

GETTING TO KNOW YOUR ACTIVE HEALTH STAFF MEMBERS

Five minutes with:

Rachael Siemon

Occupation : Practice Manager

How long have you been a ... Practice Manager ?:

Since mid-December so just over 6 months, but I have been a department manager in other Industries for about 15 years.



FREE HEARING TESTS

Australian Hearing will be visiting Active Health Portland in mid August.

If you are interested in having a FREE hearing test done please discuss this with your GP or the Practice Nurse so we can check if you are eligible and make sure your name is on the list.

Limited places are available so please let us know as soon as you can.



Active Health Portland—Winter Newsletter



Days to Celebrate in Winter 2016

1– 31 JULY 2016	Dry July
22 JULY 2016	National Pyjama Day
29 JULY 2016	Daggy Jumper Day
1- 31 JULY 2016	JuIEYE
1 AUGUST 2016	Healthy Bones Action week
21 AUGUST 2016	National Op Shop Week
26 AUGUST 2016	Daffodil Day
28 AUGUST 2016	Pawsitive Steps to Mental Health

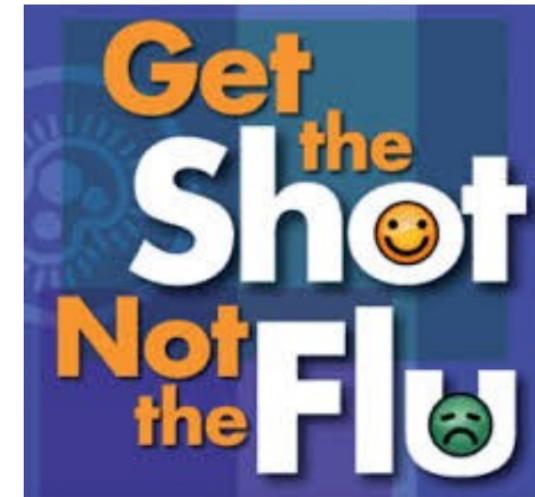
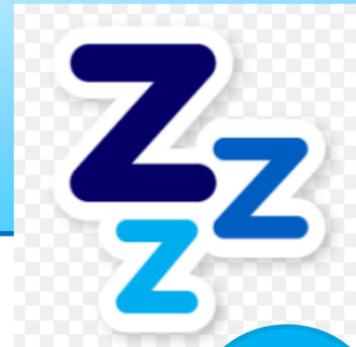


SLEEP & FATIGUE INFORMATION

**WEDNESDAY 27 JULY
2016**

6.15PM

**In the gym at Active Health
Portland
148-150 Percy Street
Portland**



**Have you had
your flu shot
yet ?**

**Flu shots are still available for
both government funded and
private patients.
Ask at reception about booking**

TV in the Waiting Room

If you are sitting in the waiting room and would like the channel on the TV changed, please ask reception.

We understand that the day time TV may not always be appropriate.

Thank you!



DON'T FORGET TO COME TO RECEPTION WHEN YOU ARRIVE.

It is important that we know you have arrived so we can make the doctor or clinician you are visiting aware. Please report to reception before taking a seat.

Evening Presented by: Gerry Leonard Mental Health Nurse

Information on Sleep issues and Fatigue Management

Foundation 49 Men's Health Resources

Information on 1 minute Health Checks

Hear From:

- **Dr Scott Deller**
- **Dr Alex Pun: Medical Management of Fatigue**
- **PDH Sleep Studies Team**

BAKED CHICKEN PARMA WITH

SWEET POTATO MASH

Prep: 20 mins
Cook: 20 mins
Serves: 4



Ingredients

- 400 g can no-added-salt diced tomatoes with basil, onion and garlic
- 2 small skinless chicken breasts, fat trimmed
- 20 basil leaves
- 270 g jar 97% fat free sun-dried tomatoes, drained
- 270 g jar char-grilled capsicum or roasted pepper strips, drained
- 2 cups baby spinach leaves
- 1 cup reduced-fat mozzarella cheese
- 800 g sweet potato, peeled and cut into 1 1/2cm dice
- 1/4 - 1/2 cup low-fat milk
- basil leaves, extra, to serve
- 1/2 red chilli, chopped (optional)

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spread ¼ cup diced tomato in the base of a large ovenproof dish.
3. Halve each chicken breast lengthways to form 4 thin breast steaks. Using a rolling pin, pound steaks between 2 sheets of plastic wrap to 5mm thickness. Arrange chicken on tomatoes in pan base; layer each with basil leaves, sun-dried tomatoes pieces and capsicum. Pile on spinach, spoon over remaining diced tomatoes and sprinkle with mozzarella. Bake for 20 minutes until chicken is cooked and melted cheese has browned.
4. Place sweet potato in a steaming basket over a medium saucepan of boiling water; steam for 10-15 minutes or until tender. Discard water and return potato to the hot dry saucepan. Add ¼ cup milk and mash with a potato masher until smooth, adding additional milk if required for desired consistency.
5. Divide sweet potato and chicken between serving plates, sprinkle with basil.
6. Serve with fresh chilli for extra heat.

Variation: Sweet potato may be microwaved in a covered dish with 2 tablespoons water on HIGH (100%) for 8-10 minutes, stirring after 4 minutes.



Melbourne
**VACCINE
EDUCATION
Centre**

VACCINATION FOR SHINGLES AND MENINGOCOCCAL

MENINGOCOCCAL

Since January 2014 there has been an increase in the number of reported cases of Meningococcal type W in Victoria. For further information on the disease and its protection, please refer to our MVEC page

Who is the vaccine recommended for?

The ATAGI position statement⁽¹⁾ includes recommending the use of 4CMenB vaccine in groups that have the highest risk of disease:

- Infants < 2-years
- Adolescents 15-19 years
- Children and adults with medical conditions that place them at a high risk of IMD, such as functional or anatomical asplenia or complement component disorders

SHINGLES

What is it?

Shingles is caused by the varicella zoster virus (VZV), the same virus that causes [chickenpox](#). After a person recovers from chickenpox, the virus stays in the body in a dormant (inactive) state. For reasons that are not fully known, the virus can reactivate (usually years later), causing shingles.

What to look for

Shingles usually starts as a painful rash on one side of the face or body. The rash forms blisters that typically scab over in 7–10 days and clears up within 2–4 weeks. Before the rash develops, there is often pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears. Other symptoms of shingles can include fever, headache, chills, and upset stomach.

How is it transmitted?

Shingles cannot be passed from one person to another. However, the VZV virus that causes shingles can be spread from a person with active shingles to a person who has never had chickenpox. In such cases, the person exposed to the virus might develop chickenpox, but they would not develop shingles. The virus is spread through direct contact with fluid from the rash blisters, not through sneezing, coughing or casual contact.

Shingles is less contagious than chickenpox and the risk of a person with shingles spreading the virus is low if the rash is covered.

Am I already protected?

No. Shingles most commonly occurs as you get older (>50yrs), have a weak immune system or have had infections with the varicella virus in the first year of life.

If you would like further information about either vaccine please discuss this with your GP on your next visit.