

# HEALTH

## matters

### Travel health

Tips to help your travels go off without a hitch this holiday season



**PERINATAL DEPRESSION AND ANXIETY**

Signs and symptoms and where to go for help

**TAKING AN ACTIVE ROLE IN YOUR HEALTHCARE**

Tips on how you can become actively involved

**EATING DISORDERS AND YOUNG PEOPLE**

The facts and where to go for support

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\*Based on claims data processed during 1 June 2014 – 31 July 2015. <sup>^</sup>You must nominate the benefit limit for Section 2.1 Cancellation Fees & Lost Deposits from the optional amounts made available to you when you purchase your policy. The benefit limit selected by you will be shown on your Certificate of Insurance. <sup>~</sup>Sub-limits apply - refer to Your Policy Cover section of the PDS for details. Any advice provided is general advice only and has not taken into consideration your individual objectives, financial situation or needs. Before making a decision in relation to these products, please consider the Teachers Health Fund Travel Insurance Product Disclosure Statement - available at teachershealth.com.au or by calling 1300 728 188. Teachers Federation Health Ltd ABN 86 097 030 414 AR 270 604 is an authorised representative of AGA Assistance Australian Pty Limited ABN 52 097 227 177 trading as Allianz Global Assistance (AFS Licence No. 245631). Teachers Health Fund Travel Insurance is underwritten by Allianz Australia Insurance Limited ABN 15 000 122 850 (AFS Licence No. 234708) and issued and managed by Allianz Global Assistance.

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Editor: Lauren Deering

# Calendar

## NOVEMBER 2016

ALPHA-1 Awareness Month – supporting people affected by Alpha-1 Antitrypsin Deficiency

- 6 – 12 Australian Food Safety Week
- 13 – 19 Perinatal Depression and Anxiety (PNDA) Awareness Week
- 14 World Diabetes Day
- 14 – 20 Antibiotic Awareness Week
- 16 World Chronic Obstructive Pulmonary Disease (COPD) Day – Lung Foundation Australia
- 20 – 26 National Skin Cancer Action Week
- 21 – 27 National Asbestos Awareness Week

## DECEMBER 2016

Decembeard Month – Bowel Cancer Australia

- 1 World AIDS Day
- 25 Christmas Day (Teachers Health Fund closed)
- 26 Boxing Day (Teachers Health Fund closed)
- 27 Public Holiday (Teachers Health Fund closed)

## JANUARY 2017

- 1 New Year's Day (Teachers Health Fund closed)
- 2 Public Holiday (Teachers Health Fund closed)
- 26 Australia Day (Teachers Health Fund closed)

## FEBRUARY 2017

REDFEB Heart Research Month

- 6 – 10 Tube Feeding Awareness Week – supporting those affected by eosinophilic disorders
- 4 World Cancer Day
- 14 Heart Research Day
- 26 Wear Red Day – Heart Research Australia

The dates and events listed are major awareness days, weeks and months related to health and ageing. For further information, please visit [health.gov.au](http://health.gov.au) and click on 'Calendar of Events'.



# From the CEO

At Teachers Health Fund we continuously strive to improve our members' experience. We listen to you. We understand that you want simple and efficient interactions with us. Projects are now underway to lift our internal capabilities to support our member service channels, so that we can provide members with a first-class experience, regardless of when or where you choose to interact with us. This initiative will deliver significant improvements in the member experience over time. In the last 12 months the first initiatives have been rolled out with the launch of our new website, online join form and mobile claiming app. This is an exciting time and we look forward to delivering more improvements in the coming months.

We also understand that you want the most out of your private health insurance cover and your Fund. Over the last year we have introduced enhancements to products and expanded our service offerings through additional health and wellbeing programs and resources. We have also continued to support the education community across Australia through reward and recognition awards, sponsorships, scholarships and health and wellbeing programs. Our Business Development Officers continue to be actively involved in visiting schools and education events across the country. Teachers Health Fund is also passionate about social responsibility and, through the Teachers Health Foundation, we have awarded grants for health and medical research with the aim of improved outcomes in the health and wellbeing of teachers and the wider community. We look forward to bringing you more news on these initiatives in future issues of Healthmatters.

