

## HEALTH & WELLBEING

### Heart Foundation Walking group

Have you made a New Year's resolution to start to exercise more? Why not join the Heart Foundation walking group.

Walking and moving more is very good for us. It helps to improve sleep & lung capacity, by walking for just 30 minutes every day can increase cardiovascular fitness & strengthen bones. Walking also increases oxygen flow through the body.

The group meets every Sunday at 8am near the Kingston pier. You are welcome to bring your dog or children and there are different walking distances to choose from. If you would like to join the group, just turn up. Remember to bring your hat, water and have sunscreen on. For more information contact the Health and Wellbeing office on 22687.

### Disease Highlight

Scromboid Poisoning - a food borne illness from the breakdown of muscle in certain fish types (Tuna, Mackerel, Mahi Mahi, Sardines, Anchovies, Amberjack and Marlin) which have been improperly stored or processed and has an increased risk of occurrence during the warmer months.

Scromboid is caused by increased histamine produced when there is a delay to chilling specific types of fish. Symptoms may include flushed skin, sweating, headache, itchiness, blurred vision, abdominal cramps and diarrhea and can mimic an allergic reaction. Onset of symptoms is typically 10 to 60 minutes after eating and can last for up to two days. Rarely, breathing problems, difficulty swallowing, redness of the mouth, or an irregular heartbeat may occur. When storing or cooking fish the above types of fish, please take the appropriate measures to keep the fish cool and cooked efficiently. If you think you have eaten poisoned fish and have the above symptoms, contact GP Clinic on 24134

## GP CLINIC

NIHRACS GP Clinic aims to provide comprehensive coordinated healthcare services promoting health and wellbeing as well as managing illness.

NIHRACS recognises the value of every patient/doctor relationship. Every effort is made to enable you to see the doctor of your choice. On an occasion where you are seen by another doctor within the GP Clinic, our records support good communication and continuity of care.

### Hours of Operation

Monday - Friday 8.30am – 5pm

Saturday & Sunday Closed

**Please call 24134 for appointments only during opening hours**

### VISITING SPECIALISTS

**Lisa Wilkes (Podiatrist)**

20/01/2025-24/01/2025

**Brendon Rose (Podiatrist)**

28/01/2025-31/01/2025

**Dr Iain Dunlop (Ophthalmologist)**

31/01/2025-02/02/2025

**The GP Clinic will call all patients who have been triaged by the Specialist to confirm an appointment**

## NIHRACS STAFF UPDATE

- Thank you to Dr John Davis for his time at NIHRACS, John's last day was 4 Jan.
- Welcome to Dr John Cunningham who will be commencing on 6 Jan.
- Liz Unkles will be on leave from 2-10 Jan inclusive, Dr Jodie McCoy will be acting NIHRACS manager.

## HEALTH AWARENESS

### Health Tips

Our health is very important, do you know 5 good health habits? Try to practice these five healthy habits daily which can help to transform your overall health for the better.

•Drink enough water •Go for a walk •Eat more veggies •Maintain mental health •Get a good night's sleep

### Skin Cancer

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. The good news is you can prevent damage and skin cancer by being SunSmart. Sun protection is recommended whenever UV levels reach 3 or higher. **Did you know that Norfolk's UV index level is between 6-13 most days.**

Australia has one of the highest rates of skin cancer in the world, almost 2000 people die from this disease each year. Remember the 5 S's of sun safety:

◆Slip on covering clothing ◆Slop on SPF 50 or SPF50+ ◆Slap on a hat ◆Seek shade ◆Slide on some sunglasses

Dr Sharwan Narayan has a special interest in skin medicine, book in for a skin check by contacting the GP Clinic on 24134 or 22091.

Thank you to Cancer Council for part of the above information. Please visit <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety> for more information.