginger, turmeric, mint, sage, cinnamon and chili are used in traditional herbal medicine to improve immunity, plus they can help speed the recovery of the common cold.

3. Include nutrient dense foods rich in probiotics.

Probiotics are living bacteria that are essential to cultivate a healthy digestive and immune system. Foods that contain probiotics include kefir, kombucha, yoghurt, sauerkraut, kim chi and miso soup.

4. Consider an immune boosting supplement like [olive leaf extract](#).

Olive leaf extract is traditionally used in Western Herbal medicine to support the immune system and relieve symptoms of coughs, colds & flu, sore throats and upper respiratory tract infections.

5. Make sure to practise self-care

SLEEP – get enough of it. Aim for 8 hours each night, and try to avoid caffeinated drinks like coffee and cola after midday.

CHILL – include a bit of you time each day. Relax with some music, a good book or a funny movie.

MOVE – try to get some exercise in each day, even if it's just a walk around the block.

SUN – get a bit of it each day. This is super important for a healthy mind and your vitamin D needs.

CONTRACEPTION

Who needs it?

Contraception is a way for men and women who are sexually active to prevent a pregnancy. There are many different types and a person chooses the one suitable for them.

The main forms of contraceptives are:

- physical barriers and devices → condoms;
- hormonal (oral, implant and injection) methods → the pill, needle, the rod or implant or Mirena/IUD;
- sterilisation/permanent contraception → getting “tubes tied”;
- emergency contraception → morning after pill.

Protection against sexually transmissible infections

Not all forms of contraception provide protection against STIs. The best way to reduce the risk of STIs is to use barrier protection such as condoms and dams (a thin piece of latex placed over the anal or vulval area during oral sex). Condoms can be used for oral, vaginal and anal sex to help prevent the spread of some infections.

Testing for STIs is easy and can just involve collecting a urine sample in a jar. Anyone who has ever had unprotected sex should have an STI check.

Who do I see!

Bullinah has both male and female doctors who can discuss the different options with you.

Many people find that a long-acting contraception is the most reliable and easy way to avoid pregnancy.

The doctors and nurses can administer the Depot needle. Most doctors and some of our nurses are trained to safely insert the contraceptive implant (Implanon) that goes in the arm.

Bullinah's female GP Dr Erin Stalenberg and visiting gynaecologist can safely insert a Mirena or IUD device, this is placed inside a woman's uterus. For most people this can be done in the clinic and doesn't need a visit to hospital.

Dr Erin Stalenberg can also provide access to medical termination of pregnancy.

Bullinah also has a supply of free condoms and lubricant in the bathrooms most of the time.

Efficiency Chart of types of contraceptives

Efficacy of contraception methods Showing typical use for methods available in Australia

MOST EFFECTIVE

99%+

Less than 1 pregnancy per 100 women in one year



Contraceptive implant
99.95% effective
Lasts up to 3 years



Hormonal Intrauterine Device (hormonal IUD)
99.8% effective, lasts to 5 years



Copper intrauterine device (Cu-IUD) 99.2% effective
Lasts to 10 years



Sterilisation: Male sterilisation (vasectomy)
99.85% effective / Permanent



Tubal occlusion by metal microinsert
99.8% effective / Permanent



Female tubal ligation
99.5% effective / Permanent

* Long-Acting Reversible Contraception (After procedure, little /nothing to do or remember)

91%+

6-9 pregnancies per 100 women in one year



Contraception injection:
Depot medroxyprogesterone acetate (DMPA) 94% effective
Injection every 12 weeks



Contraceptive vaginal ring
91% effective
New ring used every 4 weeks



Combined oral contraceptive pill (the COC Pill) 91% effective
Taken daily with 24hr window



Progestogen-only contraceptive pill (POP)
91% effective
Taken daily 3hr window

Family Planning Alliance Australia is the nation's peak body in reproductive and sexual health. It promotes advances in public health through policy insight and advocacy and represents leading health and education agencies across Australia.



FAMILY PLANNING ALLIANCE AUSTRALIA

76%+

18+ pregnancies per 100 women in one year



Diaphragm
88% effective



Male condom
82% effective



Female condom
79% effective



Withdrawal method
78% effective



Fertility awareness based methods 76% effective
Abstain from intercourse or use another method on fertile days.

