



DURRI
ABORIGINAL CORPORATION
MEDICAL SERVICE

Durri Health Matters

Autumn 2020



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Welcome to Durri ACMS's Autumn newsletter!

It's hard to believe Summer is really at an end, particularly with all of the wild weather we've experienced over the past few months.

As the days begin to get cooler and shorter, we often find ourselves moving less and staying indoors. But there's plenty you can do to remain active! Taking the stairs instead of the lift, parking your car a bit further away from your destination or even riding your bike to work are all great ways to keep your heart healthy and your mind happy.

As flu season approaches, and in the current health climate, it's important to practice good hygiene and take simple steps to avoid catching or spreading an illness. We've shared some useful tips in this newsletter.

Of course, one of the best ways to avoid the flu is by booking in your free flu jab at Durri ACMS.

Growing with you in good health,
The Durri ACMS team

An Important Message about COVID-19

Dear Community Members,

Durri ACMS is dedicated to keeping all its community members safe and healthy.

As you are aware, Coronavirus – known as COVID-19 – has now been diagnosed in Australia and is spreading.

We are taking precautions to ensure your safety. Avoiding exposure to the virus is our top priority to keep everybody safe. Durri ACMS Clinics are implementing a series of triage questions when you book an appointment.

Our reception staff will ask these questions and figure out the best triage journey for you. This could be a consult over the phone with one of our doctors, or in a designated area of our clinic. We may also ask you to wear a face mask.

To help keep you and your loved ones safe please take these precautions:

1. Wash your hands with warm soapy water, especially before eating
2. Avoid touching your face
3. Cough and sneeze into a tissue and put it into a bin straight away
4. If you have family members visiting please make sure they follow these precautions as well.

Durri ACMS Clinics have taken the following precautions to ensure the safety of the community:

1. If you have Cold and flu like symptoms which include:
 - Fever
 - Sore throat
 - Shortness of breath
 - Runny nose
 - Cough

Please RING Durri ACMS Kempsey on 6560 2300 or 6560 2302 or Nambucca on 6598 6800.

We will help you as soon as you call. If you cannot get through straight away, please try again in a few minutes.

2. If you have travelled anywhere overseas in the past 14 days or have come in contact with a person that has travelled overseas in the past 14 days;

or have come into contact with a COVID-19 Positive or suspected case:

PLEASE DO NOT COME TO THE CLINIC.

Please RING Durri ACMS Kempsey on 6560 2300 or 6560 2302 or Nambucca on 6598 6800.

We will help you as soon as you call. If you cannot get through straight away, please try again in a few minutes.

Please do not present as a walk-in patient without calling first.

We are doing our best to keep the community safe and healthy and we need your support. If you have any questions, please feel free to ring your local Clinic for more information.

Thank you for your cooperation and understanding during this time.





Health Promotion Highlights

Retinal Camera Training

Members of the Durri ACMS team recently participated in Retinal Camera training conducted by the Brien Holden Foundation.

Using this important equipment, our trained staff can conduct diabetic retinopathy screenings to help detect and prevent Diabetes related blindness amongst our community.

Thank you to Brien Holden Foundation for this fantastic opportunity.



#visionforeveryone



**OUR HEALTH
OUR VOICE
OUR CHOICE**

CLOSE THE GAP

Close the Gap Day

Held on 19 March, National Close the Gap Day, is a national day of action to pledge support for achieving health equality for Aboriginal and Torres Strait Islander people by 2030.

For the last 10 years, thousands of Australians from every corner of the country, in schools, businesses and community groups, have shown their support for Close the Gap by marking National Close the Gap Day.

This National Close the Gap Day, we have an opportunity to send our governments a clear message that Australians value health equality as a fundamental right for all.

Why is closing the gap so important?

Everyone deserves the right to a healthy future and the opportunities this affords.

Despite this, many of Australia's First Peoples are denied the same access to healthcare that non-Indigenous Australians take for granted.

The gap in health and life expectancy between Aboriginal and Torres Strait Islander peoples and other Australians is widening.

On average, Aboriginal and Torres Strait Islander people live at least 10 years fewer than other Australians.

Babies born to Aboriginal mothers die at more than twice the rate of other Australian babies, and Aboriginal and Torres Strait Islander people experience higher rates of preventable illnesses such as heart disease, kidney disease and diabetes.

The mortality rates for Aboriginal and Torres Strait Islander peoples is on par with some of the world's most impoverished nations.

Our actions can create lasting change. Be part of the generation that closes the gap.

