

Camperdown & Lismore Community Health NEWSLETTER

SEP
2017

National Stroke Week - September 4th to 10th

This National Stroke Week, the Stroke Foundation is aiming to ensure every Australian household has someone who knows the signs of stroke and to call 000. Share the F.A.S.T. signs of stroke with your friends, family and colleagues - the life you save could be your own.

Just by knowing the signs of stroke makes you part of the F.A.S.T. Response Team:

- **Face** - Check their face. Has their mouth drooped?
- **Arms** - Can they lift both arms?
- **Speech** - Is their speech slurred? Do they understand you?
- **Time** - Time is critical. If you see any of these symptoms, act FAST and call 000

Time is critical in treating stroke. Paramedics, nurses and doctors can only help if you join the FAST Response Team and dial 000 at the first sign of stroke. Stroke is always a medical emergency.

FREE STROKE AWARENESS HEALTH CHECKS AT LISMORE

Have your blood pressure checked, learn more about your risk factors, and how you can reduce risk of stroke.

Friday 20th October - 10.00am to 3.00pm

Friday 27th October - 10.00am to 3.00pm

Call the Centre on 555 83 000 to book your assessment appointment.

Treatment Room Appointments

Our nurses who provide care in the Treatment Room, are also the same nurses who provide our District Nursing Services. This means that there are times during the day where we do not have a nurse present in the Centre.

If you would like to see a nurse for wound care, pathology collection, blood pressure or blood glucose monitoring or another service, **please contact reception to make an appointment.**

There are a limited number of appointments available daily, so please contact us as early as possible to book your preferred time.

Outside business hours, Nurse-On-Call provides immediate, expert health advice from a registered nurse – 1300 60 60 24.



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
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140 Manifold Street, Camperdown 3260
Ph: (03) 5557 0900 • MPlace2@swh.net.
Open Hours: 8.30am-4.30pm Mon-Fri

South West Healthcare
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Prostate Cancer Awareness Month

Did you know Prostate cancer is the most common cancer affecting Australian men (after non-melanoma skin cancer)?

Prostate cancer is the growth of abnormal cells in the prostate gland. This gland is only found in males and is about the size of a walnut. The causes of prostate cancer are not understood and there is currently no clear prevention strategy.

In 2010, 19,821 new cases of prostate cancer were diagnosed in Australia. It affects mostly men in older age groups and is rare in men under 50 years of age. The chance of developing prostate cancer is significantly higher in men who have a close relative with prostate cancer; the risks are higher if the relative was diagnosed before the age of 60. If you have a family history of prostate cancer, talk to your doctor.

In its early stages, prostate cancer may not show any symptoms. Symptoms of early prostate cancer can include:

- difficulty passing urine
- a slow, interrupted flow of urine
- frequent passing of urine, including at night
- incontinence.

Symptoms associated with advanced prostate cancer include:

- blood in urine
- pain during urination
- lower back or pelvic pain.

These symptoms are also found in men who may have benign prostatic hyperplasia (BPH), a common, non-cancerous enlargement of the prostate gland. If you experience these symptoms, visit your doctor. For further information, speak to your doctor or practice nurse, or visit www.pcfa.org.au.

Information from www.cancer.org.au

Breastscreen Bus Trip

Our Breastscreen trip to Geelong will be held on **Thursday 28th September**.

The bus will leave Lismore Community Health Centre at 9.00am, and a fee of \$5 per person will be charged to assist with the cost of the bus. **We are looking for a bus driver for this trip so if anyone would like to volunteer please let us know by calling the centre on 55583000.**

If you have any queries please speak to Health Centre Staff on 555 83 000.

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Healthy Eating Tips

It's Time we put Ourselves First

The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'. Women's Health Week is the time to put ourselves first, for just one week, and start making positive changes that can last a lifetime.



**WOMEN'S
HEALTH WEEK**

4 - 8 September 2017

The five days of the 2017 Women's Health Week will focus on:

- **Heart health**
- **Mindfulness**
- **Bone health**
- **Physical activity**
- **Sleep and fatigue**

3 Tips for Healthy Eating for Heart Health

Include mono-unsaturated fats in your diet – mono-unsaturated margarine, canola oil, nuts, avocado and seeds

Include poly-unsaturated fats in your diet – poly-unsaturated margarines, sunflower oil, safflower oil, soya bean oil, nuts, seeds, fish, salmon and tuna

Always remove the skin and trim the fat from meat before you cook it

3 Tips for Healthy Eating for Strong Bones

Aim for 3-4 serves of calcium containing foods every day, a serve is; 250ml of soy or cow's milk, 200g of yoghurt, 40g of cheese or ½ cup of salmon with bones

Ensure 10 minutes of sun exposure to hands and face 3 times a week for Vitamin D absorption

If you don't consume dairy products, include other calcium containing foods such as soy milk, soy yoghurt and tofu fortified with calcium, sardines and salmon with bones and nuts, seeds and legumes

3 Tips for Mindful Eating

Eat your meals at the dinner table with no television or device in use. Being distracted while eating often means we are less aware of what or how much we have eaten.

