



YOUR DOCTOR



AUGUST 2013

HEALTH HQ

“Quality Caring”

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Southport 4215

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F: (07) 5531 3697

W: www.healthhq.com.au

W: www.skinhq.com.au



Dr Norman Hohl

MBBS, FRACGP, FAFPHM, DTM&H, CTH

Two years in Papua New Guinea convinced me of the imperative need for preventive medicine. After six years in Nigeria establishing a Rural Health Program, my emphasis is still on preventive medicine.

Dr Simon Thatcher *MBBS CTHP*

I have many years of experience, having worked at The Royal Brisbane Hospital, Greenslopes Hospital and in General Practices on the Gold Coast and Brisbane. Special interests in family medicine, antenatal care and chronic illness.

Dr Michael Read *MBBS*

After graduating from Qld university in 1983 I worked for two years at Royal Brisbane & Prince Charles Hospitals before taking up the position as Medical Superintendent With Right of Private Practice in a rural community. For twenty years I have provided all the services to this community, including emergency care, surgery, obstetrics and General Practice.

Dr Donna Armstrong *MBBS*

After graduating from University of Qld in 1986 and working for three years at Royal Brisbane Hospital, I have spent the last twenty years practicing as a rural general practitioner, providing “birth to death” medicine, including obstetrics and anaesthetics. After relocating to the Gold Coast for family reasons, I am hoping to continue to focus on whole patient care with a special interest in antenatal care, women’s health and paediatrics.

Dr Neil Chorley *MBBS FRACGP FACCRM FACSM*

I have recently enjoyed eight challenging years as a rural GP in western Qld. Previous to that I worked as a GP in inner city Brisbane, Bamaga/Thursday Island, UK, RBH Greenslopes and the Gold Coast Hospital. Most recently I have become a Fellow in Skin Cancer Medicine which led me to become the President of the Australasian College of Skin Cancer Medicine.

Dr Bill Cassimatis *MBBS*

Dr Rachel Wyndham *MBBS*

Dr Danika Fietz *MBBS, FRACGP, M.Med (Skin Cancer)*

PRACTICE STAFF:

Kathryn (**Practice Manager**)

Lynne, Mirja, Kim, Kris, Viv, Margie, Jenny, Robyn

& Kim C (**RN**), Brenda (**AIN**)

Nicky, Ilana, Dorothy, Rosalie, Heidi & Charlotte (**Reception**)

Tracey (**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–7.00pm

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.



ALLERGIC TO FAST FOOD?

The rate of allergic diseases in children

has risen over the past two decades. This rise could be due to a variety of factors including various dietary and lifestyle changes that have evolved over this time. Research has linked allergic conditions to diets rich in refined carbohydrates, like wheat and rice, while diets consisting of fruit, vegetables and seafood seem to have a more protective effect. Researchers set out to explore just how important a role diet plays in encouraging or discouraging allergic conditions in kids.

The study involved over 319,000 teenagers, aged 13-14, and 181,000 children aged 6-7 from around the world. Researchers used questionnaires to assess instances of asthma, hay fever and eczema over the past 12 months along with participants’ diet. The results revealed that the risk of having allergic diseases increased with consumption of junk food, while consuming fruits and vegetables had the opposite effect. This doesn’t necessarily mean that fast foods cause allergies but more that an unhealthy diet “crowds out” foods that protect against allergies and strengthen our immune systems.

In addition to being linked to allergic conditions, fast food negatively damages our health in a variety of ways. Unhealthy eating habits in childhood carry on into adulthood, increasing the risk of lifelong overweight and obesity, heart disease, diabetes and even cancer. There are plenty of healthy and delicious ways to cook a variety of foods that need not come in an oil stained box. See below for a tasty dessert that is as good for your health as it is for your tastebuds.

