

EDITION 1 : AUGUST 2015



## WELCOME

Welcome to the first edition of *Your Family Doctors*, a newsletter from the team at Grand Pacific Health (GPH) Centre – Nowra providing you with the latest news and information to help you keep healthy!

It's been a busy couple of months for the team here at GPH Centre – Nowra. The doors first opened in May and the official opening was held in July.

GPH Centre – Nowra has a range of services available to help you to improve or maintain your health. Health professionals available onsite include GPs (doctors), nurses, dietitians, exercise physiologists and a mental health nurse.

The Shoalhaven Wellness Centre located onsite also provides a range of services and resources to help you achieve your health goals.

In other exciting news, GP Registrar Dr Zoe Boyatzis has joined the team this month, and in coming weeks and months we will be welcoming more health professionals to the team. Watch this space!

## INTRODUCING DR BOYATZIS



This month we have welcomed Dr Zoe Boyatzis to the team at GPH Centre – Nowra.

Dr Boyatzis has completed a Bachelor of Medicine/Bachelor of Surgery,

Certificate in Sexual and Reproductive Health, Emergency Medicine Certificate and Diploma in Child Health.

Call us on **02 4448 2255** to book an appointment with Dr Boyatzis.

## GPH CENTRE - NOWRA OFFICIALLY OPENS ITS DOORS

Grand Pacific Health Centre – Nowra celebrated a significant milestone at its official opening on Friday 17 July.

Federal Member for Gilmore, Mrs Ann Sudmalis MP, unveiled the plaque to officially open the Centre.

Representatives from Grand Pacific Health, Illawarra Shoalhaven Local Health District, University of Wollongong, the local Indigenous community and local health service providers also joined in the celebrations.

A highlight of the opening was the smoking ceremony and performance by local Aboriginal dance group Doonooch Dancers.

Read more: [www.gphnowra.org.au](http://www.gphnowra.org.au)



## SHOALHAVEN WELLNESS CENTRE

If you need advice and support with lifestyle modification, managing chronic or complex conditions, or rehabilitation following injury, the Shoalhaven Wellness Centre is the perfect place to start your journey.

The Shoalhaven Wellness Centre, co-located at GPH Centre Nowra, provides dietetics and exercise physiology services to assist individuals at risk of, or living with, chronic and complex illnesses.

To book an appointment please call **02 4448 2255**.

## HEALTHY BONES ACTION WEEK

Healthy Bones Action Week, 3 - 9 August 2015, encourages everyone to build and maintain strong bones. You are never too young or old to be protecting your bones so act now!

Osteoporosis, sometimes called Brittle Bone Disease, affects over one million Australians. With brittle bones comes a greater risk of bones breaking which can then lead to chronic pain, loss of independence and even death.

So what can you do to prevent or manage osteoporosis? Read over for more info.

## CALCIUM - ARE YOU GETTING ENOUGH?

Calcium is essential for building and maintaining strong bones however most Australian's are not including enough dairy foods in their diet.

Adults need three to four serves of dairy foods per day with one serve being one cup of milk, one tub (200g) of yoghurt, two slices of cheese or a half cup of cottage or ricotta cheese.

If you don't eat dairy foods, getting enough calcium can be tricky. If you haven't already, consider speaking with a dietitian for advice.

How about trying some of these snack ideas to increase your dairy intake?



### FRUIT SMOOTHIE

Add ½ cup berries, 2 tbsp yoghurt, 200ml milk and ice to a blender. Process until smooth.



### TZATZIKI

Combine 1 cup of natural yoghurt, 1 chopped cucumber, 1 chopped clove of garlic and a squeeze of lemon juice.

## GETTING ACTIVE FOR STRONG BONES

- Complete some form of exercise at least three days per week, if not most days of the week. You can do this in short bursts if you are just starting out!
- Try some balance exercises. These are important, particularly if you already have osteoporosis, to help prevent a fall.
- Add some strengthening exercises. These include using hand weights, elastic resistance bands and your body weight. Strengthening muscles can also help to strengthen your bones.
- Keep progressing your exercise. This means challenging your body little by little so it can adapt and continue getting stronger.
- Keep it interesting. Variety helps you stay motivated!
- If you already have osteoporosis, weight bearing and strengthening exercises are still recommended, however, avoid high impact exercises such as jumping and bounding. Before starting a strengthening program, seek advice from an exercise professional such as an Accredited Exercise Physiologist.

## VITAMIN D

Vitamin D is required to build strong bones as it helps absorb calcium from the intestine. Sunshine is our main source of vitamin D, however, the amount of time we require in the sun varies. Living in this region, if you have your arms exposed, you will need approximately six to 90 minutes depending on the season and your skin type.

Visit [www.osteoporosis.org.au/vitamin-d](http://www.osteoporosis.org.au/vitamin-d) for more information



## MEET THE TEAM

Name: Jenny Weyman

Title: Practice Nurse

Favourite holiday destination: Poland

Favourite food: Anything homemade that I don't have to cook

Favourite past time: Laying in my hammock with the Sydney Morning Herald and swimming in Jervis Bay.

## MULTIDISCIPLINARY HEALTH TEAM

### Dietitians

Alycia Hull, Leah Spink and Jessica Mitchell

### Exercise Physiologist

Bronte Scheul and Alycia Hull

### Mental Health Nurse

Kathy Mulquiney

### Practice Nurses

Jenny Weyman and Di Davies

### GP

Dr Richard Griffiths

### GP Registrar

Dr Zoe Boyatzis

## OPENING HOURS

Monday to Friday: 8.30am - 5.00pm



Follow us on Facebook for all the latest health news



02 4448 2255  
[www.gphnowra.org.au](http://www.gphnowra.org.au)

This centre is supported by financial assistance from the Federal Government's GP Super Clinic program.

## BOOKING YOUR APPOINTMENTS MADE EASIER ONLINE

Did you know that you can book your appointment online via our website - [www.gphnowra.org.au](http://www.gphnowra.org.au)?

Online booking makes it easier to schedule your appointment at a time that suits you. All you need to do is contact reception on **02 4448 2255** to activate the service.

