

FREE!
PLEASE TAKE ONE

YOUR DOCTOR



JANUARY 2013 ISSUE

HAPPY NEW YEAR!! TIME FOR HEALTHY NEW YEAR'S RESOLUTIONS

HEALTH HQ

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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 FACCRIM 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 Matthew Hasdell *MBBS B.S.C*

Dr Rachel Wyndham *MBBS*

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)

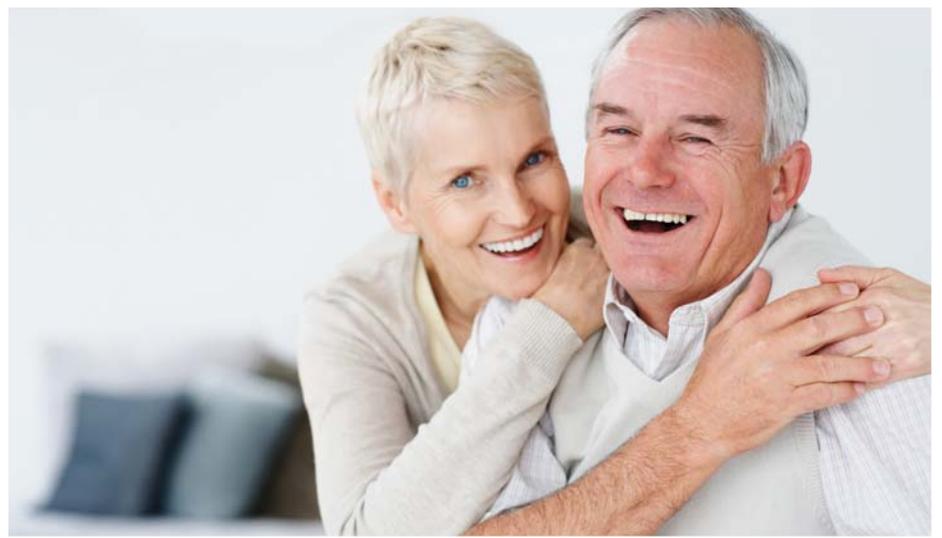
Monday 8.30am-5.00pm

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.



A SMILE A DAY MAY KEEP THE DOCTOR AWAY

It's no secret that negative emotions can have a negative impact on our health. Anger, anxiety and depression can put strain on our minds and bodies, even increasing our risk of heart and arterial disease and the development of conditions such as arrhythmias (irregular heart beat) and heart attacks. So if an unhappy head can equal an unhappy heart, can happiness protect it?

A study followed 1739 healthy adults for 10 years to determine whether positive emotions had any effect on their risk of developing heart disease. At the beginning of the study participants were assessed on their lifestyle and character traits. Things like age, smoking, diet and other factors that could contribute to heart disease were taken into account as well as how likely they were to experience both negative and positive emotions like depression, hostility, joy and excitement. The researchers found that those who were depressed had a significantly higher risk of developing heart disease than their happier peers. The happiest people were 22% less likely to develop heart disease than those in the middle of the depression-to-happiness scale.

There are many possible reasons why happiness might promote good health. People

who are happy tend to be more motivated and have a more positive outlook on life. This optimistic attitude may contribute to better sleeping patterns, less smoking and alcohol consumption and make them more likely to exercise and eat a better diet. A good frame of mind may also lead to positive chemical changes in the body, such as a reduction in stress hormones in the blood.

It goes without saying that happiness may be harder for some to attain than others, however there is some evidence on how to achieve a happier life, such as developing strong, supportive and safe social networks, taking the time to be kind to people, forgiving people who do you wrong and expressing gratitude to those who help you have all shown to be of benefit in attaining a positive frame of mind. So remember, a smile a day may well keep the doctor away.