INSIDE:

- **RACISM AND INDIGENOUS HEALTH**
- **ORAL SEX AND CANCER**
- **DR NORMAN SWAN - A MATTER OF HEALTH**



RACISM AND INDIGENOUS HEALTH

Indigenous Australians have long been subjected to racism and social oppression and this has contributed to a vast gap in health and quality of life compared to the non-Indigenous community. In the wake of recent events in the media, Australia's national psyche has come under fire. The racial comment directed at Adam Goodes during the AFL's Indigenous round has left people questioning the extent to which Australia tolerates racism.

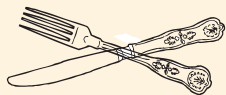
Research has shown that racism can cause adverse mental and physical outcomes in those who are subjected to it and can encourage increased substance abuse, greater risk of self harm and suicide, and the promotion of various other adverse health conditions. Adolescence has been highlighted as a time of heightened vulnerability to emotional distress, therefore the affects of racism on the developing social and emotional wellbeing of Indigenous youth is of particular concern. A study has investigated the association between self-reported racism and mental health and wellbeing outcomes in young Indigenous Australians.

Researchers assessed 345 Indigenous Australians aged between 16-20 years. A questionnaire was administered to assess

instances of racism, with participants asked whether they had been treated unfairly or discriminated against because of their race. They were asked to respond with a "little bit", a "fair bit" or "lots". Various social factors were measured, as well as type and frequency of substance abuse, if any. The Strong Souls tool was used to assess the social and emotional wellbeing of the participants, measuring for outcomes like anxiety, suicide, depression and resilience.

The results revealed that 32% of participants had experienced what they considered to be racial persecution. Experiences of racism were strongly associated with an increased rate of anxiety, depression, suicide risk and overall deterioration of mental health.

This study further highlights the need to overcome racism in Australia. Adverse events in adolescence can greatly impair development in later years, impeding life goals and affecting individual success in education and employment. With the gap in health and social outcomes already so large between Indigenous and non-Indigenous Australians, the need to minimise racial prejudices is imperative.



Good Health on the Menu

APPLE AND STRAWBERRY CRUMBLE

A deliciously healthy dessert that's perfect for cold winter nights.

Ingredients:

- 3/4 cup plain flour
- 1/4 tsp baking powder
- 1/4 cup brown sugar
- 2 tsp ground cinnamon
- 60g margarine
- 1/2 cup rolled oats
- 800g canned apples
- 250g strawberries, halved
- Low fat plain yoghurt

Method

1. Preheat oven to 200°C
2. Lightly grease 1.5 litre ovenproof dish with cooking spray
3. Combine the flour, baking powder, sugar and cinnamon in a bowl
4. Add teaspoons of the margarine into flour mixture and knead it into flour until it starts to combine
5. Add oats and continue kneading together until well combined
6. Spoon the apples and strawberries into the dish and evenly distribute
7. Sprinkle crumble mixture over the fruit to cover and bake for 30 minutes or until crumble is golden
8. Serve warm with a tablespoon of low fat yoghurt

Note: For even more goodness add extra fruits like blueberries, pear or peach.

Recipe serves 6



Enjoy!

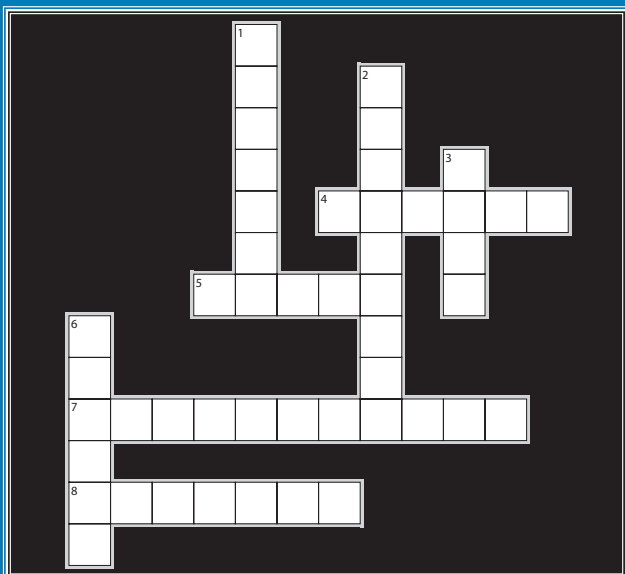
Clever CROSSWORD

Down:

1. Racism can cause adverse mental and physical outcomes and lead to what?
2. It's important to consume the right amount of water for your what?
3. The risk of allergic diseases increases with the consumption of what food?
6. A recent study, has found that 32% of Indigenous Australian adolescents have experienced what?