In an ever changing and increasingly challenging health insurance environment, our members can be confident that Teachers Health Fund remains committed to operating in an open and transparent

manner. We will strive to work in the interests of our members more broadly through the active lobbying of government, participation in industry forums, providing submissions and discussion papers on key health reform issues and by seeking opportunities to work with relevant bodies.

Since our creation, Teachers Health Fund has prided itself on operating for the benefit of members and delivering value for money. We continue to give back to members and in the last financial year returned 91 cents in every dollar of contributions received. If you would like to read more about our financial results for 2015/16, our Annual Report is available for download from [teachershealth.com.au](http://teachershealth.com.au).

Finally, I would like to congratulate Teachers Health Fund Ambassador, Kurt Fearnley OAM on a successful Rio Paralympic Games. Kurt is one of Australia's most respected wheelchair athletes, having represented Australia at the Paralympic Games, World Championships, Commonwealth Games and winning some of the world's most prestigious marathons. Heading into the Rio Paralympics, Kurt had collected three gold medals, seven silver and three bronze at five Games. At his sixth and final Paralympics, Kurt added another two medals to this total, bronze in the Men's 5000m – T54 and silver in his final race, the Men's Marathon – T54. Kurt has also been elected to the International Paralympic Committee (IPC) Athletes' Council – the voice of Paralympic athletes. Congratulations to Kurt on so many wonderful achievements in a stellar career. Teachers Health Fund is proud to call you an ambassador.

Yours sincerely,

*Brad Joyce*

Brad Joyce, CEO

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- include your correct membership number when submitting your claim
- send any supporting documents that are required

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## JOIN OUR FACEBOOK COMMUNITY

Don't forget to visit our Facebook page at [facebook.com/teachershealthfund](https://facebook.com/teachershealthfund) and click the thumbs up 'Like' button to receive updates from Teachers Health Fund. This also allows you to comment and like our posts! Please read our community guidelines for information on how our Facebook community can be best used.



# Travel health tips

With the holidays fast approaching, you might be thinking of planning a trip overseas. We've compiled some useful tips to help your travels go off without a hitch this holiday season.

## PLAN AHEAD

Planning ahead will not only increase your sense of excitement ahead of overseas travel, it can also help to keep you safe and healthy. Don't forget to research your travel destination to ensure you are aware of any health risks and security situations, that you understand entry and exit requirements and can observe local laws and customs.

## VISIT YOUR DOCTOR

Visit your GP or travel health clinic to find out whether vaccinations or booster doses are needed. Remember you might need a number of doses, and time for your body to develop full immunity.

Some countries also require proof of immunisation before you enter, so check with your doctor.

## PACK A MEDICAL KIT

Make sure you pack enough of any medications that you need or organise a prescription to take with you. Remember, it's illegal to take PBS medicines out of Australia unless the medicine is for your personal use or that of someone travelling with you. If you are taking PBS medication with you:

- check with the embassy of your travel destination to make sure your medicine is legal there
- obtain, and carry with you, a letter from your GP stating that the medicine

is for your own use or that of a person travelling with you. Details of what the medicine is for and how you'll be taking it should also be included

- leave the medicine in its original packaging so it can be easily identified.

## ORGANISE TRAVEL INSURANCE

Travel insurance can help to protect you and your family while you're travelling. Explore the world with peace of mind knowing that expenses arising from unexpected events, such as medical emergencies and evacuations, are covered. Visit [teachershealth.com.au/travel-insurance](http://teachershealth.com.au/travel-insurance) for more information.

## Travel tip!

Don't forget to give someone at home a copy of your itinerary and register your travel plans at [smartraveller.gov.au](http://smartraveller.gov.au)

## FLYING

### JET LAG

To reduce fatigue caused by travel across time zones, make sure you've had enough sleep before you leave and sleep during your flight where possible. Drink plenty of water, avoid alcohol and caffeinated drinks and eat small, light meals. Wear loose, comfortable clothing and when allowed, walk around the cabin. On arrival, spend time outdoors – daylight will help to 'reset' your internal body clock. Speak with your GP if you're considering using medications, such as sleeping tablets, during your flight.

