



**BULLINAH
ABORIGINAL
HEALTH
SERVICE**

**Mon. - Fri.
8.30am
to
5.00pm**

Tel: 6681 5644

**CHILD &
MATERNAL HEALTH
CLINIC**

**Mon.—Wed.
9.00am
to
5.00pm**

Tel: 6681 5992

**CABBAGE TREE
ISLAND
CLINIC**

**Currently closed un-
til Jan. 2018**

Tel: 6683 4732

**BALLINA CHILD &
FAMILY
CENTRE**

**Wednesdays
9.30am
to
4.00pm**

Tel: 6681 5644

Bullinah Aboriginal Health Service Newsletter

FINAL EDITION 2017

BOWEL CANCER AWARENESS MONTH

Bowel cancer, also known as colorectal cancer, can affect any part of the large bowel (colon) or rectum; it may also be referred to as colon cancer or rectal cancer, depending on where the cancer is located.

During the early stages of bowel cancer, patients may have no symptoms, which is why screening is so important. Don't delay in talking to your GP if you have symptoms such as blood in your stool, a change in your bowel habits (such as constipation, diarrhoea or both), or if you have a family history of bowel cancer.

Eating a healthy high fibre diet and doing regular physical exercise are things you can do to reduce your risk of bowel cancer.

For more information on go to: indigenousbowelscreen.com.au or call the info line on 1800 118 868 to check your eligibility for a free bowel screening kit. If you are eligible it will be sent to you.

**BULLINAH ABORIGINAL HEALTH SERVICE WILL BE
CLOSED FROM SATURDAY 23RD OF DECEMBER 2017
& WILL RE-OPEN ON TUESDAY 2ND OF JANUARY
2018.**

**THE BOARD OF DIRECTORS & STAFF WOULD LIKE TO
WISH YOU ALL A SAFE & HEALTHY HOLIDAY
PERIOD.**



Mental Health Over The Festive Season

For many people, the festive season can be a time of increased stress, overwhelming pressure, disappointment or loneliness.

Some people may be particularly susceptible to triggers for depression and anxiety during the holiday period and financial pressures can also contribute to the stress levels.

If you're facing the holiday season without your family and you know you'll find it difficult, plan ahead to make sure you'll be spending time with people you like. Being alone when everyone else appears to be with their families may increase feelings of isolation.

LOOK for the signs and symptoms of depression. **LISTEN** to what your friends and family members are saying about how they feel and if necessary, **TALK** about seeking help together.

Looking after yourself

Don't be afraid to ask for or accept help

Spend time with supportive and caring people

Keep track of your Christmas spending

Be realistic about what you can and cannot do

Remember to keep active; exercise is great for your wellbeing.

Get plenty of sleep

When drinking alcohol, do so in moderation

No one should feel like they have to keep silent about depression or anxiety.

Organisations which have free telephone counselling or support lines:

- Beyond Blue
1300 22 4636
- Lifeline
131114
- Kids Helpline
1800 551800
- Mensline
1300 789978
- Mental Health Line
1800 011511

Take care of yourself, your friends and family this holiday season.

DOCTORS WORKING AT BULLINAH ABORIGINAL HEALTH SERVICE

Dr. Jane Burgess

Dr. Kayte Evans

Dr. Dan Ewald

Dr. Francesca O'Neill

Dr. Carlos Perez-Ledesma

Dr. Eric Sambaiew

Dr. Frank Schultheiss

Dr. Stephen Skov

Dr. Erin Stalenberg

Dr. Monica Taylor

Chronic Care Nurse and Diabetes Educator

We have a new Chronic Care Nurse and Diabetes Educator who has commenced at Bullinah in the past few months.

Please ask reception if you wish to see them for any questions you have about chronic conditions, care plans, health assessments, or diabetes.

management .

WOMENS 'BUSINESS

Changes to the National Cervical Screening Program

On December 1, 2017 cervical cancer screening in Australia changed from two (2) yearly Pap testing to five (5) yearly human papillomavirus or HPV testing.

The Pap test has been replaced with the new Cervical Screening test. The Cervical Screening test detects infection with human papillomavirus (HPV), the cause of nearly all cervical cancers.

Key changes are listed below:-

- Women should have a Cervical Screening test every 5 years instead of a Pap test every 2 year. A Cervical Screening test every 5 years is more effective than, and just as safe as, a Pap test every 2 years.
- Women with normal screening history will be due for their first Cervical Screening test 2 years after their last Pap test.
- Women will be invited to start screening at age 25, and should have a final (exit) test when they are aged between 70 and 74.
- Eventually, self screening will be an option for **some** women, dependent on eligibility. Self screening is currently not an option, but will be in the future.

