



FREMANTLE WOMEN'S HEALTH CENTRE

Services & Resources for Women's Health & Wellbeing

Services & Developments

Winter 2017 Newsletter

Welcome to the Winter newsletter! For those of you who have email access, we now also send out a monthly e-news so that you get up-to-date news on a regular basis in between these quarterly newsletters and less ad-hoc emails about our events and services. You can also check out our Facebook page for service, event and health information. Let us know what you think about the information we are providing—you can post comments on our Facebook page and email your comments about this newsletter and the e-news to [Jessie admin@fwhc.org.au](mailto:Jessie.admin@fwhc.org.au).

Staff Changes

We have had two staff, Rebecca Cock and Linda Wilshusen, resign after many years of service at FWHC and we wish them all the very best in their future endeavours.

Rebecca, our previous Admin Assistant, has left after nearly seven years at FWHC, returning to her home of Shark Bay, and her position has been filled by Jessie, who worked for us last year on Reception while Ali was on maternity leave.



Theresa

Linda, our previous Resources and Crèche Coordinator, left after twenty one years, keen to try her hand at a business of her own. We have restructured her position so that the resources role has been taken over by Carine our Health Promotion Officer with increased hours and we have recruited a new Crèche Coordinator, Theresa Briffa, to focus exclusively on the crèche. Theresa is a qualified child care worker with 12 years experience in child care. She is in the process of introducing new activities and up-dating the toys and equipment.

Client Survey

Thank you to everyone who filled out our annual client survey in March. We got 214 responses which was fantastic—the online survey format proved popular.

The overall service rating was 82.63% very good, 12.21% good (a combined 94.84% for these two top ratings). Of the respondents who answered the question, 98.3% said that they had been helped with their health issues and 97.62% said that they would return to FWHC. The ratings for particular staff groupings were also very high, with combined good and very good ratings of between 95.84% and 100%.

Clients were very positive with their comments about the service and staff. The service was described as personal, individualized, holistic, non-judgmental, safe, relaxed, and affordable. Staff were described as welcoming, friendly, compassionate, caring, professional, knowledgeable, good communicators, who were responsive and gave adequate time to clients.

Most respondents thought the services were excellent and had no criticism, but some of you had helpful suggestions for change which we appreciate. Many of them require more funding and resources which we would also love to acquire.

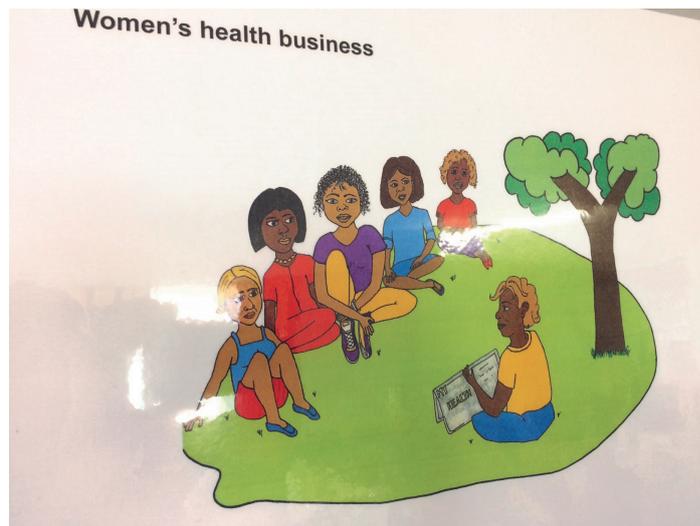
Health Promotion

Aboriginal Open Day May 2017

FWHC Aboriginal Open Day was a successful event with 15 women participating. We talked about the importance of having regular pap smears. As part of the WA Cervical Cancer Prevention Program, a cervical screening flip-chart was piloted with the women. The women's feedback will be used in the development of this resource. We also talked about the importance of keeping mentally healthy.



Each woman attending the Open Day received a shopping bag filled with a collection of Act-Belong-Commit resources and fruit and vegetables donated by Gilbert's Fresh Market in Hilton.