### DEEP VEIN THROMBOSIS (DVT)

A DVT is a blood clot that forms in the deep veins of the leg. While there's debate as to the contribution flying makes to the formation of DVT in susceptible people, it's worth remembering ways to reduce your risks. These include wearing loose clothing, drinking plenty of fluids, avoiding alcohol, moving around the cabin whenever possible, performing leg and foot stretches while seated and avoiding sitting with crossed legs.

## Travel tip!

If you suffer badly from jet lag, it could be worthwhile considering a westerly route if possible – travelling in a westerly direction prolongs the body clock's experience of its normal day-night cycle reducing jet-lag.

## WHILE YOU'RE AWAY

### EATING AND DRINKING

The most common travel-related illnesses are gastrointestinal. To help avoid the unpleasant and dangerous symptoms associated with these illnesses remember to keep hydrated (boiled water, bottled water with a safety seal lid or water purifiers where necessary) and avoid ice in drinks. When it comes to food, avoid shellfish and unpasteurised milk or dairy products, choose thick skinned fruit and vegetables that you can peel yourself and make sure food is cooked thoroughly and eaten while hot.

### INSECT BITES

By protecting yourself against mosquito bites, you may be avoiding some potentially serious infections. Wear mosquito repellent (at least 30 per cent DEET) and apply it to your clothes and bedding, stay indoors between dusk and dawn when mosquitoes generally feed, stay in air-conditioned, screened accommodation and use a bed net.

### SUN SAFETY

Whether you're heading overseas or staying at home, it's important to protect your skin from ultraviolet (UV) radiation. This month marks National Skin Cancer Action Week so remember the Cancer Council's simple guidelines:

**Slip** on sun-protective clothing

**Slop** on broad-spectrum, water resistant SPF30+ or higher sunscreen (20 minutes before you go outdoors and reapply every two hours)

**Slap** on a broad rim hat

**Seek** shade

**Slide** on sunglasses that meet the Australian Standards.

## Travel tip!

Snow activities such as skiing or snowboarding also pose a high risk of sunburn and skin damage. Snow is highly reflective of UV radiation and exposed skin is at risk even on cold and cloudy days, so always cover up with clothing, eye protection and sunscreen and seek shade from the sun.

### WATER SAFETY

If you're enjoying a day at the beach or an inland water way, lazing by the pool or out boating, it's important to stay safe and vigilant around water. Remember these simple tips and make sure that children are supervised at all times in and around water.

**Beach safety:** swim at patrolled beaches, between the flags

**Inland water (lakes, rivers, dams):** check the water depth before entering slowly, beware of submerged objects and never dive in head first. Check for strong currents and fast-flowing water and be aware of changing water conditions. Cold water can be lethal and it is often much colder beneath the surface than you think

**Pool safety:** ensure pools have a secure and working fence and gate

**Boating:** check both the weather and vessel before heading out on the water. Make sure your vessel is appropriate and that you have experience for the conditions. Ensure there's an appropriately sized life jacket for each person on board.

Sources: Better Health Channel [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au), Smart Traveller [smartraveller.gov.au](http://smartraveller.gov.au), Cancer Council [cancer.org.au](http://cancer.org.au), NSW Government Water Safety [watersafety.nsw.gov.au](http://watersafety.nsw.gov.au), Teachers Health Fund Travel Insurance [teachershealth.com.au/other-insurance/travel-insurance](http://teachershealth.com.au/other-insurance/travel-insurance), Allianz Global Assistance [allianz-global-assistance.com](http://allianz-global-assistance.com)



# Perinatal Depression and Anxiety

anxiety or postnatal depression. This can be a particularly difficult time for new parents as they care for their newborn whilst trying to deal with the symptoms of anxiety and/or depression. It's a time of great adjustment for new parents which can bring about mixed emotions of happiness, fear or doubt.

