



BREWARRINA ABORIGINAL HEALTH SERVICE LIMITED

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www.bahsl.com.au

BAHSL NEWS

Autumn/Winter
2011

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Services Available

Diabetic Educator : Every Friday

Drug & Alcohol Counsellor : Fortnightly

Podiatrist : Monthly

Smoking Cessation : Every Tuesday

Ultrasound : Fortnightly

Sexual Health Nurse : Fortnightly

Dr's Clinic : Fridays from 9am to 12pm

Dr Karin Jodlowski-Tan: Every Thursday

Dr Clarke (Respiratory Physician) : Monthly

Exercise Physiologist : Fortnightly

Dietician : Fortnightly

Ring us on 02 68 392150 or call into our office for an appointment

Special points of interest

- Open day
- Eye Clinic
- ANZAC DAY
- Flu vax
- Mothers Day
- Australia's Biggest Morning tea.
- Foodies and Walkers Group.
- Genes for Jeans Day
- Drug & Alcohol Awareness week.
- NADIOC WEEK



Get your flu shot before the flu gets you!!

Free flu Vaccines are recommended for everyone from 6 months of age and the following.

- 65 years and over
- Aboriginal and Torres Strait Islander people
- Pregnant Women
- Medically at risk

Children up to the age of nine years require two doses at least one month apart in the first year they are vaccinated. This fact is noted on the influenza fact sheet. Please visit the NSWHEALTH website.

Healthy For Life

Healthy 4 life is an Australian Government program that aims to:

Improve the health of Aboriginal and Torres Strait Islander mothers, children and babies. It also aims to improve the quality of life for all people with a chronic condition and over time reduce the incidence of adult chronic diseases.

We have a visiting Exercise physiologist and a Dietician who can help with your needs to maintain a healthy lifestyle and offer advice in these areas. Visiting on Monday fortnight

BAHSL is running a "Foodies & Walkers" group. Come and get fit, healthy and active, and learn more about healthy food and cooking. Themes covered at the foodies group include:

- cooking on a budget.
- Cooking for a group.
- Healthy Desserts.
- A balanced yummy meal.
- Special Occasion cooking

Commencing Monday the 11th of April then held every Fortnight

Time: 11.30am to 2pm.



Smoking Cessation

Are you worried about how smoking effects your health??

Tobacco smoking is the single largest preventable cause of premature death and diseases in Australia.

Nicotine is the addictive drug in tobacco smoke that causes smokers to continue to smoke.

Addicted smokers need enough over a day to 'feel normal' - to satisfy cravings or control their mood.

How much nicotine a smoker needs determines how much smoke they are likely to inhale, no matter what type of cigarette they smoke.

At BAHSL we offer a 12 week Smoking Cessation Program, which is run by Smoking Cessation Clinician Judy Scolari-Gibson And Smoking Cessation Advisor (Trainee) Michaela Skuthorpe.

The program is run every Tuesday from 9.00am-3.30pm.

The first session starts with a brief intervention and a sign up process that allows us to determine your smoking dependence.

From then on you will attend short sessions and be given Nicotine Replacement Therapy (NRT) free of charge, to reduce your smoking habit to enable you to quit.

If you require any other information about the Smoking Cessation Program visit us at BAHSL or call Michaela on 68 392 150.



Social Emotional Wellbeing (SEWB)

Clinics are held at BAHSL every week. The SEWB team is part of the Bila Muuji consortium.

We have physiologist visiting fortnightly on Monday, Tuesday, Thursdays and Fridays.

- Self referral or GP referral accepted.
- Transport is available for clients.
- Cultural values and beliefs are respected.
- Confidentiality is our number one priority.



Contact BAHSL for an appointment and speak with reception or Fred. 02 68392150

Infectious Diseases of children

Head Lice:

Time from infestation to eggs hatching.

Usually 5 to 7 days.

Symptoms:

Itchy scalp, white specks near base of the hairs, lice are usually found on the scalp.

Do I need to keep my child at home?

No, as long as head lice treatment is ongoing. Family, friends and all contacts should be examined and managed if infested, please check with your school or childcare for their policy on head lice.

Impetigo (school Sores)

Time from exposure to illness: 1 to 3 days

Symptoms:

Small red spots change into blisters that fill with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child at home?

Yes, until treatment starts. sores should be covered with a watertight dressing.

How can I prevent spreading this

disease? Careful hand washing.

Children who have caught certain Infectious diseases need to stay away from school or childcare until they have completely recovered. This is not only because they need time and lots of rest. Infectious diseases spread by contact with others who are affected.

Guidelines published by the National Health & Medical Research Council (NHMRC) for exclusions from school and childcare are listed on their website. OR visit MyDr.com.au for further information. These facts are stated on website above.

VEGETABLE FRITTATA

15mins prep and 30 mins cooking

1 teaspoon vegetable oil

1 medium onion, sliced

500g sweet potato peeled and sliced

1/4 cup of water

420g can corn kernels

2cups broccoli, cut into florets

60g grated reduced fat cheese

6 eggs

1/2 cup low fat milk

Preheat oven to 180c and grease a 20cm baking tin with oil. Combine onion, sweet potato and water in a large bowl, cover with cling film and microwave on HIGH for 3 minutes. Add broccoli and microwave for a further 2 minutes. Layer baking tin with half the sweet potato and top with corn, broccoli, onion and remaining sweet potato. Whisk eggs, and milk, pour over vegetables, top with cheese and bake for 30 minutes or until firm in the centre. Serves 4

For healthy eating information visit www.gofor2and5.com.au

Upcoming Events

<u>APRIL</u>	<u>MAY</u>	<u>JUNE</u>	<u>JULY</u>	<u>AUGUST</u>
ANZAC DAY.	Eye Clinic Biggest Morning Tea.	Open Day. Drug & Alcohol Awareness Day.	NADIOC WEEK.	Genes For Jeans Day.

Other activities may occur during this period.

Health is life is Health

OPENING HOURS

OPENING HOURS ARE

MONDAY TO THURSDAY 8.30am to 5pm

FRIDAY 8.30am to 4pm

PLEASE NOTE :

We will be closed on all public holidays.

We hope you all have a safe and happy Easter!

If you have any emergency's during this time please contact the Brewarrina District

Hospital on 02 6830500 or call '000'

PLEASE NOTE THAT OUR **TRANSPORT** IS FOR **LOCAL MEDICAL**

APPOINTMENTS ONLY!

Services available:

Home visits, check ups ,family planning ,women's health, sexual health, pap smears, pregnancy tests, ECG: counseling vaccinations, nutritional advice, diabetic advice, chronic disease management, podiatry services, wound management.

CHICKEN & VEGETABLE STIR FRY

Ingredients:

1 tablespoon oil

2 teaspoons crushed garlic

1 large onion, thinly sliced.

500g boneless chicken fillets.

Cut into strips

1/4 cabbage shredded.

1 large carrot, thinly sliced

1/2 red capsicum.

2 tablespoons soy sauce.

Chop up vegetables into stir fry pieces, heat oil in pan and brown garlic and onions remove onion and garlic ,add chicken to pan and brown , add remaining vegies and soy sauce stir fry until cooked. Serve with boiled rice.