



YOUR DOCTOR



APRIL 2014

HEALTH HQ

“Quality Caring”

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Please visit our new and improved website for information on all our doctors and staff.

www.healthhq.com.au

PRACTICE STAFF:

Nicky McClelland (Practice Manager)

Mirja, Kim, Kris, Viv, Margie, Jenny, Kim C and Lindsey (RN) Brenda (AIN)

Nicky, Ilana, Dorothy, Rosalie, Heidi, Charlotte and Christina (Reception) Janet (Office)

SURGERY HOURS AND SERVICES:

CONSULTATIONS by appointment.

(Refer to reception for each doctors' sessions)

Monday 8.30am–5.00pm

Tues, Wed, Frid 8.30am–5.00pm

Thursday 8.30am–6.00pm

Saturday 8.30am–12.30pm

If you need to be seen urgently or need a long consultation, please ask when you book.

Home visits within 5km can be arranged if necessary. Please ask if you need to speak with a Doctor. On occasions it may be necessary to return your call later.



BUBS AND BED

Sleep is crucial for the growth and development of young children however getting kids to go to sleep at night is no small feat for many parents. Better Health Channel, a Victorian government online resource, suggests that toddlers require, on average, 10 to 12 hours of sleep per night as well as a daytime nap of one to two hours. Around a quarter of children between the ages of two and five experience difficulties going to sleep, leading to irritated behaviour and fatigue the next day. For parents, finding the right time to put kids to bed can be difficult. Too early and the child may not be ready for sleep, too late and the child is overtired and cannot fall asleep. A team of sleep physiologists investigated the best time to put toddlers to bed.

The researchers measured melatonin levels in a group of three to four year olds, whose average bedtime was around 8:15pm. Dim light onset melatonin is a good measure of

the timing of the biological onset of fatigue. The highest levels in these kids were found to be at around 7:40pm, corresponding to the time that most toddlers were put to bed. Those who were in bed by 8:15pm generally fell asleep by 8:45pm.

According to this study, 8:15pm is around the time to bed down toddlers for the night. Regardless of when you put your kids to bed, getting them to go to sleep can be stressful. Measures can be taken to increase the likelihood of a smooth transition into sleep including ensuring that they are well fed and hydrated, aren't too excited or anxious, and haven't had a nap too close to their bedtime. Talk to your GP or paediatrician for some advice.

For reference: LeBourgeois MK et al. Circadian phase and its relationship to nighttime sleep in toddlers. Journal of Biological Rhythms 2013;28:322-330.

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A HEARTY DOSE OF FIBRE

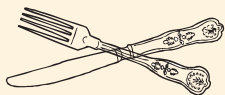
Heart disease, including coronary heart disease (CHD – angina and heart attack), heart failure and stroke is the leading cause of death in Australia, with the National Heart Foundation reporting that it claims one Australian life every 12 minutes. Risk factors for heart disease include overweight and obesity, physical inactivity, alcohol and smoking, and low fruit and vegetable intake. Certain food groups, such as fibres, are thought to play a role in reducing the risk of heart disease, perhaps by decreasing cholesterol levels and promoting less weight gain.

Researchers investigated the association between dietary fibres consumed in various quantities and risk of heart disease in a healthy population. The study concerned fibre from food intake only. They found a 9% reduction in heart disease for every additional seven grams of fibre consumed a day. This is a serving size that can be achieved through a portion of whole grains, beans and lentils, or through two to four servings of fruit and vegetables.

Increasing your daily fibre intake may be a step towards reducing your risk of heart

disease. Other lifestyle factors also need to be considered in addition to a healthy diet, including quitting smoking, reducing alcohol intake and getting more exercise.

For reference: Threapleton, D et al. Dietary fibre intake and risk of cardiovascular disease: systematic review and meta-analysis. BMJ 2013;347:f6879 doi: 10.1136/bmj.f6879 (Published 19 December 2013)



Good Health on the Menu

LENTIL BURGER

Try this burger for a quick and easy dinner that is high in fibre and low in kilojoules.

Ingredients:

- 400g can of lentils, drained
- 2 crushed cloves of garlic
- 400g mushrooms, finely chopped
- ½ bunch of coriander, finely chopped
- 1/3 cup dried breadcrumbs
- 2 eggs, whisked lightly
- 2 egg whites
- 1 ½ tablespoons olive oil
- 1 brown onion, thinly sliced

- 4 wholemeal bread rolls
- ¼ head of lettuce
- 1 tomato, sliced
- Salt and pepper to taste

Method

1. Combine lentils, garlic, mushroom, coriander, breadcrumbs, egg and egg whites in a bowl and season with salt and pepper
2. Divide mixture into four portions and shape each portion into a flat, round patty
3. Heat two teaspoons of olive oil in a frying pan over medium heat. Add the onion and cook until brown. Remove onion and set aside
4. Add the remaining oil to the pan and cook patties for 4 minutes each side or until brown and cooked through
5. Slice open breadrolls and layer with lettuce and tomato

6. Add patties and onion to each breadroll then place the top half of roll back on

For extra flavour add a dollop of low fat plain yoghurt to each burger.