INSIDE:

- THE BENEFITS OF SWITCHING OFF
- THE TRUTH ABOUT DARK CHOCOLATE
- DR NORMAN SWAN - A MATTER OF HEALTH



THE TRUTH ABOUT DARK CHOCOLATE

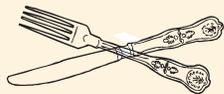
Chocaholics rejoiced when studies showed that dark chocolate can have health benefits. Dark chocolate contains large amounts of cocoa, taken from the seed portion of the cocoa tree, and is rich in a group of antioxidant compounds called flavanols that have a number of health benefits including improving blood flow, lowering blood pressure, improving insulin sensitivity

(insulin reduces your blood sugar and the more sensitive you are to its effects, the less likely you are to develop diabetes) and helping with immune responsiveness as well as slowing decline in thinking ability and memory (cognitive impairment). Red wine, tea, some vegetables as well as various fruits are also known to contain flavanols. These fruits include a number of summer berries

like raspberries, blueberries, blackberries and cranberries (see recipe below for a delicious way to get both dark chocolate and berries into a delectable chocolate berry cake).

Aside from just tasting great, there may be a reason dark chocolate makes us feel good. It's thought to help release the hormone serotonin which regulates our mood, appetite and sleep as well as brain functions including memory and learning. When considering the health benefits of dark chocolate it's important to consider how the chocolate has been processed. To find the flavanol content of a product, you can refer to the product label or its website. Generally the darker, the better and whilst milk chocolate is higher in saturated fat than dark chocolate, unfortunately all chocolate contains sugar or sugar-substitutes, so portion control is still important – even if the chocolate is dark.

Treat yourself occasionally but try not to overindulge, and balance it out with a healthy diet and active fitness regime so you can enjoy your flavanol-rich dark chocolate without too much guilt on the side.



Good Health on the Menu

DECADENT CHOCOLATE BERRY CAKE

Take home with you!

Summer is the season for beautiful fruit so what better way to treat yourself than with a delicious chocolate cake using seasonal berries. If you can't get them fresh don't worry – frozen are just as good, just made sure there's no added sugar – the berries are sweet enough!

A word of warning: This recipe contains a reasonable amount of butter – so it is a test of your portion control. This is a cake to be eaten in small amounts as a special treat.

Ingredients:

- 70g butter
- 2 cups dark chocolate buttons
- 2 cups self-raising flour, sifted
- ½ cup cocoa
- 1 cup caster sugar

- 2 eggs, whisked
- 1 cup skim milk
- 2 tablespoons low fat cream
- 1 cup fresh or frozen berries for cake
- 1 cup fresh berries for garnishing

Method

1. Pre heat oven to 180°C
2. In a heatproof bowl combine butter and 1 cup chocolate buttons. Melt in microwave on 'high' for about 90 seconds or until chocolate and butter are melted (be careful not to burn) then whisk to combine
3. In a separate bowl combine flour, cocoa, sugar, eggs, milk and the melted butter and chocolate mixture – whisk until batter is smooth in consistency, then gently fold in 1 cup berries for a berry surprise in each slice... don't mix too much – you want the berries to stay in tact
4. Line a cake tin with baking paper and gently pour in mixture
5. Bake for about 40 minutes or until a skewer comes out clean
6. Turn out onto a wire rack and allow to cool completely before icing

7. Ganache icing: Melt remaining chocolate buttons with 2 tablespoons cream for about 1 minute in microwave and whisk vigorously until smooth and glossy (again be careful not to burn)
8. Use a knife to evenly coat the cake in ganache icing and then decorate with fresh berries on top
9. Slice thinly, serve and smile widely



Enjoy!

