



Pear Tree
Family Practice

October Newsletter

Diabetes

Pear Tree Family Practice are putting together a group program via zoom to assist with nutrition and lifestyle changes related to diabetes and chronic disease.

Is this something you would be interested in?

This group would involve a variety of education and support relating to

- behaviour change to improve your food choices and to move more
- information on healthy food choices and how to make them taste good
- support and ideas to make movement part of your daily living
- education on diabetes and how it affects your body and life
- support setting and implementing your own goals
- problem solving common difficulties and symptoms

We are still in our planning phase. Any feedback is appreciated. Please reply to this email and we will keep you informed.

Changes to Asthma Management

Asthma is a chronic disease that needs to be managed all the time, not just when symptoms are present. Asthma Australia has just released new guidelines on the management of asthma. It is now recommended that you have a preventer rather than just reliever if you have

- asthma symptoms twice or more during the past month
- waking due to asthma symptoms once or more during the past month
- an asthma flare-up in the previous 12 months.

Good management of asthma involves:

- Identifying and reducing exposure to triggers
- Understanding and using medications appropriately
- Monitoring asthma to recognise signs when it may be getting worse
- Knowing what to do when asthma gets worse

If you have asthma and have not had a full review recently please book a chronic disease care plan with Bridget, our practice nurse, and your doctor. At this appointment we will also ensure you have an up to date asthma action plan.

This is also a good time to review any sinus or reflux symptoms you may have that can affect your asthma control. Ensuring sinusitis is well controlled can significantly improve asthma.

New Lifestyle Medicine options available

We are excited to have Dr Cheryl Wilson agree to work with the team and patients at Pear Tree. Dr Cheryl owns *Living Well with Dr. Wilson*, where she enjoys practicing 'slow medicine' focusing on her special interests in Lifestyle Medicine, Sports injuries, and Musculoskeletal Medicine, while complementing goal coaching with hypnosis. She has a Foundation Certificate in Hypnotherapy and Psychotherapy and is a Professional member with The Australian Society of Clinical Hypnotherapists.

Lifestyle medicine involves focussing on not only nutrition but also sleep, movement, fasting, the strength of connection with others and nature, techniques for smoking cessation and sensible alcohol intake, the use of online and app technology, health coaching and behaviour change techniques.

Dr Cheryl is based in the Riverland but will be running shared medical appointments for patients of pear tree and is happy to provide consultations.

Keep an eye out for further information coming soon.

<https://www.doctorwilson.com.au>

Continuing Telehealth

The federal government has extended the Medicare rebate for telehealth for another 6 months. Telehealth provides several advantages for patients, including being able to have appointments at times when they would otherwise not be able to.

If you have infectious symptoms and require a COVID test we would encourage you to attend one of the drive through clinics. Face to face review of infectious patients is available through the government funded respiratory clinics <https://adelaidephn.com.au/covid-19-provider-update/gp-respiratory-clinics/>

If you have a new concern or symptom; we encourage you to book a face to face appointment. This allows for a comprehensive assessment that cannot be achieved over the phone.

Telehealth appointments will have the same fees as face to face appointments.



16 Partridge Street Glenelg 5045
P: 08 7228 5818
www.peartreefp.com.au