If you would like more information on the changes to the National Cervical Screening Program, please speak to your GP or Nurse.

Have you had a health check in the past 12 month? If not, come into Bullinah for your yearly health check.

Most of us don't normally see the doctor if we don't feel sick, but the best way for us to make sure we stay healthy is to see the doctor at least once a year for a health check.

A health check is whole of life look at your health which helps to pick up any issues early and treat them before they become big problems, just like when you get your car serviced.

Every Aboriginal person is eligible for a full health check once a year.

A health check also allows you to claim Medicare rebates for future allied health appointments eg. psychologist, podiatrist, and many more which means less money out of your pocket for those services. Call Bullinah today to book in for your next health check.

Exercise is Medicine

We all think of medicine as a pill that we take to make ourselves better when we are sick. We go to the doctor and tell them what is wrong and they give us medicine to help us manage our condition. More and more when we see our doctor, they are telling us to exercise instead of giving us the medicine we are used to...what is happening? How could exercise work like medicine?

When we take medicine we are using a chemical that changes the way our body works. For example, our sugar is high so we take metformin, which makes our sugar low. What we know now is that when we exercise in a particular way our blood sugar lowers in just the same way. Other conditions can be affected like this too, Things like blood pressure, arthritis, and old injuries like back pain can become more manageable when given exercise as medicine.

What is great about this medicine is the side effects are all fantastic. Unlike most other medicines that can do things like make you tired or give you stomach ulcers.

The side effects of exercise medicine are:-

- Improved energy
- Better mood
- Reduced pain
- Feeling strong
- Less trips to the doctor to get other medicine

And these are just a few!!

If you would like to know more about how exercise may be able to help your health, speak to your GP about getting a referral to see Bullinah's Exercise Physiologist, Mark Roberts.

Webster Pack Changes

All Bullinah clients who have their medications packed at Tamar Village pharmacy may have noticed that the packs have changed to sachets to make managing your medication simpler.

Please arrange an appointment with Bullinah's pharmacists if you wish to discuss this further.

Note – any client's who take medications are eligible to have a medication review with the pharmacist at least every 12 months.

LEGUMES

One of the most important foods that you're not getting enough of!

What's a legume?

Legumes are a type of plant food and include peas, beans chickpeas and lentils.

They are super nutritious and super cheap, which helps when you are shopping on a budget.

Legumes are high in fibre, which can make passing a bowel motion easier, can help to lower your cholesterol levels and can even assist you in losing some weight. They also have a low glycaemic index, which means they are ideal for helping to prevent and manage diabetes.

On top of all of this, legumes are rich in protein, which makes them the perfect (low fat, high fibre) substitute for meats.

How to eat more legumes?

- ⇒ Add canned lentils to soups, stews and spaghetti bolognese.
- ⇒ Add chickpeas to stir-fry dishes or curries.
- ⇒ Bulk your mince dishes and casseroles out by adding canned kidney beans, this will help you to feed more of your people.
- ⇒ Snack on a small can of baked beans or spread some on a slice of wholemeal toast for breakfast.
- ⇒ Use hummus (chickpea dip) as a spread on your sandwich or dry biscuits or as a dip with carrot sticks.
- ⇒ Add a can of four bean mix to your salads.

***By Bullinah's Dietitian – Josh Reed
December 2017***

TYPES OF LEGUMES



 <p>1 Cannellini Beans (or White Kidney Beans) Small, white, kidney-shaped beans that are usually used in salads and casseroles.</p>  <p>Cannellini beans salad</p>	 <p>2 Kidney Beans Dark red kidney-shaped beans, can be mixed into salad or cooked in stew.</p>  <p>Kidney beans with risotto</p>	 <p>3 Chickpeas (or Garbanzo Beans) Can be served with salad, cooked with stew or ground into gram flour.</p>  <p>Chickpea lentil soup</p>	 <p>4 Green Beans (or French Beans) Often steamed, boiled, stir-fried, or baked in casseroles.</p>  <p>Stir-fried green bean</p>
 <p>5 Split Peas Dried yellow or green fresh peas that split along their natural seams when dried skin all off.</p>  <p>Split pea soup</p>	 <p>6 Sweet Green Peas Either fresh, frozen or canned. Can be boiled or steamed, always added to salads and casseroles.</p>  <p>Green pea quinoa salad</p>	 <p>7 Lentils High-protein pulses or seed-like seeds that are dried, need to be soaked and cooked before serving.</p>  <p>Lentil stew</p>	 <p>8 Fava Beans (or Broad Beans) Need to be shelled, peeled and cooked before serving. Can be added to soup, pasta or ground into paste.</p>  <p>Fava bean dip</p>
 <p>9 Snow Peas (or Mange Tout) Can be eaten whole in its pod while still crisp. Often stir-fried, add to salad or soup.</p>  <p>Stir-fried snow pea with apple</p>	<p>LEGUMES Consumed in the Mediterranean Diet by www.dietplan-101.com</p>		



NUTRITION QUIZ

Veggies are a vital part of a healthy diet, but how do you get the best out of your veg?

