



# FREMANTLE WOMEN'S HEALTH CENTRE

## Services & Resources for Women's Health & Wellbeing

### Services & Developments

### Winter 2016 Newsletter

Welcome to our Winter newsletter. Now the weather is cooler, it's a good time to start or step up your exercise regime before winter eating takes hold!

#### Health Promotion Events

We have been very busy with providing information to the community on a range of health issues and promoting our services.

#### Client Survey

It's that time of year again and we are in the process of getting feedback from our clients about our services and staff so that we can continue to improve what we do. Some of you will already have received the survey by email, some will have been given it at appointments, and for those without an email address, the survey will be posted with this newsletter.



In the last three months we have had stalls at four regional events. The Cockburn Hello Baby Fair was for parents with young children, the Music to Open Your Minds event focused on mental health issues, the Cockburn Community Health and Harmony Fair provided a range of health information combined with information and activities relevant to culturally and linguistically diverse people, and the 55+ Expo was all about positive ageing. The photo above is of Bec and Diane at the Health and Harmony Fair.

Thank you to those who have already completed the survey. We will include the results in our next newsletter.

#### Youth Survey

Thank you to those of you between the ages of 16 and 24 who completed our online survey. We are keeping it open for another month, so there is still time to help us make our services more youth-friendly! For details and the link, see the flyer on page 2.

## International Women's Day 2016

On the 10th March FWHC celebrated International Women's Day (IWD) with a High Tea.

The morning started with entertainment from the Free Spirit Dance Community. Two different dance styles were demonstrated and then women got to have a go at learning some moves.



We had a craft activity that produced a fantastic piece of art work, now in our reception area, while at the same time giving women an opportunity to reflect on what still needs to be done to bring about equality for women.



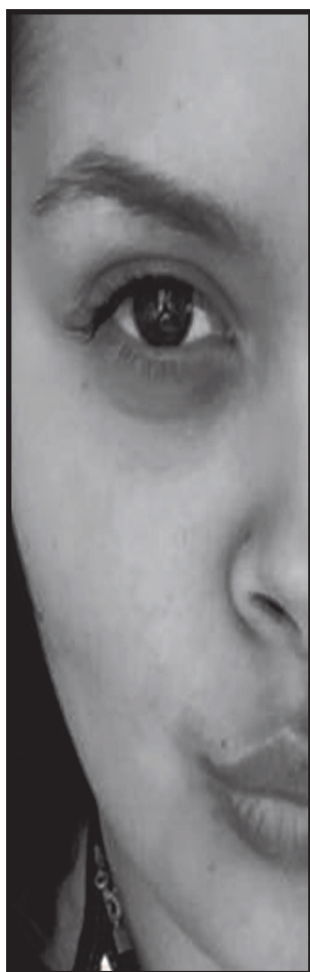
Then we got to try teas from around the world including ice tea, chai, oolong, Japanese, and have some delicious treats to go with it.



The turnout was fantastic and everyone had a wonderful time. Thank you to all the women who helped us celebrate. And thank you to the women who brought in tea pots and cups, who donated their time making delicious food, donated various teas, and served teas and food on the day.



If you have some ideas of how we could celebrate IWD next year, let us know. Your ideas on other activities that we could provide to improve your health and wellbeing are always welcome.



**Are you a young women  
aged between 16 and 24?**

**If so, we need your help!**

We want you to feel comfortable  
visiting our centre and we want to  
be providing services relevant to  
your needs

Click the link to complete a short  
survey and tell us how we can  
best help you with your women's  
health issues

[https://www.surveymonkey.com/r/  
FWHC-YOUTH](https://www.surveymonkey.com/r/FWHC-YOUTH)

Your ideas and time are much  
appreciated!

For further information, contact  
FWHC on (08) 9431 0500

## FREE Pap Smear Clinic For Aboriginal Women

**By appointments or walk in**

**EVERY FRIDAY**

**10 AM - 2 PM**

**4th March 2016**

**Till**

**24th June 2016**

**FREE Transport available - to book your seat  
call Bec on 9431 0500**

**VENUE: Fremantle Women's Health Centre  
114 south Street, Fremantle**

**enjoy morning tea while you wait!!**

Funded by WA Cervical Cancer Prevention Program





## Health Information

### The delicate balance of 'down there'

You may not realise it, but your vagina is home to huge populations of micro-organisms. Before you shriek in surprise or horror, know that these tiny organisms are actually vital for the health of your vagina and your health overall, and it's important to get the balance right.

There are many different types of micro-organisms that are found in the vagina, but the main types are generally called 'good bacteria' or 'bad bacteria'. Healthy vaginas are rich in good bacteria and these friendly micro-organisms help to protect from infections and keep the populations of bad bacteria in check.

An imbalance or overgrowth of bad bacteria and other unfriendly micro-organisms in the vagina can cause symptoms such as vaginal discharge, redness and itch. They can make you more prone to the common conditions of vaginal candidiasis (thrush), which is an overgrowth of a particular micro-organism (a fungus called *Candida albicans*), bacterial vaginosis or vulval irritation. It's important to note that not all vulval irritation is due to an imbalance of vaginal bacteria. Find out about other causes of [vulval irritation](#).

There are many factors that can upset the balance of bacteria, influencing whether the good or bad populations stay or go. So what can you do to sway the scales in the right direction?

#### The right introductions

Your vaginal bacteria is closely connected to the bacteria in your digestive system, and what you eat and digest can affect the health and populations of bacteria in both your gut and your

vagina. Live cultured yoghurt and other fermented foods, such as kimchi, sauerkraut and kefir, contain good bacteria as an ingredient. Eating these foods regularly can help to maintain healthy populations of good bacteria, introducing the right types to your digestive system and your vagina.