Both women and men can experience perinatal mental health issues such as anxiety and depression. While many know that anxiety and depression can affect new mothers, many new fathers aren't aware of the risk.

### SIGNS AND SYMPTOMS

There are varying symptoms that both men and women may experience, from persistent worry or constant tiredness to withdrawing from friends and family. These include:

- Panic attacks
- Persistent, generalised worry, often focused on fears for the health or wellbeing of the baby
- The development of obsessive or compulsive behaviours
- Abrupt mood swings
- Feeling constantly sad, low, or crying for no obvious reason

- Being nervous, 'on edge', or panicky
- Feeling constantly tired and lacking energy or experiencing issues with sleep
- Having little or no interest in the things that usually bring joy
- Withdrawing from friends and family
- Being easily annoyed or irritated
- Finding it difficult to focus, concentrate or remember
- Engaging in more risk taking behaviours
- Having thoughts of self-harm.

### WHERE TO GO FOR HELP

- Speak to your GP or health professional - you are not alone
- Contact Pregnancy, Birth & Baby on **1800 882 436** – free call 7 days or visit [pregnancybirthbaby.org.au](http://pregnancybirthbaby.org.au) for more information
- Contact Perinatal Anxiety and Depression Australia (PANDA) on **1300 726 306** (Monday – Friday 10am – 5pm) or visit [panda.org.au](http://panda.org.au) for more information
- Speak to trusted family members or friends.

Call Lifeline **13 11 14**  
 Crisis Chat Support  
[lifeline.org.au](http://lifeline.org.au)  
 If life is in danger call **000**

**I need help NOW!**

### RESOURCES FOR NEW PARENTS

#### New Family Program

Teachers Health Fund's New Family program has been developed in collaboration with early childhood experts, Safe Sleep Space & Nourish Perinatal Wellness with the aim of helping our members to navigate the first few months of life with a newborn. The innovative and specialised program provides practical information and support on a range of early parenting matters including sleep and settling routines. Members participating in the program also receive access to telephone consultations with a trained Safe Sleep Space consultant. For more information, visit [teachershealth.com.au/health-wellbeing](http://teachershealth.com.au/health-wellbeing)

#### SMS4Dads

Men also experience their partner's pregnancy and birth of a new baby which can be a stressful time filled with new challenges and adjustments. SMS4Dads is a free service that keeps in touch with dads before and after birth via their mobile phones. Dads who register will receive text messages with tips, information and links to other services, as well as monitoring wellbeing. Register at [sms4dads.com](http://sms4dads.com)

**PERINATAL, ANTENATAL, POSTNATAL – a snapshot**

- **Antenatal depression/anxiety** before birth or during pregnancy
- **Postnatal depression/anxiety** after birth or up to a year later. This is different to the baby blues common during the first weeks after birth
- **Perinatal depression/anxiety** collective term to describe both antenatal and postnatal

Pregnancy and having a baby can be one of life's most rewarding experiences for expecting and new parents, but it can also be one of the most challenging. This month marks Perinatal Depression and Anxiety Awareness Week which aims to raise awareness of signs and symptoms and where to go for help.

The combination of physical, social and emotional changes in pregnancy and early parenthood may lead to mental health conditions such as depression and anxiety in some people. Up to one in 10 expecting mums and one in 20 expecting dads experience antenatal depression and more than one in seven new mums and up to one in 10 new dads are diagnosed with postnatal depression each year. Even more are thought to suffer with anxiety<sup>1</sup>.

### WHAT ARE PERINATAL DEPRESSION AND ANXIETY?

Depression and anxiety can start before or during pregnancy and continue after childbirth. The term 'perinatal' is used to cover the whole period from conception to when the baby is 12 months old. During this time, it's normal for new parents to experience a degree of anxiety due to all the changes, but some may develop a more pronounced anxiety, or depression, which can impact on day-to-day life.