Recipe serves 4



Enjoy!

MYTH VS. FACT ARE DAILY WEIGH-INS A BAD IDEA?

Regular weight watching, like daily weigh ins, has been criticised as encouraging an unhealthy fixation with weight and body image. While this is a valid concern, and probably isn't wise for vulnerable groups like teenage girls, some research has shown that regular weighers may lose more weight, with few negative psychological consequences.

Researchers investigated 91 overweight adults over a period of six months. The participants were divided into two groups – one of which was assigned to a daily self-weighing program. At the conclusion of the study, the daily self weighers reported fewer issues with body dissatisfaction, greater dietary restraint, less hunger, less binge eating, and lower perceptions of loss of control of eating. There were no differences in markers of depression and anorexia between the two groups.

Keeping a regular eye on your weight via daily or weekly weigh-ins may be a step towards controlling unhealthy eating patterns. However, this probably isn't a great idea for high risk groups like young women, or people with a previous history of depression or anxiety.

For reference: Steingberg DM et al. Daily self-weighing and adverse psychological outcomes: a randomized controlled trial. American Journal of Preventive Medicine 2014;46:24-29.

Clever CROSSWORD

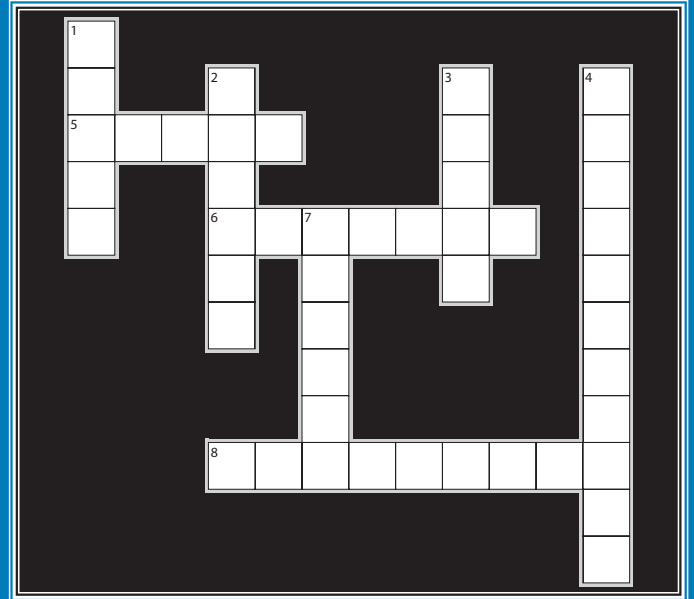
Down:

1. A major issue as we age is decreased ability to perform daily _____.
2. What is the entire genetic code held in our DNA?
3. Obesity may reshape our sense of what?
4. Sleep is crucial for growth and what, of young children?
7. Daily or weekly weigh-ins, may help control unhealthy what, patterns?

Across:

5. Toddlers require, on average, 10 to 12 hours of _____ per night.
6. One of the risk factors for heart disease includes what?
8. Another risk factor for heart disease is low fruit and _____ intake.

EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF YOUR DOCTOR. ANSWERS ARE SHOWN ON THE TOP RIGHT OF THE BACK PAGE.



HAPPY LIFE, HEALTHY LIFE

There's a lot of speculation about the effects of well being on our health as we age. Feelings of happiness and enjoyment may contribute to increased fulfilment but do they translate to tangible health outcomes? A group of researchers investigated whether enjoyment of life was associated with reduced risk of functional impairment in a group of people aged 60 years and over.

A major issue as we age is decreased ability to perform daily tasks. This can lead to early admission to health facilities like nursing

homes and increased risk of death. Looking at 3000 men and women over an eight year period, researchers found that perceived enjoyment of life was associated with lower incidence of impaired daily activities and 0.05m/s increase in gait speed. Gait speed is thought to be a significant predictor of future disability, cognitive decline, falls and hospitalisation.

While conclusions about cause and effect cannot be drawn from this study, the results indicate that we may need to focus on

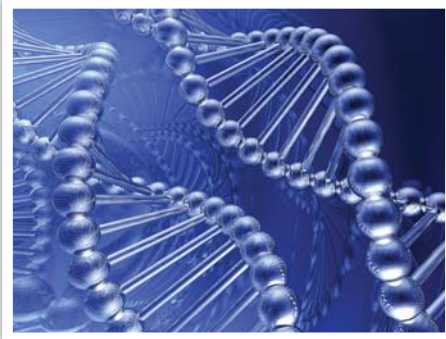
enhancing social wellbeing at older ages. Furthermore, negative feelings of wellbeing, like stress, are known to affect our health in a number of ways like increasing risk of heart disease and some cancers. Focusing on your happiness and wellbeing occasionally is an important part of living a balanced and healthy life.