We also had a nurse and doctor on-site for the event, providing assistance with women's health business.

Go to actbelongcommit.org.au for tips on how to protect your own well-being.

Upcoming Events

Bring your friends, sister, mum or workmates for a girls' night out with a twist!

NO LAUGHING MATTER

Does your pelvic floor pass the laugh test? Find out more about your pelvic floor from Physiotherapist Nadia Norrish then challenge yourself with The Queen of Perth Comedy, Mix94.5's **Janelle Koenig**

Thursday
22nd June
7pm - 9pm
(Drinks from 6.30pm)

Little Creatures
'Red Room',
Mews Road,
Fremantle

The word "comedy legend" gets tossed around too easily. But Janelle is without doubt a true Australian comedy legend.
- JOEL CREASEY

Supper provided. Drinks available for purchase.

FREE EVENT - BOOKINGS ESSENTIAL
RSVP by 19th June.
nlm-wa.eventbrite.com.au

Call Sally on (08) 9228 7444 for more information.

Continence Foundation of Australia

FREMANTLE WOMEN'S HEALTH CENTRE



Focus on Women's Health

Join the City of Fremantle to learn about Ageing with Confidence

A presentation will be given on how to change your 'response map' and how to change how you see, hear, feel and behave in the world.

Presentations will also be given by FWHC and Continence Advisory.

Light refreshments provided.

For women only.

Wednesday 26 July, 10 am -12 noon
Fremantle Town Hall Centre,
Meet at the Customer Service Counter



Health Information

Natural therapies – are they safe?

Chances are you've taken a natural therapy in your lifetime. It could be a multivitamin from the supermarket, some vitamin C at the sign of an oncoming cold, a natural digestive aid from the health food store or some supplements you were prescribed by a naturopath. You might have swallowed them down without a second thought, but as with any decision when it comes to your health, it's important to stop and ask: is this safe for me?

Natural doesn't equal safe. Natural therapies are often considered safe and harmless because they are 'natural'. However, this is simply not the case, explains Jean Hailes naturopath Sandra Villella. "Just as there are risks and unwanted side effects to conventional medical treatment such as painkillers and prescription drugs, there can be risks and unwanted side effects to natural therapies," she says. Generally the risks are smaller when it comes to natural therapies, but they are real and need to be respected.

What the World Health Organization says. The World Health Organization (WHO) has guidelines on the safety of some natural therapies known as 'traditional medicines'. WHO acknowledge that if a therapy has been traditionally used in a culture over many generations (such as in traditional Chinese medicine, Ayurvedic medicine or Australian Indigenous medicine) and it has not been reported as dangerous, then its use should not be restricted in the present day. In the case that new evidence comes to light that suggests the therapy might be harmful, a review of the risks and benefits of the therapy would be conducted.

Assessing the risk. The risks in taking any kind of medication, be it a natural therapy or otherwise, depend on many factors: your health, your age, whether you are male or female, and how the therapy is being used. There is also the risk that you may be allergic to the medication, or have an individual response to the medication than is otherwise expected. "It's important to remember that individuals can respond differently to the same therapy, so what worked well and was safe for your friend or family

member may not work well or be safe for you," says Sandra.

Careful consideration. When it comes to unwanted side effects of natural therapies, some reactions can be predicted and are based on how the therapy is known to act in the body. An example of a predictable reaction is the herbal medicine St John's Wort (*Hypericum perforatum*) which is widely used for the treatment of depression.

St John's Wort is known to interact with certain prescription drugs such as antidepressants, HIV medication, some heart medications and the oral contraceptive pill (the Pill), reducing the effects of these medications. "Taking both St John's Wort alongside these medications can endanger your health, as suddenly you are not receiving the required dose of that medication," says Sandra. For this reason, careful consideration of all current medications and other factors is needed before taking this natural therapy.