Some women who have thrush, bacterial vaginosis or vulval irritation may benefit from taking a probiotic supplement. Probiotics can be taken orally as a capsule and contain good bacteria in much higher quantities than what you would get from fermented foods alone.

If you're experiencing these common symptoms or conditions, it's recommended that you see a health practitioner with experience in this area. There are many kinds of probiotic supplements available and research has found that only specific types of bacteria are effective.

#### Feeding your new friends

After introducing the good bacteria to your body, it's important to keep them happy. Good bacteria is more likely to thrive when you eat a diet that's rich in wholefoods such as vegetables, fruit, whole grains, legumes, nuts and seeds.

They particularly love a certain type of fibre that is found in foods such as:

- garlic, onions, leeks, spring onions
- asparagus, artichokes, beetroot
- broccoli, Brussels sprouts, cabbage, watercress and kale
- legumes such as chick-peas, lentils and red kidney beans

These foods are known as prebiotic foods – they actually feed

the good bacteria, fuelling them to live, grow and flourish.

The Jean Hailes Kitchen has a new recipe that is based on prebiotic foods and foods that nourish and restore a healthy balance of good bacteria: Aduki bean salad with red rice and roast vegetables. Watch the video of naturopath Sandra Villella explaining how these ingredients benefit your bacteria populations and see her put it all together.

#### Making the connections

Just as there are foods and factors that help healthy vaginal bacteria, there are foods and factors that can damage the good populations, resulting in an overgrowth of the bad kind of bacteria. A poor diet, one that is low in fibre and high in processed and packaged foods, can alter your digestive bacteria as well as your vaginal bacteria. High sugar foods, soft drinks, too much alcohol and too many refined carbohydrates in your diet (such as white breads, biscuits, pasta etc) can help the bad bacteria to grow and flourish in place of the good.

The connection between your diet, digestive system and vaginal bacteria is another reminder that you are what you eat – and when you eat a healthy balanced diet of wholefoods, your body is better able to maintain the delicate balance, for not only your vaginal health, but your health overall.

There are lots of other helpful tips and ways to maintain good vaginal health. Find them on the Jean Hailes Vulva and vaginal irritation webpage.

*Published with the permission of Jean Hailes for Women's Health*  
[jeanhailes.org.au](http://jeanhailes.org.au)  
 1800 JEAN HAILES (532 642)

## FWHC Services

### General Counselling

Individual counselling is available for women experiencing difficulties across a wide range of issues, including: stress and anxiety; depression; bereavement and loss; trauma; relationships; domestic violence; parenting concerns; low self-esteem and much more ...

### Perinatal Counselling

The centre provides individual counselling for women experiencing antenatal and postnatal depression, anxiety and / or stress.

Counsellors are available Monday - Friday by appointment.

### Medical Services

Female doctors are available by appointment Monday—Friday for a range of women's health issues.

### Nursing Services

Nurses are available Monday-Thursday for well-women checks before doctors' appointments, by appointment for Pap smears, and for walk-in STI (sexually transmitted infection) screening. For the screening service no appointment is needed and it is available Monday-Thursday 9am - 3pm.

Health information is available at appointments, by dropping into the Centre to collect brochures, or from the nurses by phone.

### Crèche

Child minding is available Wednesday morning for the postnatal support group and Thursday mornings for appointments. Bookings are required.

## Other Services at FWHC

### Continence Advice

A continence nurse is available on Mondays to advise on how to manage and improve symptoms of incontinence. This is a free service provided by Silver Chain to women on pension and health care cards who have had symptoms for six months or more. Phone 1300 787 055 for an appointment.

### Counselling for Carers

Counselling for carers is available on Tuesdays on a fortnightly basis. This is provided by Carers WA. To make an appointment phone 1300 227 377.

## Ongoing FWHC Groups

**Postnatal Support Group**  
**Wednesday 10 - 12 noon**

**Over Eaters/Anonymous**  
**Wednesday 7.30 pm**

**Portuguese Women's Group**  
**Thursday 2.00 - 4.00 pm**

**Wise Women Exercise**  
**Thursdays 2.00 - 3.00 pm**

**Massage Courses & Workshops**  
**Various days & times**

**To access services an annual  
FWHC Support Fee  
is required:**

**\$30 full fee  
\$15 concession**

## Pumpkin, cauliflower and lentil curry



### Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 3 tablespoons mild curry paste
- 12 fresh curry leaves
- 1 tablespoon finely grated ginger
- 400g can diced tomatoes
- 1 1/2 cups (375ml) water or vegetable stock
- 1/2 cup (105g) brown lentils, rinsed
- 1/2 cup (115g) red lentils, rinsed
- 600g butternut pumpkin, seeded, peeled, cut into 3cm pieces
- 1/2 (about 600g) cauliflower, cut into florets
- 1 cup (150g) frozen peas
- 1/4 cup (60ml) cream
- Coriander leaves, to serve
- Steamed Basmati Rice, to serve
- Naan bread, to serve

### Method

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, for 3 minutes or until onion softens. Add curry paste, curry leaves and ginger and cook, stirring, for 1 minute or until aromatic. Add tomatoes and water and bring to a simmer.
2. Add combined lentils and cook, stirring occasionally, for 15 minutes or until lentils are almost tender. Add the pumpkin and cauliflower and cook, stirring occasionally, for a further 10 minutes or until pumpkin is tender. Add peas and cream and stir to combine. Remove from heat. Taste and season with salt and pepper.
3. Spoon curry among serving bowls and sprinkle with coriander. Serve with steamed rice and naan bread, if desired.

*Recipe from [taste.com.au](http://taste.com.au)*