For reference: Steptoe, A et al. Enjoyment of life and declining physical function at older ages: a longitudinal cohort study. CMAJ 2014. DOI: 10.1503/cmaj.131155



Dr Norman Swan

A MATTER OF HEALTH



KNOWING YOUR GENES

There's a lot of talk about how cheap it's becoming to test our genes and identify our chances of certain diseases and what medications might be best for us when we're ill. But there's also a lot of confusion – made worse by the jargon - words like genome, chromosome, genotyping, and gene sequencing.

So, here's some help and words of caution.

The genome is the entire genetic code held in our DNA, which is held on chromosomes that come in pairs numbered one to 21 with two sex chromosomes (two X's if you're female or an X and a Y if you're male). Genotyping and gene sequencing are different ways of creating maps of the three billion lines of genetic code on our 46 chromosomes. One method is to map the genome using maybe a million known landmarks known as single nucleotide polymorphisms (SNPs). Another is to exhaustively sequence the complete code rather than the snapshot you get from the landmarks.

When you hear about the \$99 genome, it's actually genotyping using these landmarks – the SNPs. It's fairly accurate but the problem is that most of the things they find aren't fully understood so you could be panicked over nothing. High quality gene sequencing costs a lot more, is prone to error and is more of a research tool at the moment.

The other important issue for consumers in Australia is that we have no genetic information protection Act, which means that if you have gene testing, you're obliged to divulge the results on life or disability insurance applications and you could be denied coverage. If we're to encourage people to know their genes, such legislation is imperative.



DID YOU KNOW? OBESITY AND OUR TASTEBUDS

Fascinating research has shown that obesity may reshape our sense of taste. What food we choose to eat is closely linked to how it tastes, smells and feels in our mouth. One theory proposed by scientists is that obese people may not detect sweet tastes as well as those in a normal weight range, and this change in taste sensitivity could arise, in part, due to weight gain.

Researchers fed a group of mice a high fat diet over a period of 10 weeks making them obese. They were able to show a biochemical change in the functioning of taste receptors in the obese mice, finding that less of their taste cells were sensitive to the effects of sweet foods.

This research suggests that taste changes may be a consequence or partial cause of obesity. If someone is dulled to sweetness, they may need to eat more of the food in order to get the same sweet sensation that they got when they were lighter. While further research is needed to ascertain the link between obesity and our taste buds, this study highlights the importance of controlling portion sizes and choosing healthy sugars, like those found in fruit, over processed sweets.

For reference: Chang YY-C and Chiou W-B. Taking weight-loss supplements may elicit liberation from dietary control. A laboratory experiment. Appetite 2014;72:8-12.

8. Vegetable.
Across: 5. Sleep; 6. Obesity;
7. Eating.
3. Taste; 4. Development;
Down: 1. Tasks; 2. Genome;

TO CROSSWORD ANSWERS

PRACTICE UPDATE

Valuable websites of quality information

www.travelmedicine.com.au
www.healthinsite.gov.au
www.blackdoginstitute.com.au
www.uptodate.com/patients
www.beyondblue.org.au

Remember to have your Skin Check with Skin HQ. Also ask about our Laser, IPL and PDT treatments.

FEE POLICY

Consults \$55 gap. **Welfare** \$40 gap
DVA bulk billed. **Home Visits** \$75 gap.
Skin operations \$125 gap, **Welfare** Bulk Billed.
Scripts and Referral Letters, \$20.

If collected by patient bulk billed.

SATURDAY: No Concessions.

A \$5 cancellation fee will be charged if 24 hours notice isn't given to cancel your appointment.

\$55 fee for procedural appointments.

Amex & Diners Club payments will now attract a 3% surcharge.

FEEDBACK

Our goal is to provide a quality, caring service. Therefore if you have any concerns or suggestions, please phone or write. We genuinely wish to hear from you. If we appear not to have satisfied your concerns, please write to the Health Quality and Complaints Commission, on 1800 077 308.

SERVICE

Quality caring means we do everything possible to see you on time and provide a service that listens to and meets your personal needs.

PRIVACY POLICY

Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times, and to ensure that this information is only available to authorised staff members.

VASECTOMY VENUE Phone (07) 5531 1170

www.vasectomyvenue.com.au

www.gccircumcisions.com.au

Vasectomies: See our websites or ask at Reception for a brochure on Vasectomies.

Are you aware Dr Read performs CIRCUMCISIONS on boys and men as well as babies?

TRAVEL HEALTH

The Travel Health Doctors is a member of the Travel Medicine Alliance. Daily updates from worldwide sources mean we can advise you accurately and personally for your trips. We carry almost all vaccines and other travel requirements. We will send a detailed report back to your personal GP.

Our Travel Medicine Service exists to assist your GP in caring for you in a specific area. We encourage you to continue a strong relationship with your GP.

After Hours Care: Phone Chevron After Hours on 5532 8666 after 6pm or Pindara Emergency Centre on 5588 9000.

If you require a home visit call Chevron After Hours. In a serious emergency Call 000.

Don't forget to ask your Doctor for the 2014 Flu Vaccine.