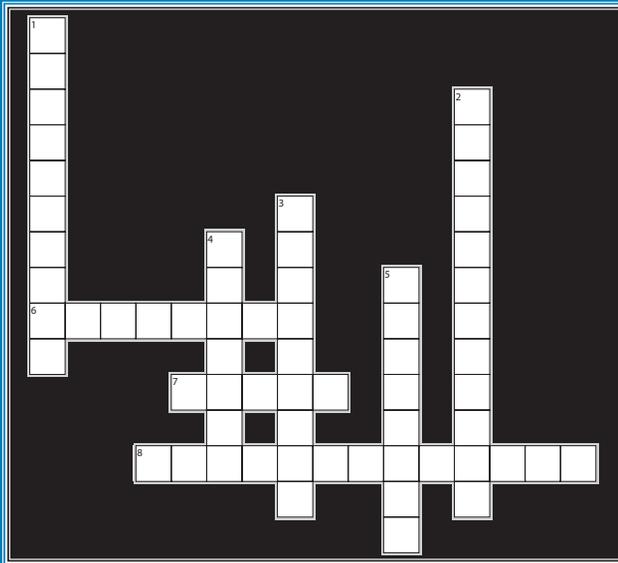
Clever CROSSWORD

Across:

- Negative _____ can have a negative impact on your health.
- Happy people are 22% less likely to develop _____ disease.
- Using electronic devices before bed decreases what?
- Dark chocolate cocoa contains large amounts of what?
- What should be applied 20 mins before you go outdoors?
- Fish is a healthy source of what?
- Antibiotics are effective in the treatment of _____

Down:

- What contains Flavanols?



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

MYTH VS FACT - ANTIBIOTICS AND ALCOHOL

With summer parties often comes lots of food and alcoholic drinks. But if you're unwell and taking a course of antibiotics – is it still OK to have a drink? While alcohol may not react with all antibiotics, when it does people can suffer nasty side effects including nausea, vomiting, skin flushes, headaches or irregular heartbeat. Check with your health professional as to what you can and can't do whilst on the antibiotics prescribed to you as well as how best to take them, including how many times per day (and at what time) and whether you should take them with or without food.

Also be aware that:

- Antibiotics are only effective in the treatment of bacteria and not viruses which cause colds and flu
- Always ask your doctor how long you should take them for because for some infections you may not need to take a full five or seven days

If you're unwell it's probably wise to avoid alcohol altogether as drinking puts extra stress on the body and may increase the severity of your illness and delay your recovery. If you want to indulge, make sure you have all the facts from your health professional before you pop the cork on that champagne!

FOR MORE INFORMATION ON ANTIBIOTIC AWARENESS VISIT THE NPS WEBSITE AT:

www.nps.org.au/antibiotic-awareness



THE BENEFITS OF SWITCHING OFF

With the abundance of electronic devices around us, it's no wonder we've come to rely on various pieces of technology in our day-to-day life. Smart phones, computers, iPods and televisions are all now part of society's fabric and make our life that little bit more convenient and entertaining. Teenagers are more in touch than ever using these devices to stay in touch with friends, keep up to date on the latest news and music and voice their opinion via social media. While these outlets may provide a release, research has shown that they could also be affecting young people's health, by depriving them of sleep.

Researchers got 100 school students aged 12 to 18 and had their parents fill out questionnaires. They were asked to record their sleep cycles, how tired they felt during the day and their activities after 9pm, specifically how much TV they watched, if they chatted on their phone or online, listened to an MP3 player or watched movies. They were given a score based on how much and how often they engaged in these activities. The more time adolescents spent doing these activities, the more likely they were to report poor sleep. Only one in five got eight or more hours sleep a night

(the recommended amount for that age group) while 33% of the teenagers who frequently engaged in the use of these devices after 9pm reported falling asleep in class.

We still have a lot to learn when it comes to the impact of new technologies on teenagers' sleeping patterns, but there appears to be a strong link between increased use of these devices before bed, diminished sleep and decreased concentration and performance during the day. Parents should monitor how often these activities are taking place after hours and encourage their kids to replace the laptop with a book before bed. Phones, laptops and other electronic devices should be kept outside of bedrooms during sleeping hours to fight their urge to communicate with others well into the night. And this doesn't just apply to teenagers – those of you sleeping with devices that have emails 'pinging' under your pillow should take note too.