Information retrieved from:
antar.org.au/close-gap



Tips to Fight the Flu

Flu season in Australia usually coincides with the cooler months, with a spike in Influenza cases normally reported from May through to September.

There are many things we can do prevent the spread of the flu and reduce our risk of catching it ourselves.

Here are our top tips:



1. Get the flu shot

Getting your annual flu jab is one of the most effective ways to fight off the flu. It's important to get this every year, as it wears off after three to four months.



2. Wash your hands

Washing your hands regularly with soap and water is one of the best ways to prevent a cold or flu from spreading. Make sure you wash them for at least 20 seconds.



3. Keep surfaces clean

Get rid of germs by regularly cleaning surfaces such as your keyboard, phone and door handles.



4. Cover coughs or sneezes

Cover your mouth and nose when coughing or sneezing using your elbow or a tissue rather than your hand.



5. Bin your tissues

Throw tissues in the bin immediately after using them and try to avoid touching other people's used tissues.



6. Avoid sharing

Try not to share cups, plates, cutlery and towels with other people.



7. Don't rely on antibiotics

Antibiotics won't cure a cold or flu as these illnesses are caused by viruses

Help protect yourself and your family from the flu this season and book in your free flu jab at Durri ACMS.

Follow our Facebook page 'Durri ACMS' for information about when this year's vaccine will become available.

Information retrieved from:
healthdirect.gov.au/10-tips-to-fight-the-flu-infographic



Managing Blood Pressure

Did you know that high blood pressure is one the most common disorders affecting the heart and blood vessels? High blood pressure is common amongst Aboriginal and Torres Strait Islander people and many don't know that they have it.

What is blood pressure?

Blood is carried around the body in tubes called blood vessels. The pumping of the heart keeps blood moving through the blood vessels. Blood pressure is the measurement of the pressure in the walls of bigger blood vessels called

arteries. High blood pressure is also called hypertension. It can be very dangerous if left untreated.

What is normal blood pressure?

Blood pressure varies from moment to moment. It is affected by many factors including breathing, body position, emotional state, exercise, sleep, medicines and alcohol (grog). Normal blood pressure is less than 130/85 mmHg. Talk with your doctor about what your blood pressure should be. You need more than one high reading to confirm you have high blood pressure.



What causes high blood pressure?

- Family history
- Being overweight
- Poor diet
- Too much salt
- Drinking too much alcohol
- Not exercising
- Cigarette smoking
- Kidney problems

What are the risks of high blood pressure?

- Heart disease
- Heart failure
- Stroke
- Kidney disease or failure
- Eye problems

How can you help to prevent or manage high blood pressure?

- Stop smoking
- Eat healthy foods
- Reduce your salt intake
- Drink less alcohol
- Maintain a healthy weight
- Aim for at least 30 minutes of moderate intensity physical activity each day
- Have your blood pressure checked regularly
- Take your medications as directed by your doctor

Information retrieved from: heartfoundation.org.au/your-heart/aboriginal-health/heart-disease-resources

Getting your blood pressure checked and managing high blood pressure are very important for your overall health.

Come visit the team at Durri for a blood pressure check-up. Contact reception to book an appointment.

Eat Well

Dinnertime can be a very special part of the day when family and friends share each other's company and enjoy food together.

If you love preparing large meals for your family to enjoy, we've got some great recipes that are sure to keep your mob healthy and happy this Autumn.

Nutritional benefits of mince

Lean mince provides the body with not only sufficient amounts of protein and iron, but also zinc, an essential mineral for the immune system and healing wounds.

Lean mince is also a great source of Vitamin B, K and D, as well as Folate and Magnesium, which is essential in the growth of healthy bones and teeth.



Meatloaf

Ingredients

- 1kg Lean Mince (meaning most of the fat has been removed)
- 2 cups wholemeal breadcrumbs
- 2 small onions
- 2 carrots peeled & grated
- 4 tablespoons tomato sauce
- 4 tablespoons chopped fresh parsley
- 2 eggs, lightly beaten
- ½ cup BBQ sauce

Plus salad or vegetables to serve.

Method

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Place mince, breadcrumbs, onion, carrot, tomato sauce, parsley, and egg in a bowl. Season with black pepper. Mix until well combined.
3. Shape mince into a 10cm high rectangle and place on baking tray.
4. Bake in oven for 25 to 30 minutes or until firm to touch. Remove from oven and drain excess fat.
5. Spoon BBQ sauce over the top and return to oven for 10 minutes. Stand on tray for 5 minutes.
6. Slice and serve with vegetables or salad.