Resign from the "Clean plate Club". Many of us were brought up to eat everything on our plate regardless of our hunger. It's ok to leave food on your plate if you are no longer hungry.

Reflect. Mindful eating is all about asking ourselves why we are eating the way we are. Are you stressed, rushed, sad, bored, or hungry? Asking these questions before you eat can help you choose if you want to eat, what you want to eat and how you want to eat.

If you would like more information, make an appointment to see a Dietitian at either of our Lismore or Camperdown campuses.

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Recipe of the Month

Serves: 4

Time to Make: 20mins

Ingredients:

- 1 1/3 cups macaroni
- cooking oil spray
- 2 x 250g salmon steaks, skin removed
- 375ml can evaporated skim milk
- 2 cloves garlic, crushed
- 40g baby spinach leaves
- 4 green onions, finely chopped
- 1 cup frozen peas, thawed
- 2 tablespoons chopped fresh dill



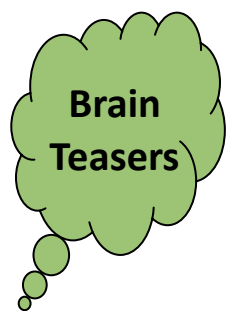
Method:

Cook pasta following packet instructions or until tender. Drain and return to saucepan.

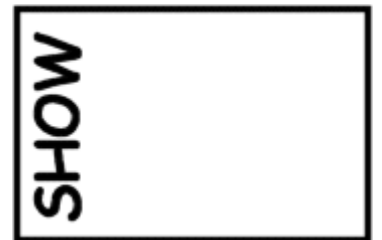
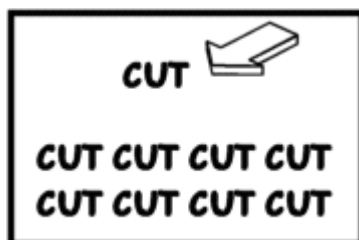
Meanwhile, spray salmon with cooking oil. Heat a large non-stick frying pan over medium-high heat. Add salmon and cook for 3 minutes on each side or until cooked to your liking. Transfer to a plate. Use a fork to flake salmon into large pieces.

Add milk and garlic to frying pan and simmer over low heat. Add macaroni and cook, stirring, for 1 minute or until hot. Remove from heat. Stir in spinach, onions, peas, dill and salmon until spinach just wilts. Divide between 4 bowls and serve.

Recipe Source: Australian Healthy Food Guide - <http://www.healthyfoodguide.com.au>



Can you find the hidden meanings of these puzzles?



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Well Women's Clinic

The next Well Women's Clinic will be held at Lismore Community Health on **Friday 24th November**.

These clinics provide women with Pap smear tests, information, education or referral as required, for women's health issues. This service is provided by a fully qualified Women's Health Nurse - Pap Test Provider.

Appointments are essential and can be made by calling 555 83 000.

*Remember it is essential that all women aged 18 - 70 have a Pap Test every 2 years.
Regular Pap tests save more than 1200 Australian women from cervical cancer every year.*



PapScreen
Victoria

Lismore Derrinallum Heart Foundation Walking Group

Halls Gap Trip - 14th & 15th October

Planning is underway for an overnight trip to enjoy some of the many scenic walks in the Halls Gap area. If you are interested in joining us, please contact us as soon as possible to assist with planning.

Call Shirley Howard on 55976612 or the Health Centre on 55583000 to register your interest.



RUOK? DAY™
14 September 2017



Staying connected and having meaningful conversations is something we can all do. You don't need to be an expert - just a great mate and a good listener. So, if you notice someone who might be struggling - start a conversation.

For more information and resources, visit www.ruok.org.au

How to ask R U OK?



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GP Clinic

Dr John Menzies will offer appointments at Lismore on Thursday 7 and 21st September, for the morning only. Dr Eunice Wong will be at Lismore on Thursday 14 September, and Thursday 28 September.

To make an appointment at Lismore, you can call Lismore on **555 83 000**, or Robinson Street **5593 7070**.

If you require a new script, you must now make an appointment to see a doctor. No phone requests.

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 **5593 7070**.

Services available at Lismore

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

Services available at Manifold Place

- CASA
- Contenance Nurse
- Counselling
- Dental (Public)
- Diabetes Education
- Dietetics
- Early Intervention in Chronic Disease Programs
- HARP (for chronic illness)
- Yoga
- 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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