Anxiety or depression that begins in the year after birth is referred to as postnatal

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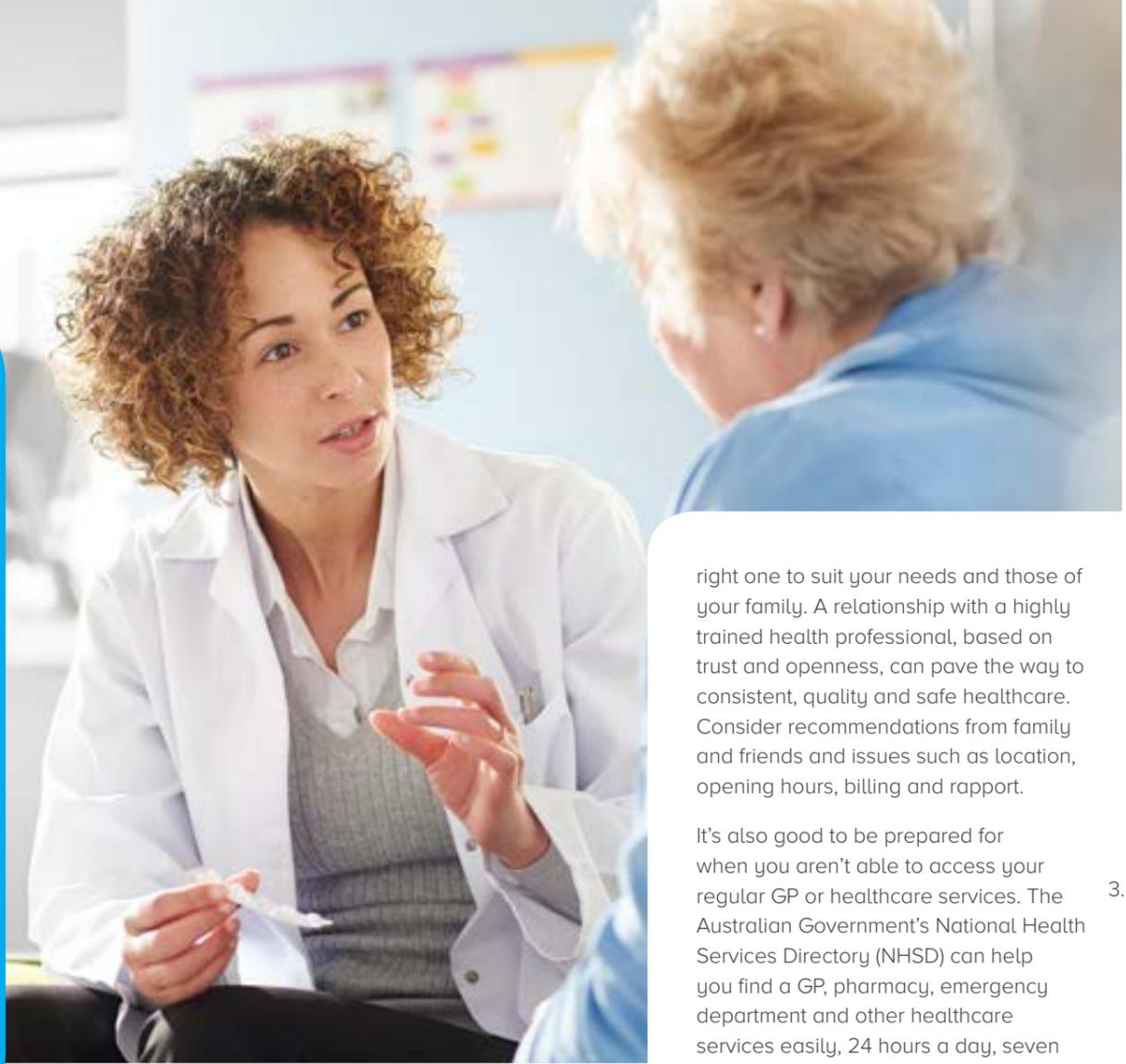
Sources: Perinatal Anxiety and Depression Australia (PANDA) [panda.org.au](http://panda.org.au), Beyond Blue [beyondblue.org.au](http://beyondblue.org.au), Centre of Perinatal Excellence (COPE) [cope.org.au](http://cope.org.au), Way Ahead Mental Health Association NSW [pnda.wayahead.org.au](http://pnda.wayahead.org.au), SMS4dads [sms4dads.com](http://sms4dads.com), Pregnancy, Birth & Baby [pregnancybirthbaby.org.au](http://pregnancybirthbaby.org.au)