Case study: hot flushes and herbal medicine. There are also reactions that cannot be predicted and are based on an individual's response to the natural therapy. An example of this type of reaction is the rare cases of liver damage that have been associated with the herbal medicine Black Cohosh (*Cimicifuga racemosa*), which is often used in menopause treatment for hot flushes. Worldwide, there have been 69 reported individuals who were taking this herb and experienced liver damage. Here is an in-practice example provided by Sandra that illustrates an important point about the safety of natural therapies and Black Cohosh specifically:

Mrs M was experiencing menopausal hot flushes. She was taking an over-the-counter product which contained Black Cohosh and this product had been helping. The GP however is unhappy with her taking Black Cohosh because of the association with liver damage. The GP suggests she make an appointment with a qualified naturopath to discuss this treatment or alternatives. Mrs M stops taking the Black Cohosh product, her hot flushes return, and she makes an appointment to come and to see Sandra.

Sandra explains her response and actions:

This is an example of where some information (rare cases of liver damage associated with Black Cohosh) has been misinterpreted, and then an evidence-based therapy (which had been helping the patient) has been stopped. In the appointment, I explained to Mrs M that expert committees, both internationally and in Australia by the regulating body for all medicines, the Therapeutic Goods Administration (TGA), found that only 2 out of 69 cases of liver damage were probably related to Black Cohosh, and the most recent review further narrowed it down to just one case.. I went on to explain that given many women use Black Cohosh and that the number of liver reactions is very rare, the TGA says that Black Cohosh can be used; however, all medicines containing Black Cohosh must carry a warning statement on their label.

Mrs M then felt very happy to go back to taking her Black Cohosh again. When I saw her again she told me her hot flushes were under control and she was happy.

Working hand-in-hand. As you can see from this example, it's important that natural therapists and medical practitioners work together for the benefit of the patient. Where possible, your health professionals should be in communication with one another when it comes to your health. If you are taking any natural therapies, it is important to tell your GP and give them a full picture of what you do to manage your health

All natural therapies, from pills and powders to prescribed supplements, should be regarded as 'medicines'. Although they are generally considered safer than pharmaceutical medicines, and have been widely used with fewer side effects, natural therapies should still be treated like any therapy, and taken with full and accurate knowledge of their risks and benefits. Ideally, your natural therapy products should be prescribed and managed by a qualified health practitioner who is trained in their use.

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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 Time Out for Mums group and Thursday mornings for appointments and groups. 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 1800 007 332.

Ongoing FWHC Groups

Time Out for Mums Group
Wednesday 10 am - 12 noon

Over Eaters/Anonymous
Wednesday 7.30 pm

Mother Baby Nurture Group
Thursday 11 am—1 pm

Portuguese Women's Group
Thursday 2 pm - 4 pm

Wise Women Exercise
Thursdays 2 pm - 3 pm

Massage Courses & Workshops

Beginners therapeutic and hot stone massage classes are taught by Kay Griffiths, who has 33 years teaching experience. She has been holding classes at FWHC for many years. If you would like to learn more about her classes, please call her on 0414 408 541.

To access services an annual
FWHC Support Fee
is required:
\$30 full fee /\$15 concession

Zucchini Bread



Yield: 1 loaf

Ingredients

- 3/4 cup brown sugar
- 2 tbsp liquid of your choice
- 1/2 cup vegetable oil
- 2 large eggs
- 2 tbsp vanilla extract
- 1/4 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 3/4 cups all-purpose flour
- 2 cups grated/shredded zucchini, slightly packed

Directions

- Preheat oven to 350F.
- Lightly grease a loaf pan.
- In a bowl, beat together sugar, liquid oil, eggs and vanilla until smooth.
- Whisk the baking powder, baking soda, salt, cinnamon and nutmeg into the flour, then add the dry ingredients to the liquid ingredients, stirring until smooth.
- Stir in the zucchini.
- Scoop the batter into the pan.
- Bake the bread for 55 to 65 minutes, until a toothpick inserted into the centre comes out clean. The top may seem a bit sticky, but so long as toothpick doesn't reveal wet batter, it's done.
- Remove bread from the oven and cool in the pan for 10 minutes.
- Turn it out of the pan onto a rack to cool completely and do not slice until cool.
- Store the bread at room temperature, well-wrapped for several days, or freeze for longer storage.

Recipe adapted from
Kingarthurflour.com