Chicken, Chickpea and Tomato Curry

Ingredients (serves 4)

- Cooking oil spray
- 500g chicken breast fillets, cut into bite-sized pieces
- 1/3 cup Curry paste
- 1 tablespoon garam masala
- 1 tablespoon curry powder
- 400g can no-added-salt chopped tomatoes
- 1/2 lemon, juiced
- 400g can no-added-salt chickpeas, rinsed and drained
- 2 cups baby spinach
- 3 cups steamed basmati rice, to serve
- 4 tablespoons low-fat natural yoghurt, to serve

Method

1. Spray a large, heavy-based pot with oil and place over high heat. Add chicken and cook, turning occasionally, until golden brown. Transfer chicken into a bowl and set aside.
2. In the same pot, add curry paste, garam masala and curry powder. Stir to combine. Cook for a minute, then add tomatoes and lemon juice. Cook for 10 minutes over medium-high heat, or until curry has slightly darkened in colour.
3. Return chicken to pot, along with chickpeas. Cook for 3-4 more minutes, or until chicken is cooked through. Stir through baby spinach to wilt.
4. Serve curry with steamed basmati rice and a tablespoon of yoghurt.

Nutritional benefits of chicken

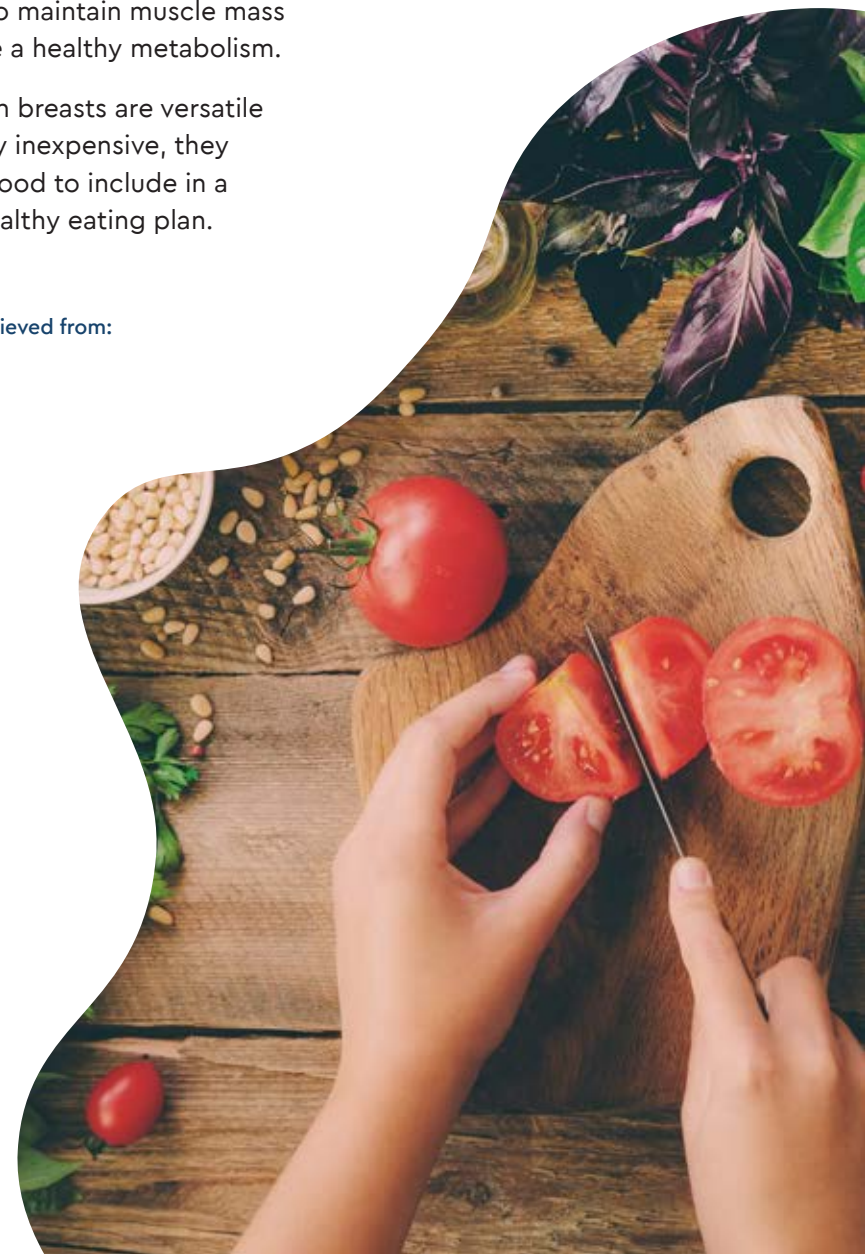
Chicken breast is a great source of lean protein (protein without a lot of accompanying fat).