<sup>1</sup> PANDA - [www.panda.org.au/images/FINAL\\_PDF\\_Anxiety\\_and\\_Depression\\_in\\_Early\\_Parenthood.pdf](http://www.panda.org.au/images/FINAL_PDF_Anxiety_and_Depression_in_Early_Parenthood.pdf)

<sup>1</sup>Multi-policy discount is available on your first policy after renewal and is only available for Home, Landlord and Motor Vehicle policies that are purchased through the same financial institution.

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# Taking an active role in your healthcare

It's common to feel overwhelmed by all the information you receive relating to your health and wellbeing, but evidence suggests that people who take an active role in their healthcare are better able to manage chronic conditions and recover more quickly from illness.

Actively participating in your healthcare means choosing to be included in all decision making, planning and goal setting. Understanding your condition and treatment will help you to make informed decisions about your care and be better prepared. Here are some tips to help support you in becoming actively involved in your healthcare.

### GOOD COMMUNICATION

Best possible health outcomes, tailored for you, are based on honest, open and effective two-way communication between you and the healthcare professionals you engage with. Your healthcare team can help with a huge array of health issues throughout your life, including the diagnosis and treatment of health conditions, education to support self-management and access to support services. It's important to understand everything your healthcare

professional says, including information about your condition(s), treatment options, potential side-effects and costs, and prognosis. It is also important that you feel confident to ask questions and seek clarification or more information.

A significant proportion of healthcare is delivered by primary care services and providers. Primary healthcare is usually the first level of contact that individuals, families and communities have with the healthcare system. Primary healthcare providers include a range of healthcare professionals who work in the community, including GPs, practice nurses, dentists and allied health professionals such as physiotherapists and dietitians. The role of primary healthcare providers is to work collaboratively with you to help maintain or achieve your best possible state of health. It's important that you play an active role in your health, including

shared decision-making and open and trusted communication with your health professionals.

### FINDING THE RIGHT HEALTHCARE PROFESSIONAL

Different people want different things from their GP and other healthcare professionals, so it's important to find the

### Healthcare and medication costs

To help avoid unexpected bills, ask your healthcare providers about their charges and Medicare rebates before your appointments. Refer to your membership documents, visit [teachershealth.com.au](http://teachershealth.com.au) or contact us for information on the benefits available to you as a Teachers Health Fund member.

right one to suit your needs and those of your family. A relationship with a highly trained health professional, based on trust and openness, can pave the way to consistent, quality and safe healthcare. Consider recommendations from family and friends and issues such as location, opening hours, billing and rapport.

It's also good to be prepared for when you aren't able to access your regular GP or healthcare services. The Australian Government's National Health Services Directory (NHSD) can help you find a GP, pharmacy, emergency department and other healthcare services easily, 24 hours a day, seven days a week. Visit [nhsd.com.au](http://nhsd.com.au) for more information.

### GET THE MOST OUT OF A VISIT WITH YOUR HEALTH PROFESSIONAL

1. Be open and honest and if your health professional isn't familiar with your medical history, make sure you let them know about your medications, including over the counter medications, home remedies, vitamins and minerals. Lifestyle habits such as smoking, diet and physical activity and any prior illnesses or family history that might be relevant to your visit are also important to talk about. Be as specific as you can about any symptoms you are experiencing.
2. Write down a list of questions you have about test results, diagnoses, treatment plans and medications before you see your health professional. Include questions

about tests or procedures, the risks involved, possible alternative options and associated costs. If you have lots of things you want to discuss, book a longer visit if possible so you and your healthcare professional don't feel rushed. Don't be afraid to ask even seemingly embarrassing questions – your health professional is trained to answer them.