Reproductive and Sexual Health Policy and Advocacy
www.fpallianceaus.org.au

Answers to Nutrition Quiz:

- D** - Fatty fish like salmon, sardines, mackerel and herring are a rich source of Omega-3 fats. These are healthy fats which may reduce your risk of heart disease plus help with a happy mood.
- False** - multigrain means more than one grain is present, and often the flour used is refined. You are best to choose wholegrain breads which are rich in fibre, vitamins and minerals.
- All the foods listed are rich in potassium.** These foods can help control blood pressure.
- E** -All the foods listed contain calcium. Calcium is important for healthy bones and teeth. It is also essential for the proper functioning of muscles and nerves.
- C** - It is important to aim for 21-35 grams of fibre each day. Getting enough fibre can help with weight management, cholesterol management, as well as plays a very important role in your bowel movements. Choose wholegrains, legumes, fruits, vegetables and nuts plus seeds.
- A** - 1 teaspoon (5ml). Much of the sugars consumed today are "hidden" in processed foods that are not usually seen as sweets. E.g. 1 tablespoon of tomato sauce contains around 4grams (1 teaspoon of sugar).
- A & B**—There are additional guidelines from a diet that will help you prevent osteoporosis. But, at the least, you should get between 1 000mg of calcium daily as well as Vitamin D (which is available in dairy products and from sunshine).

TYPE 1 DIABETES

- Occurs when the pancreas no longer produces the insulin needed
- Represents 10% – 15% of all cases of diabetes
- Is one of the most common chronic childhood diseases in developed nations
- Is not caused by lifestyle factors
- Is increasing at about 3% a year
- Requires insulin therapy

Diagnosis

Usually in childhood or young adulthood, although it can occur at any age.

Symptoms

Usually abrupt onset. Symptoms can include excessive thirst and urination, unexplained weight loss, weakness and fatigue, irritability.

Management

Lifelong daily insulin injections or use of an insulin pump, regular blood glucose level tests, healthy eating and regular physical activity.

TYPE 2 DIABETES

- Occurs when the pancreas is not producing enough insulin or the insulin is not working effectively
- Represents 85 – 90% of all cases of diabetes
- Risk factors include family history, ethnic background and being overweight – particularly around the waist
- Lifestyle factors such as unhealthy eating and lack of physical activity can contribute to the development of type 2 diabetes
- Managed with lifestyle adjustments and may require diabetes medication or insulin therapy

Diagnosis

Usually in adults over the age of 45 but it is increasingly occurring at a younger age.

Symptoms

Sometimes symptoms go unnoticed as the disease develops gradually. Symptoms may include any of those for type 1 diabetes plus blurred vision, skin infections, slow healing, tingling and numbness in the feet. Sometimes no symptoms are noticed at all.

Management

Regular physical activity and healthy eating. Over time treatment may progress from lifestyle modification to requiring blood glucose-lowering tablets and/or insulin injections.

Indigenous Australians are 3 times more likely to have type 2 diabetes than non-Indigenous Australians

If you require more information, please call Diabetes NSW on 1300 342 238 or speak to your GP.

10 ways to manage your Diabetes

High blood glucose (sugar) levels can lead to complications (health problems). These complications affect your eyes, kidneys, feet, blood vessels, nerves, heart, teeth and gums. The following ways can help you to manage your diabetes and stay healthy.

1. **Find out all you can about diabetes.** Diabetes management is in your hands, however there are a lot of people to help you with your diabetes. Your health worker can help you and point you in the right direction. Make sure you make and keep appointments with your doctor and other health professionals.
2. **Eat healthy foods.** These should be low fat, high fibre and low in added sugar. Include vegetables, fruit, wholegrain breads and cereals. Also eat some low fat dairy products and lean meat. Drink lots of water.
3. **Be active every day.** Try to get at least 30 minutes of physical activity every day. Ride a bike, play with the kids, walk and have a yarn with your friends. You can do three lots of 10 minutes a day if that is easier.
4. **Take your medications as prescribed by your doctor.** These help your body to keep your blood glucose levels (BGL) in target range. Your medications may be either tablets or insulin injections. You might need blood pressure or cholesterol tablets as well.
5. **Check your blood glucose levels (BGL).** Check them yourself or ask your health worker to check them as often as you can. Checking your own blood glucose level (BGL) can help you to make good choices with eating and exercising, as well as showing you what else can change your BGL. Make sure you have an NDSS card to get cheaper prices on your test strips. NDSS registration is free and organised by your GP.
6. **Check your feet every day.** You can stop foot problems by checking your feet on the top, bottom and between your toes. Look for dryness, blisters, hard areas of skin, redness, swelling, cuts, bites or pus. If you can't see or reach your feet, ask someone else to check them or use a mirror. Shake out your shoes before putting them on and don't go barefoot. Tell your health worker or GP if you have problems with your feet.
7. **If you smoke: STOP** Smoking worsens the complications of diabetes and every cigarette is causing you damage. Speak with your health worker, doctor or call the Quit line on 137 848 for help and advice.
8. **Have regular blood tests.** Your doctor, diabetes educator or health worker will tell you about tests for your diabetes.
9. **Have your blood pressure checked.** Many people with diabetes have blood pressure problems. This can be checked when you see your health worker, diabetes educator or doctor, or at least every six months. High blood pressure increases the risk of heart disease, stroke and kidney disease. Blood pressure should be less than 130/80. For people with kidney disease the target is 125/75.
10. **Have your eyes checked.** Have a special eye test when you first find out about your diabetes. An optometrist can do this test. This test should be done at least every one to two years, more often if there are problems in the eye.