Answers
on page

9

1. WHICH IS BETTER FOR YOUR HEALTH: RAW OR COOKED VEG?

- a) Raw, because it's always more nutritious.
- b) Raw, because cooking lowers the fibre content.
- c) A mix of raw and cooked is considered the ideal.
- d) Cooked, because raw vegetables pose a significant choking risk.

2. EATING A VARIETY OF DIFFERENT COLOURED VEGETABLES IS RECOMMENDED BECAUSE:

- a) Different colours tend to represent different nutrients and so you get broader health benefits.
- b) Different colours represent different types of fibre and your body needs all the types.
- c) Substances in vegetables of one colour may be harmful if they are not balanced out by substances in vegetables of other colours.
- d) You need to eat a variety of colours to prevent the disease scurvy.

3. WHICH OF THE FOLLOWING STATEMENTS ABOUT CHILDREN AND VEGETABLES IS CORRECT?

- a) Children should eat the same amount of vegetables as adults.
- b) Children still need to eat vegetables, even if they eat fruit.
- c) Children should eat equal amounts of fruit and vegetables.
- d) Children can get the same amount of minerals from fruit as vegies.

4. ARE FRESH VEGIES ALWAYS BETTER THAN FROZEN?

- a) Yes, freezing destroys important nutrients.
- b) Yes, frozen vegetables always contain added salt.
- c) No, freezing preserves important nutrients.
- d) No, nutrients are more readily absorbed from frozen vegetables.

5. WHEN IT COMES TO COOKING YOUR VEG, WHICH OF THE FOLLOWING IS THE BEST ADVICE?

- a) Try to avoid cooking vegetables in the microwave.
- b) Try to always steam vegetables.
- c) Try to avoid char-grilled vegetables altogether.
- d) Try to use a variety of cooking methods for your vegetables.

SOLID MOB UPDATE

Second-hand smoke matters

Information sessions were conducted for the residents of Cabbage Tree Island to raise awareness of the effects of environmental tobacco smoking and the benefits of having smoke free homes and cars.



The aim of the program was to:

- Promote smoke free households for the community of Cabbage Tree Island.
- Educating and promoting awareness of the harm of second hand and third hand smoke for the community of Cabbage Tree Island.
- Creating a relationship with Solid Mob and the Cabbage Tree Island Community.

This program was very successful, thanks to the residence of CTI households. Ten (10) community members from Cabbage Tree Island participated in the project. We found that the community members are very knowledgeable on the effects of environmental tobacco smoking and stated that their homes and cars are smoke-free.

Educate, Encourage and Empower

Solid Mob is continuing to focus on working in collaboration with solid stakeholders to further develop its quality and reach of community engagement to support Aboriginal tobacco control. The TIS team has facilitated increase the range of culturally safe options for cessations support across the Northern Rivers.



The team has taken a strong role in supporting AMSs to embed brief intervention and cessation support into daily practice and ongoing referrals to Quitline.

Smoke-free Mob

Our **Juhm Busters** program has been rolled out in seven (7) locations – Ballina, Grafton, Baryugil, Kyogle, Lismore, Jubul and Tabulam

If you want to change your smoking behaviour, we have the program for you.





BULLINAH'S PRIVACY POLICY

All client records, communications and interactions are bound by Bullinah's Privacy Policy. All Bullinah staff, contractors and visiting health professionals have signed confidentiality agreements. This means that your personal details will only be shared with your consent and will only be discussed when relevant to your ongoing care.

If you wish to read the Bullinahs Privacy Policy, please ask Reception and they will be more than happy to assist you.

Registrars

We will have a GP Registrar working at Bullinah from early February 2018.

A GP registrar is a qualified doctor training to specialise in general practice.

Please make them welcome and provide any constructive feedback to the Clinical Services Manager.

Medical Students at Bullinah!



Bullinah has a number of medical students attending the service all year round. Please make them feel welcome and feel free to share your stories with them.

Please let the doctors know if you do not wish to have a student present for your appointment.

Feedback/Suggestion box

Bullinah is committed to tailoring our services to best meet the communities needs. Please use the suggestion box and feedback forms to provide any constructive feedback about our service.