3. If your health professional recommends a course of treatment that you are not comfortable with, ask about possible alternatives and an explanation of the pros and cons of each so you can make an informed decision. Remember, if you start taking medication and encounter problems, don't change the treatment without speaking to your health professional.
4. Make sure you are clear about your instructions before the end of your appointment. If you are in doubt about what they mean, ask for more information. Take notes or consider taking a friend or family member with you to help you remember the information. Ask for printed information to take home with you if necessary. Don't forget to ask how you can prepare for your next appointment.
5. Remember that your pharmacist is also a good source of information. If you have been prescribed medication, ask your pharmacist any further questions you may have - they may be able to provide you with extra information to help you understand.

## USEFUL RESOURCES

**Choosing Wisely Australia®** is an initiative which encourages conversations and questions about tests, treatments and procedures. Visit [choosingwisely.org.au](http://choosingwisely.org.au) for more information and recommendations regarding tests, treatments and procedures to discuss with your health professional.

**Lab Tests Online AU** aims to provide you, the consumer, with all you need to know about pathology tests used to confirm a diagnosis and manage treatment, including information on conditions and diseases, tests and results, health checks or health screenings and a glossary of medical and scientific terms. Visit [labtestsonline.org.au](http://labtestsonline.org.au) for more information.

**Know Pathology** aims to inform the Australian public about pathology and its role in informing their healthcare. While everyone born in Australia receives their first pathology test just moments after they are born, and one in two Australians has had a pathology test in the last 12 months, many do not understand pathology or its importance. Visit [knowpathology.com.au](http://knowpathology.com.au) for more information.

Visit the **Trusted Resources** section of our website for a list of trusted and authoritative organisations which will provide you with safe, correct and up-to-date information on a variety of health topics. Visit [teachershealth.com.au](http://teachershealth.com.au) for more information.

Sources: RACGP [racgp.org.au](http://racgp.org.au), Better Health Channel [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au), Raising Children Network [raisingchildren.net.au](http://raisingchildren.net.au), Choosing Wisely Australia® [choosingwisely.org.au](http://choosingwisely.org.au), Lab Tests Online AU [labtestsonline.org.au](http://labtestsonline.org.au), Know Pathology [knowpathology.com.au](http://knowpathology.com.au) National Health Services Directory [nhsd.com.au](http://nhsd.com.au)

# EATING DISORDERS AND YOUNG PEOPLE

Adolescence is a time of significant change and development, and the physical and social changes that young people experience can impact on their body image and mental health. In this article we look at the facts surrounding eating disorders and where parents, teachers and carers can go for support.

In a recent youth survey conducted by Mission Australia<sup>1</sup>, body image ranked in the top three of all concerns for young people, following stress and school. The media and social media are seen as major contributors to body dissatisfaction, with daily exposure to unrealistic and altered imagery arguably promoting a perception of perfection. Body dissatisfaction can occur as a result of feeling inadequate compared to the ideals presented in these images. This can impact upon an individual's psychological and physical wellbeing and may make some people more vulnerable to developing eating disorders.

## WHAT ARE EATING DISORDERS?

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) recognises four separate eating disorders: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Feeding and Eating Disorders (OSFED). Each are serious mental illnesses involving an unhealthy obsession with eating, exercise, body weight and shape, and all have a significant impact on health and wellbeing.

Eating disorders can also be related to other serious medical conditions including, but not limited to, depression, anxiety and substance abuse. In some cases, the effects and consequences of an eating disorder can impact every organ of the body and be life-threatening.

## THE FIGURES

Eating disorders have a significant and often underestimated impact on society. In Australia, about one in 20 has experienced an eating disorder, with as many as one in four Australians

**Anorexia Nervosa** is characterised by low body weight and body image distortion, with an obsessive fear of gaining weight. This can manifest itself through food deprivation and often coincides with over-exercising.