CHILD MATERNAL HEALTH UPDATE

Come on down to our Mums and Bubs group every Wednesday morning.

We kick off with a walk at 9:30am (weather permitting) and then meet back at our Mums and Bubs clinic by 10am. Morning tea is provided and transport can also be arranged.

Bullinah's Child and Family Nurse and Health Worker are on hand to have a yarn about any health issues and other matters as they arise. The AMIHS midwife and health worker also attend the group assisting with any issues relating to pregnancy.

We offer child health checks, antenatal checks, immunisations, GP consultations and discuss all aspects of pregnancy, birth and babies.

We enjoy craft activities whilst sitting around having a yarn, and often have guest speakers coming in to talk to the group about different topics.

If you are a new mum and need some advice or just want to connect with other mums and bubs, please feel free to drop in have a chat and make some new friends.

We welcome all community including mums, sisters, aunties, grandparents etc.

Hope to see you all soon.



Mums & Bubs connecting

SECURITY UPGRADE AT BULLINAH

Bullinah is currently upgrading its security systems to make our premises safer for our clients and staff.

At 120 Tamar Street, we are installing security cameras throughout the building including our entrances and public thoroughfares.

Please note that no cameras will be installed in any of the offices or clinics.

Our front and back doors at both our premises in Tamar Street will remain locked at all times. The front doors will be opened remotely by our reception staff for our clients and visitors. This will also be the case for our back gate in Winton Lane at the back of our main clinic. There will be a buzzer installed to enable reception staff to open the gate as needed.

We apologise for any inconvenience these changes may cause during the initial stages of these changes, but our priority is to make our premises safer for everyone.

Mark Moore
CEO

Thinking about quitting smokes?

Not sure, but could use a bit of help?

Tried Nicotine gum or patches and it didn't seem to work?

Talk to our doctors at Bullinah about getting the right dose of nicotine patches or other medications that double your chances of quitting.

Or contact the Tackling Indigenous Smoking (TIS) mob on 6686 3607.



"Quit for Good."

Julie Young Challenge



In the coming months Bullinah is participating in the Julie Young health knockout challenge.

The team name is "Bullinah Burners".

The goal is for the team to lose as much weight as they can as a group.

They will be utilising the current exercise programs that Bullinah offers as well as exercising at home.

Join us in wishing the Bullinah Burners the best of luck in this challenge.

NUTRITION QUIZ

- Fatty fish is a good source of:-
 - Vitamin C
 - Fibre
 - Beta carotene
 - Omega-3-fats
- Multigrain breads are always wholegrains?
True or False
- Circle the foods that are rich in potassium.

Yoghurt	Halibut fish	Banana
Broccoli	Tomatoes	Spinach
Beetroot	Legumes	Nuts
Sunflower seeds		
- Which of the following contains calcium?
 - Milk
 - Almonds
 - Soybeans
 - Leafy green vegetables
 - All of the above
- How much fibre should you aim for each day?
 - 5 grams
 - 10 to 15 grams
 - 21 to 35 grams
 - 50 grams
- Around how much sugar is in a tablespoon (20 mls) of tomato sauce (ketchup)?
 - 1 teaspoon (5ml)
 - 2 teaspoon (10ml)
 - 3 teaspoon (15ml)
 - 4 teaspoon (20ml)
- All women should include what in their diets to help prevent Osteoporosis?
 - More calcium from dietary sources or calcium supplements
 - Vitamin D
 - High sodium foods
 - A & B

W
O
R
D
S
E
A
R
C
H

HEALTH

R	D	R	E	C	N	A	C	U	T	S	F	T	Y
A	N	T	E	N	A	T	A	L	S	D	A	S	A
L	V	D	U	E	T	U	M	R	I	O	Z	U	S
E	E	O	H	D	O	C	T	O	R	O	N	R	T
U	N	O	M	A	E	U	I	V	T	F	E	I	H
G	V	A	O	I	O	A	D	L	E	Y	U	V	M
I	D	R	I	T	T	R	F	R	M	H	L	C	A
T	S	I	M	E	H	C	E	E	O	T	F	M	T
A	A	A	A	G	D	A	V	N	T	L	N	H	T
F	O	U	E	B	C	V	E	A	P	A	I	G	W
L	T	A	O	W	E	I	R	L	O	E	E	U	O
G	S	H	I	E	R	T	A	S	L	H	R	O	U
M	I	G	R	A	I	N	E	I	R	W	T	C	N
D	M	B	I	O	E	M	N	S	B	L	O	O	D