WORD SEARCH

Human Bones

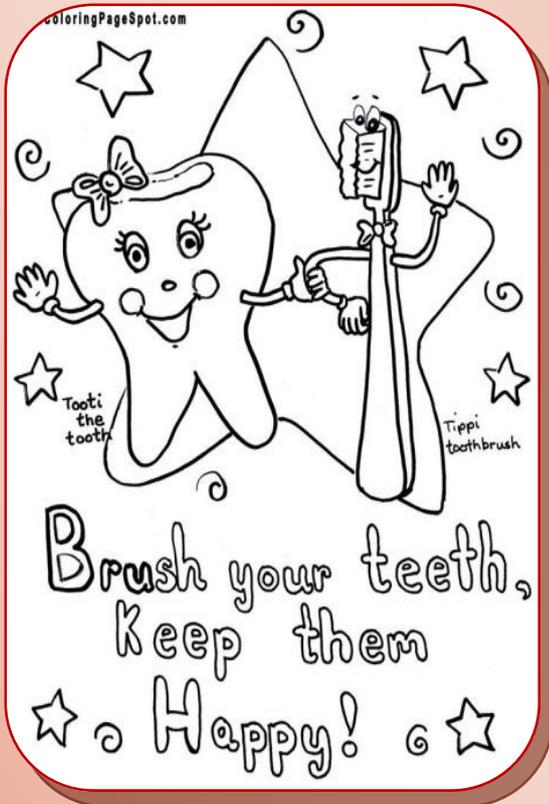
T	C	M	S	E	T	U	M	X	Y	C	C	O	C
P	A	A	T	E	T	T	S	T	E	R	N	U	M
B	I	T	R	A	P	E	Z	I	U	M	T	M	C
L	S	T	I	B	I	A	A	A	U	S	E	F	L
L	C	L	U	P	I	T	T	U	A	R	M	H	A
H	A	M	A	T	E	U	A	S	L	A	P	U	V
V	P	T	N	X	M	P	U	R	C	D	O	M	I
F	U	L	E	R	A	E	A	U	M	I	R	E	C
I	L	S	L	T	L	R	P	T	E	U	A	R	L
B	A	U	E	L	P	L	S	A	I	S	L	U	E
U	E	L	A	H	I	R	U	M	E	F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

TIBIA
 MALLEUS
 CLAVICLE
 STAPES
 ULNA
 TRAPEZIUM
 COCCYX
 FEMUR
 HAMATE
 TALUS
 RADIUS
 METATARSAL
 TEMPORAL
 HUMERUS
 SCAPULA
 PATELLA
 STERNUM
 FIBULA

NUTRITION QUIZ ANSWERS

- Which is better for your health: raw or cooked veges?
C - A mix of raw and cooked, is considered the ideal.
- Eating a variety of different coloured veges is recommended because:-
A - Different colours tend to represent different nutrients and so you get broader health benefits.
- Which of the following statements about children and vegetables is correct?
D - Children still need to eat vegetables even if they eat fruit.
- Are fresh veges always better than frozen?
C - No, freezing preserves important nutrients.
- When it comes to cooking your veges, which of the following is the best advice?
D - Try to use a variety of cooking methods for your veg.

CHILDREN'S HEALTHY MESSAGE COLOURING IN



Who Am I? The Vegetable Group

We are the vegetable food group. Can you guess our name? We come in different sizes and shapes. But we all taste great. Eat green and orange vegetables everyday and you feel great and be healthy!



Draw a line from the vegetable to the name.
Color the page when you are done!

	zucchini	
	onion	
	garlic	
	celery	
	broccoli	
	lettuce	
	carrot	
	yam	
	cucumber	
	corn	
	mushroom	
	tomato	
	radish	

More Nutrition Fun www.ChefSalus.com
Copyright © Sonali Interactive, All Rights Reserved



BILLING ARRANGEMENTS

Bullinah Aboriginal Health Service
is a bulk bill 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 cooked 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



Tucker Talk

Christmas Crunchy Noodle Salad

INGREDIENTS

Salad

- ◆ 1 Chinese cabbage (wombok) – diced
- ◆ 6 spring onions – finely chopped
- ◆ 12 cherry tomatoes – cut in half
- ◆ 2 carrots – grated
- ◆ ½ cup slivered almonds
- ◆ 1 pack of changes original fried noodles

Dressing

- ◆ ¼ cup white vinegar
- ◆ 1.5Tbs caster sugar
- ◆ 1Tbs soy sauce or tamari

Method

- ◆ Combine all salad ingredients in a bowl and stir-through.
- ◆ Mix dressing ingredients together and then drizzle over and mix through salad.
- ◆ Add fried noodles and slivered almonds just before serving.