Across:

4. The Human Papilloma Virus, can passed on via oral and genital what contact?
5. The number one killer of Australian women is what disease?
7. Depression is said to pose a similar threat to the heart and arteries as high what?
8. Diets consisting of Fruit, Vegetables and what, have a more protective effect against allergies?



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

MYTH VS FACT - DO EIGHT GLASSES A DAY KEEP THE DOCTOR AWAY?

There is a widespread and generally accepted notion that eight glasses of water a day are required in order to satisfy your body's basic hydration needs. People seem to treat this as gospel, and have a water bottle ever-present to swig on continuously throughout the day. Contrary to this popular belief there is very little evidence to back up the claim or benefit of consuming eight glasses of water a day. The amount of water our bodies require is largely dependent on how we are using them during the day, and in what environment.

Professional athletes training outdoors in the peak of summer heat are going to require different quantities of fluid to people working 9-5 in an air-conditioned office. Furthermore, many existing studies suggest that, for most people, adequate daily fluid intake is usually met through the typical daily consumption of juice, milk, and even caffeinated drinks like tea and coffee. At the other end of the spectrum, drinking too much water can actually be harmful to our bodies, potentially resulting in hyponatraemia (water intoxication) and, in very extreme cases, death. Water is a very important part of the daily diet however it is important to consume the correct amount for your body based on your lifestyle and activities, not according to a generic and unsubstantiated claim. The best bet is to listen to your body, or, if in doubt, consult a healthcare professional for advice.

ORAL SEX AND CANCER

Recently, there's been media coverage of the link between oral sex and oral cancer. Oral cancers, sometimes referred to as head and neck cancers, include cancers of the mouth, lip and tongue, tonsils, oesophagus and voice box (larynx), and affect around 4000 Australians each year. Symptoms of oral cancers can include pain in the throat, difficulty swallowing, a mass in the neck, or referred pain in the ear. While alcohol use and smoking are the primary causes of these types of cancer, human papilloma virus (HPV) infection has now been recognised as an additional risk factor.

HPV is a sexually transmitted infection passed on via oral and genital sexual contact. The virus infects cells, causing them to change and, in some cases, become cancerous. HPV related oral cancer appears to be more prevalent in men than in women, for reasons which are not clear.

Since February of this year, HPV vaccine has been offered to adolescent boys and girls between 12 and 13 years old, offering protection against HPV-related vulva, vaginal and cervical cancers as well as potentially anal and oral cancer. The vaccine covers the commonest forms of HPV which cause cancer but not all of them, so it continues to be important to practice safe



sex, to protect against HPV as well as a host of other transmitted sexual infections including herpes, Chlamydia, syphilis and gonorrhoea.

If you are worried about HPV and oral cancer, or just want to have a general conversation about the best contraceptive method for you, consult your GP or local sexual health/family planning clinic for more information.



Dr Norman Swan

A MATTER OF HEALTH

THE PHYSICAL CONSEQUENCES OF MENTAL ILLNESS

When a loved one is affected by a severe mental illness like schizophrenia, bipolar disorder or profound depression, we're rightly focussed on making them psychologically well again so they can participate in life and work. Each of these conditions also carries a risk of suicide, especially if the person isn't having adequate treatment. But overwhelmingly, the major killers are heart disease, chronic obstructive lung disease and cancer, to the extent that up to 25 years of life are lost compared to people who don't have serious mental illness.