People who eat enough protein are more likely to maintain muscle mass and preserve a healthy metabolism.

Since chicken breasts are versatile and relatively inexpensive, they are a useful food to include in a balanced, healthy eating plan.

Information retrieved from:
verywellfit.com

For more information on healthy tucker visit vaccho.org.au/nutrition



Move Well

The beneficial effects of exercise for our physical body are well known, but did you know that regular exercise has amazing benefits to our emotional and mental wellbeing?

Exercise helps to release chemicals like endorphins and serotonin which help to improve your mood. Being active also helps to pump blood to the brain to help you to think more clearly and changes the physiology of our brain to assist in improving memory and protects our brain against injury and disease.

Benefits of regular exercise for the brain:

- It can assist in reducing stress, anxiety and depression and other symptoms of mental health conditions
- Improves relaxation and the quality and quantity of sleep
- Improves memory and the ability to learn new things
- Prevents cognitive decline
- Improves socialisation and reduced feelings of loneliness and isolation
- Boosts our motivation and mood

How much exercise do we need?

Australian guidelines recommend adults do at least 30 minutes of moderate to intensive exercise on most or all days of the week (you can also do this by combining shorter 10–15min sessions to make up 30 minutes).

When your mood is low finding the motivation for exercise can be difficult.

Try to think of ways to incorporate it into your daily routine and choose something that you enjoy.

Finding an exercise buddy can help to keep you motivated and also helps to socialise and relax whilst exercising.

Jade Fraser – Accredited Exercise Physiologist

Exercise for our Brain

Boost Happy Chemicals

Exercise releases endorphins which create feelings of happiness. Studies have shown that exercise can even alleviate symptoms among the clinically depressed.

Improve Self-Confidence

On a very basic level, physical fitness can boost self-esteem and improve positive self image

Enjoy the Outdoors

Vitamin D acquired from soaking up the sun (while wearing sunscreen of course) can lessen the likelihood of experiencing depressive symptoms.

Prevent Cognitive Decline

Diet and exercise can help shore up the brain against cognitive decline that begins after age 45. Working out, especially between 25 and 45, boosts chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning.

Alleviate Anxiety

The warm and fuzzy chemicals that are released during and after exercise can help people with anxiety disorders calm down.

Boost Brainpower

Various studies have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance.



Sharpen Memory

Regular physical activity boosts memory and the ability to learn new things by increasing the production of cells in the hippocampus responsible for memory and learning.

Increase Relaxation

For some, moderate workout can be the equivalent of a sleeping pill, even for people with insomnia.

Be More Productive

Research shows that workers who take time for exercise on a regular basis are more productive and have more energy than their more sedentary peers.

Reduce Stress

Exercise increases concentrations of norepinephrine, a chemical that can moderate the brain's response to stress.

Get To Know A Durri Staff Member



Tahlia Duroux-Lancaster
Finance Admin Trainee

Meet Tahlia Duroux-Lancaster,
Finance Admin Trainee at
Durri ACMS

Your mob:

Bundjalung, Gumbaynggirr and Yaegl

Tell us a little bit about what your role involves:

The position involves on the job training and support to complete a Certificate III in Business Administration and involves supporting the payroll, book-keeping and general administration functions of Durri.

The role also involves managing enquiries and supporting other Aboriginal Health Workers in meeting the needs of the community.

What made you want to work for Durri ACMS?

The opportunity to gain new skills and work in the community.

What is your favourite thing about working at Durri ACMS?

The positive work environment.

Tell us a little bit about yourself:

