

Camperdown & Lismore Community Health NEWSLETTER

October
2015



Dietetic Services

It's not just about the food. It's about setting goals to improve your health, getting support to incorporate a healthy well balanced diet into YOUR lifestyle, and learning something new to make more informed decisions. It is deciding to get the support, help, and encouragement to live in a way that helps you be the best you can be, and get the most out of life.

Get the “Low-down” on Low GI Carbohydrate Foods

The Glycaemic Index, or GI, of foods is a term that is often mentioned in relation to diabetes management. However understanding GI, and how it relates to different foods, is something that can benefit the health of everyone.

Carbohydrates are an important nutrient found in many foods including breads & cereals, rice, pasta, legumes, starchy vegetables, fruit and some dairy products. When we eat foods containing carbohydrates, they are broken down in the body to a sugar called glucose, which is absorbed into the blood stream to be used as energy.

The rate at which these carbohydrate foods are broken down differs, and the GI refers to how quickly blood glucose levels rise after eating these particular foods.

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There are **no emergency services** available at the Lismore Community Health Centre. In the event of a **medical emergency**, please call 000 for an ambulance to ensure the best possible outcome.

South West
Healthcare

Camperdown
Community Health (Manifold Place)

140 Manifold Street, Camperdown 3260
Ph: (03) 5593 1892 • MPlace2@swh.net.au
Open Hours: 8.30am-4.30pm Mon-Fri

South West
Healthcare

Lismore
Community Health

102 High Street, Lismore 3324
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Foods with a low GI cause a desired, slow rise in blood glucose levels. Low GI foods are healthy choices for everybody as they have multiple health benefits including:

- Assistance with weight loss/control as they provide a feeling of fullness for longer.
- Improved blood glucose and insulin control and overall diabetes management as they provide a lower rise in blood glucose levels.
- Decreased risk of developing chronic diseases such as Type 2 diabetes, coronary heart disease, and gallbladder disease and breast cancer.
- Increased energy, in particular when undertaking physical activity.

Foods with a high GI are those which cause a fast rise in blood glucose levels and should therefore be chosen less often.



Some packaged foods will display the low GI symbol and this may assist with helping to choose low GI food options.

Note that some food manufacturers may choose not to display this symbol on their products.

Aim to spread your intake of carbohydrate food and drinks at meals and snacks throughout the day and try to include low GI options where possible.

For a comprehensive list of carbohydrate foods and their GI ranking, please see the Carbohydrates and Glycaemic Index (GI) fact sheet on the Baker IDI website www.bakeridi.edu.au.

Do you have a nutrition-related question? Write it down and put it in the labelled box at reception of Lismore Community Health Centre, and the Dietitian will aim to answer your questions in future newsletters.

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Try these low GI swaps today!

High GI Foods

Swap for

Low GI Foods



White bread

Swap for



Multigrain bread



Corn Flakes

Swap for



Rolled oats (porridge) or Weetbix



Brown or white rice (medium grain)

Swap for



Basmati rice (long grain)



White Potato

Swap for



Sweet potato

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Lismore GP Clinic

Dr Nyi Nyi Lwin and Dr Lwin Mar Thein will continue to alternate on Mondays.
Dr Bruce Rossiter will be working alternate Thursdays.

To make an appointment at the Robinson Street Clinic in Camperdown, or for any enquiries relating to your GP appointments, test results or accounts, please call the Robinson Street Clinic on **55937070**.

To make an appointment at Lismore, please call us as usual on **55583000**.

Services available at Lismore

- Diabetes Education
- Dietetics
- District Nursing
- Early Intervention in Chronic Disease Programs
- GP Clinic
- HARP (for chronic illness)
- Hearing Screening
- Meals On Wheels
- Physiotherapy
- Planned Activity Group (PAGs)
- Podiatry (Public & Private)
- Rehabilitation Gym
- Strength Training
- Treatment Room

Services available at Manifold Place

- CASA
- Continence Nurse
- Counselling
- Dental (Public)
- Diabetes Education
- Dietetics
- Early Intervention in Chronic Disease Programs
- HARP (for chronic illness)
- NDSS
- Needle Exchange Program
- Podiatry (Public & Private)
- Speech Pathology
- Strength Training
- Tai chi

For further information about any of these services, or to make an appointment, please call the relevant centre on the numbers listed below and staff will be happy to assist.

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NEWSLETTER

Girl's Night In – Just for Us!

Thursday 29th October @ 7.00PM
The Grimwade Rooms, Lismore

Join us for a night of social connectedness, taking care of your mental health and improving your wellbeing.

There will be laughter Yoga and Mental Health discussion, alongside a nibble and a cuppa, all for FREE!

The night runs from 7:00pm – 9:30pm.
Please let us know you are coming by phoning 555 83 000.

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CENTRE CLOSED

Please note that due to Centre staff attending training, the Lismore Community Health Centre will be closed from 12.00pm on Tuesday 10th November.

We will reopen at 9.00am on Wednesday 11th November as usual.

Well Women's Clinics at Lismore

The next Well Women's Clinic at Lismore will be held on [Thursday 26 November 2015](#).

The clinic provides women with Pap smear tests, information, education or referral as required, for women's health issues. The cost is heavily subsidised at \$8 for the service provided by a fully qualified Women's Health Nurse Pap Test Provider.

*Remember "it is essential that all women aged
18 - 70 have a Pap Test every 2 years"*

To make your appointment, please call the Lismore Community Health Centre on **555 83 000**.

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