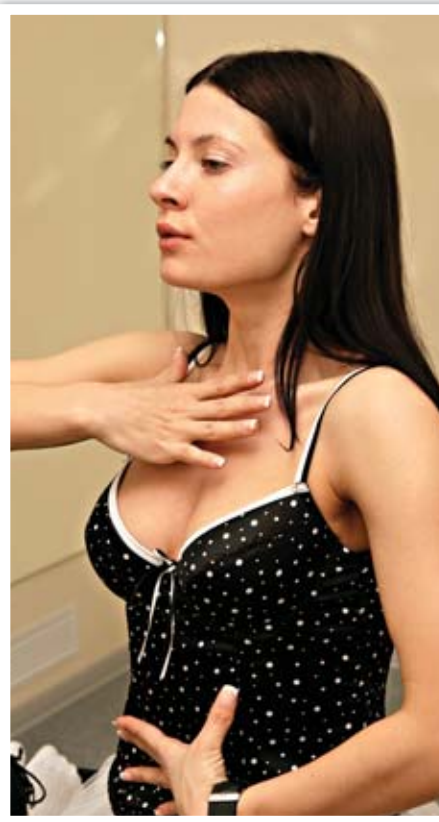
For example, depression is said to have a similar risk to the heart and arteries as cholesterol and 70% of people with a serious mental illness will die of a heart attack or stroke compared to 18% in the general community.

There are many reasons for this tragic situation and they pile up on each other. Smoking rates are enormous among the seriously mentally ill and traditionally have been tolerated by the health care system. Alcohol and other drug use is much higher in people with mental illness. They often become impoverished and have precarious housing circumstances, resulting in poor diet and low exercise levels. They also often either don't have a GP or don't see the one they have frequently enough to be regularly checked for their physical health. In other words they don't have cancer or heart disease screening in the way many of us without mental illness, do. This means that the first signs of a problem can be when things have gone too far and can't be reversed.

In addition, some of the medications used in schizophrenia increase the risks of obesity and diabetes, when others could be used.

This is all unacceptable. If you care for someone with serious mental illness or have it yourself, you should make sure they or you have a regular GP, who takes as active an interest in physical as well as mental health and assists in lifestyle changes such as quitting smoking and taking more exercise.

The system as a whole needs to make sure that everyone is focused on the lived experience of the whole person, not just their psyche, and makes the things which foster good health easier to access, chief amongst which is access to decent, stable housing and rehabilitation to optimise the chances of recovery and employment. Being in work is one of the strongest predictors of good health.



DID YOU KNOW? HEART DISEASE: A KILLER OF WOMEN

Heart disease is the number one killer of Australian women, claiming around 27 female lives each day. Furthermore, around 90% of Australian women have at least one risk factor for the disease. Despite these figures, the Heart Foundation of Australia have revealed that three in five women remain unaware of the threat that heart diseases poses to them. Without adequate awareness of this issue, the gravity of this disease may not be fully appreciated, and women may not feel compelled to be checked as regularly as they do for other serious illnesses like breast cancer.

The majority of risk factors for heart disease are modifiable, like inadequate fruit and vegetable intake, physical inactivity, overweight and obesity, and smoking. Increased availability of information and better education surrounding the dangers of heart disease may encourage women to have frequent checkups as well as make lifestyle changes that promote good, lasting health and wellbeing. The Heart Foundation's campaign, Go Red for Women, now in its fifth year of operation, aims to raise awareness about heart disease, giving facts about the condition, as well as tips to approach the management of testing, treatment and adjusting modifiable lifestyle habits.

For more information visit the campaign website at:

www.goredforwomen.org.au

ANSWERS TO THE CROSSWORD

Down: 1. Suicide; 2. Lifestyle; 3. Junk; 6. Racism

Across: 4. Sexual; 5. Heart; 7. Cholesterol; 8. Seafood

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.

Skin HQ welcomes Dr Danika Fietz who will be doing skin checks Mon PM, & Wednesday.