FEVER
HEALTHY FOODS
COUGH
CHEMIST
DIABETES
ASTHMA
DOCTOR
MIGRAINE
VIRUS
INFLUENZA
OPTOMETRIST
ANTENATAL
RENAL
FATIGUE
CANCER
BLOOD
VOMIT
WOUND

Find the listed words in the Puzzle

BILLING ARRANGEMENTS

Bullinah Aboriginal Health Service
is a bulk billing service.

Special Health Service Notes:-

WHO CAN ACCESS THE SERVICE

Bullinah is an Aboriginal Health Service and all Aboriginal and Torres Strait Islander peoples are able to access Bullinahs' doctors and other physicians.

PERSONAL HEALTH INFORMATION

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

REMINDER SYSTEM - Our health service is committed to preventative care. We may issue you with a reminder notice from time to time offering you preventative health service. If you do not wish to be a part of this service, please inform the doctor.

YOUR COMMENTS & FEEDBACK-on our health service are always welcome. If there is any way we can improve for your benefit, we will. If you have a problem we would like to hear about it. Please feel free to talk to your doctor, Clinical Service Manager, Receptionist or you may prefer to fill in one of our feedback form located at the front reception desk.

BULLINAH ABORIGINAL HEALTH SERVICE

OUR SERVICES

We have expertise and experience in:

- Aboriginal Health
- Child Maternal Health
- Immunisations & vaccinations
- Chronic Disease Management
- Diabetes checks
- 715 Health Assessments
- Women's & men's health & wellbeing
- Wound management
- Preventative health
- Outreach clinics
- Tackling Indigenous Smoking

We manage:

- Chronic illnesses
- Mental health issues
- Smoking cessation
- Weight control
- Travel medicine
- Health assessments

We can perform minor procedures and other testing:

- Doctors can perform suturing of wounds, insertion of hormone implants and IUD's
- Nurses and doctors can perform pregnancy tests, ECG's, respiratory function tests, basic vision tests.
- Health Workers can perform blood sugar level tests, measure your blood pressure & screen as part of a health assessment.

Other Services:-

Visiting Specialists & Allied Health such as:-
Podiatrist; Exercise Physiologist; Psychiatrist;
Social Worker; Diabetes Nurse Educator;
Paediatrician; Psychologist; Dietician;
Pharmacist; Optometrist; Gynaecologist;
Liver Clinic Nurse; Mental health nurses &
Audiologist

***If you have a current health assessment,
Allied Health Services are bulk billed.***

BULLINAH'S WEEKLY GROUPS

COOKING GROUP

THURSDAYS 10AM—12PM

Meet new people, help prepare a healthy meal & best of all, eat the meal you cook for lunch

EXERCISE GROUP

MONDAYS
5.30PM—6.30PM

Kentwell Centre
20 Bangalow Road

BALLINA

MUMS & BUBS GROUP

WEDNESDAYS
10AM-12.30PM

113 Tamar Street
BALLINA

Super protein minestrone

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely diced
- 1 leek, finely sliced
- 1 clove garlic, crushed
- 1 carrot, finely diced
- 2 celery sticks, finely diced
- 1 zucchini, finely diced
- 1.5L (6 cups) salt-reduced chicken or vegetable stock
- 400g can diced tomatoes
- 2 Tablespoons tomato paste
- 1 cup McKenzie's Super Blend Protein (lentils, quinoa & beans)
- ½ bunch silver beet or kale, stalks removed and roughly chopped
- Parmesan cheese, grated to serve



PREP TIME: 15 MINS.

COOKING TIME: 45 MINS.

Method

1. Heat 1 tablespoon of oil in a large saucepan, along with the onion, leek and garlic. Stir until fragrant.
2. Add the carrot, celery and zucchini, stirring until the vegetables soften.
3. Add the stock, canned tomatoes and tomato paste, and bring to the boil.
4. Reduce the heat to a simmer, add the McKenzie's Super Blend Protein and cook for 20 minutes, stirring occasionally.
5. Add the silver beet or kale, and continue cooking for a further 15 minutes.
6. Ladle into bowls and serve with grated Parmesan cheese and more cracked pepper or parsley.