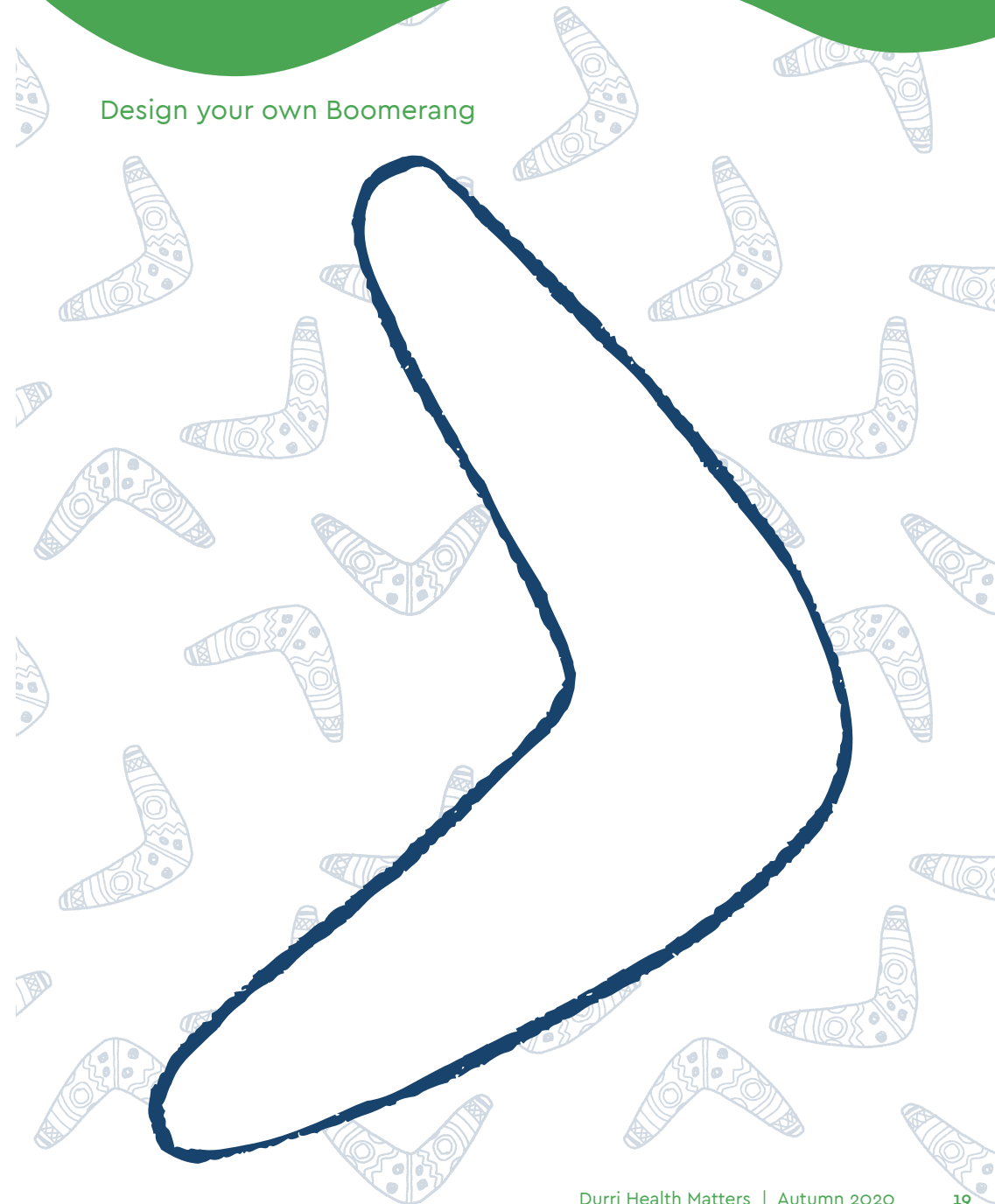
I enjoy spending time with family and friends and travelling to new places.

Who inspires you and why?

My mum as she is someone I look up to as she is hardworking and constantly supports and encourages me.

Kids Corner

Design your own Boomerang



Upcoming Health Days And Events

Please note: events may be impacted due to COVID-19. Please check the Durri ACMS Facebook page for up to date information on events.

March

1 – 7 Hearing Awareness Week

19 Close the Gap Day

20 World Oral Health Day

April

8 – 14 Kidney Week

28 – 4 May Heart Week

May

26 National Sorry Day

27 – 3 June Reconciliation Week

28 Biggest Morning Tea

31 World No Tobacco Day

Durri ACMS has a formal agreement with the Local Health District in relation to after-hours care. Please contact Kempsey District Hospital on 02 6561 2600 or Macksville Hospital on 02 6568 0666.

For telephone advice about non-urgent health matters contact Health Direct by phoning 1800 022 222 (free call from landline).

In an emergency phone the NSW Ambulance Service on 000.

Contact Us

Durri ACMS

📞 02 6560 2300

📍 15 – 19 York Lane
Kempsey, NSW

Darrimba Maarra Health Outpost

📞 02 6598 6800

📍 13 – 42 Bowra Street
Nambucca Heads, NSW

durri.org.au

Durri Aboriginal Corporation Medical Services ICN 27

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