Dr Norman Swan

A MATTER OF HEALTH

Fish oil supplements containing omega 3 fatty acids are incredibly popular. They fill shelves in most pharmacies and more recently krill oil capsules have been selling hugely. I'm often asked if krill oil is any better for you than fish oil and I have to say there's little or no evidence one way or the other. The really big question is what benefits come from omega 3 supplements of any kind? A recent study which brought together the available evidence on heart disease and stroke prevention came up with what at first sight seems to be a confusing and contradictory finding: that eating fish a couple of times a week or more, was definitely associated with a reduced risk of heart attack and stroke compared to eating fish, say only once a month, whereas fish oil supplements were not linked to lower chances of heart disease. And in fact when they looked at fish eaters, their heart protection was not related to their blood levels of omega 3 fatty acids (the fats thought to be beneficial in fish).

So what's going on?

From this and other research, it looks as though the much touted effects of fish oil on the heart and blood vessels may have been overstated. So why then is eating fish good for you? No-one's sure but the most likely explanation is that fish is a healthy source of protein because it is low in saturated fats. In addition, when you have fish in your meal, you're not eating red meat. So the benefit may simply be due to displacing something far less healthy in your diet and the more you do that the better off you and your family can be.

Does that mean there are no benefits from fish (or krill) oil supplements? No there is still some evidence that fish oil can improve your mood if you're depressed and it does seem to have an anti inflammatory effect which might be useful in certain forms of arthritis – but you need quite high doses. The bottom line if you are taking fish oil supplements is that they're pretty safe so there's no reason to stop them if you feel you're gaining something. It's important though that you let your doctor know in case they might interfere with other treatments.



DID YOU KNOW?

50+ MAY NOT BE THE NEW 30+

With SPF50+ sunscreens now hitting shelves, should we be binning our 30+ and heading straight to the sunscreen section of the supermarket or pharmacy? The answer is not necessarily. While the increased SPF level has been welcomed by the Cancer Council Australia, they warn that consumers shouldn't overestimate its capacity to protect from the sun. The new sunscreen is only slightly more effective in blocking out UVB radiation (which causes sunburn and adds to skin cancer risk) than its predecessor with SPF50+ blocking out 98% of UVB when used correctly compared to 96.7% by SPF30+. The Cancer Council also stresses that the same sun safety measures should be taken into account when using SPF50+. Make sure sunscreen is broad spectrum and water resistant, apply 20 minutes before you go outdoors and every two hours afterwards. The hands, ears, and hairline tend to get missed – so make sure you cover all areas exposed to the sun.

Also make sure to wear protection like sunglasses, a long sleeved shirt or rash vest and a broad brimmed hat. Whether you are using SPF 50+ or 30+ it's imperative to Slip, Slop, Slap this summer! Try working sunscreen into your daily routine in the mornings and then keep a tube (and a hat) handy for times when you know you're going to be out in the sun.

FOR FURTHER INFORMATION ON SUN SMARTS VISIT THE CANCER COUNCIL AUSTRALIA'S WEBSITE AT <http://www.cancer.org.au/>

ANSWERS TO THE CROSSWORD

Down: 1. Vegetables; 2. Antioxidants; 3. Sunscreen; 4. Protein; 5. Bacteria;
Across: 6. Emotions; 7. Heart; 8. Concentration;

PRACTICE UPDATE

Valuable websites of quality information

www.travelmedicine.com.au
www.healthinsite.gov.au
www.virtualcancercentre.com
www.blackdoginstitute.com.au
www.uptodate.com/patients

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

FEE POLICY

Consults \$50 gap. **Welfare** \$35 gap
DVA bulk billed. Home **Visits** \$70 gap.
Skin operations \$120 gap, Welfare Bulk Billed.
Scripts and Referral Letters, \$20.
If collected by patient bulk billed.
SATURDAY: No Concessions.
Cancellation fee \$22 and \$55 for procedural appointments unless 24 hours prior notice given.

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.

Ask about our new services for treating spider veins, hair removal, cosmetic mole removal and tattoo removal.