



#SeeYourGP

We have seen Coronavirus cases drop in WA recently, however there may be another health crisis looming on the horizon. It is linked to the significant reduction in patient's visits to GP clinics across Australia. This fall in regular check-ups and appointments may lead to critical health conditions being undiagnosed and untreated, causing a rise in life threatening complications for some patients.

WA Primary Health Alliance recently launched the campaign #SeeYourGP, and has teamed up with a range of community groups to encourage West Australians to see their GP. You are encouraged to see your GP if you have medical conditions which require ongoing check-ups and screening, such as heart disease, diabetes, asthma and cancer, or if you notice any new symptoms, such as a new spot/mole, or lump on your body.



Since the pandemic there has been:



30%
drop in GP visits



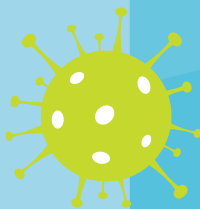
10%
of cancer patients have put off screening



32%
drop in diabetes pathology testing



40%
drop in the pathology sector, indicating more than 60,000 Australians are not getting the tests they need.



1.5
meters



People have concerns about visiting their GP since the coronavirus outbreak. You may have a vision of a waiting room filled with sick people, but this is not the case. Medical centres and GP clinics have strict guidelines regarding screening patients prior to entry, physical distancing within the clinic, and stringent cleaning and hygiene protocols.

If you still do not feel comfortable or you are unable to visit the GP ask about a telehealth appointment. Many clinics are now offering video consultations for patients, which do not replace face-to-face examinations, but they can keep you in regular contact with your GP to get the right advice you need in a timely manner.

Coping in uncertain times

It is widely regarded that human beings have three basic needs – safety, satisfaction and connection. During these rapidly changing times, many people have felt these basic needs threatened, particularly a lack of safety. This can lead to increased feelings of anxiety, fear and negativity. Learning and practising methods of calming the body and mind are important during these uncertain times.

Here are five tips to keep you on track:

1. **Move** - Any kind of physical movement is a great way of releasing the build-up of excess energy that accompanies the acute stress ('fight or flight') response.
2. **Breathe** - When you slow your breathing rate down, the uncomfortable physical sensations of fear and anxiety start to subside.
3. **Ground** - Connect to what is happening in this moment right now, consciously engaging your senses.
4. **Be aware** - Practice observing your thoughts, rather than reacting automatically to them. Think of your thoughts as clouds floating by.
5. **Find connection** - Our greatest human need is to connect with other people in a positive way. When we fulfil that need, it brings more calm to our lives.



Slow Cooker Bolognese by Gennaro Contaldo

Winter is for slow cooking! Enjoy this traditional Bolognese with friends or family.

Ingredients

- ▶ 3 tbsp olive oil
- ▶ 30g butter
- ▶ 1 onion, finely chopped
- ▶ 1 celery stalk, finely chopped
- ▶ 1 carrot, finely chopped
- ▶ 150g pancetta, cubed
- ▶ 200g beef mince
- ▶ 200g pork mince
- ▶ 200ml red wine
- ▶ 2 tbsp tomato paste
- ▶ 200ml beef stock
- ▶ 400g tagliatelle, cooked according to packet instructions
- ▶ a little parmesan, finely grated, to serve

Method

- ▶ Heat the oil and butter in a large saucepan. Add the onion, celery, carrot and pancetta and cook on a gentle heat for about 10 minutes until the onion has softened.
- ▶ Add the mince and brown all over.
- ▶ Increase the heat, add the wine and allow to evaporate.
- ▶ Dilute the tomato paste in a little of the stock and stir into the meat.
- ▶ Transfer the mixture to a medium slow-cooker pot. Cover and cook on low setting for 8-9 hours.
- ▶ If cooking in the pan, instead of transferring to a slow cooker, reduce the heat to low, cover with a lid and cook on a gentle heat for 2 hours, checking and adding a little extra stock from time to time to avoid the sauce from drying out (you will need an extra 150ml of stock).
- ▶ Serve with freshly cooked tagliatelle, and sprinkle with parmesan.



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