**Bulimia Nervosa** is characterised by repeated binge-eating episodes associated with a sense of guilt and shame. This often leads to compensatory behaviours such as self-induced vomiting, fasting, over-exercising and/or misuse of laxatives.

**Binge Eating Disorder** is characterised by regularly consuming excessive amounts of food, often when not hungry. Where it differs from Bulimia Nervosa is in the absence of purging, despite suffering similar feelings of guilt and shame.

**Other Specified Feeding and Eating Disorders (OSFED)** may present with similar symptoms to other eating disorders, but do not meet the full criteria for diagnosis. OSFED is characterised by feeding or eating behaviours that cause clinically significant distress and impairment in areas of functioning.

knowing someone who has. Two to three in every 100 females in Australia has anorexia or bulimia nervosa and around four in 100 Australians have symptoms of binge eating disorder. While eating disorders are often portrayed as illnesses that only affect females, up to a quarter of people with an eating disorder are male. The peak period for the onset of eating disorders is between the ages of 12 and 25 years, with a median age of around 18 years. Eating disorders do not discriminate and can affect people of any age, gender and cultural or socioeconomic background.

## UNDERSTANDING THE SYMPTOMS

People who suffer from an eating disorder can display one or a combination of symptoms. In some cases, they may not show any signs or symptoms at all. Warning signs may include:

- Rapid weight loss or frequent weight change
- Lethargy and low energy
- Preoccupation with eating, food, body shape and weight

- Feeling anxious and/or irritable around meal times
- A distorted body image
- Using food as a source of comfort or as self-punishment
- Dieting behaviour such as fasting, counting calories, avoiding food groups
- Frequent trips to the bathroom during or shortly after meals
- Compulsive or excessive exercising
- Secretive behaviour around food.

## WHERE TO GO FOR HELP

If you recognise one or more of the signs or symptoms in yourself or someone you care about, seek help immediately. Available support services include:

- Your doctor
- The Butterfly Foundation (1800 ED HOPE/1800 33 4673)
- Lifeline (13 11 14)
- Kids Helpline (1800 55 1800)

Sources: National Eating Disorders Collaboration [nedc.com.au](http://nedc.com.au), BeyondBlue [beyondblue.org.au](http://beyondblue.org.au), The Butterfly Foundation [thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au), Eating Disorders Victoria [eatingdisorders.org.au](http://eatingdisorders.org.au)  
<sup>1</sup> Mission Australia 2015 Youth Survey: [missionaustralia.com.au/what-we-do/research-evaluation/youth-survey](http://missionaustralia.com.au/what-we-do/research-evaluation/youth-survey)

## RESOURCES FOR PARENTS, TEACHERS AND CARERS

It's important to encourage conversations around eating disorders and mental health. Parents, teachers and carers play a crucial role in the care, support and recovery of people with eating disorders.

**The National Eating Disorders Collaboration (NEDC)** has developed *Eating Disorders in Schools: Prevention, Early Intervention and Response*. This is a resource to assist education professionals working in schools to understand eating disorders, promote health and wellbeing within their schools, recognise and respond to eating disorders, and support students who are undergoing treatment for an eating disorder. Visit [nedc.com.au](http://nedc.com.au) for more information.

**The Butterfly Foundation** operates a National Eating Disorders Support Helpline that includes support over the phone, via email and online. The Butterfly Foundation also provides workshops, presentations and resources to help young people, professionals and parents address factors influencing negative body image, disordered eating and the development of eating disorders. Visit [thebutterflyfoundation.org.au](http://thebutterflyfoundation.org.au)

## Introducing the Member Wellbeing Network

To support our members' health and wellbeing, our Member Wellbeing Network has been created to offer our members access to high quality care and a personalised service.

We have agreements with a range of partners giving members offers and discounts on Extras services, including No Gap offers.

To find out more visit [teachershealth.com.au](http://teachershealth.com.au)



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\*Chiropractic and remedial massage services only available in selected centres. Visit [teachershealth.com.au](https://teachershealth.com.au) for more information.  
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