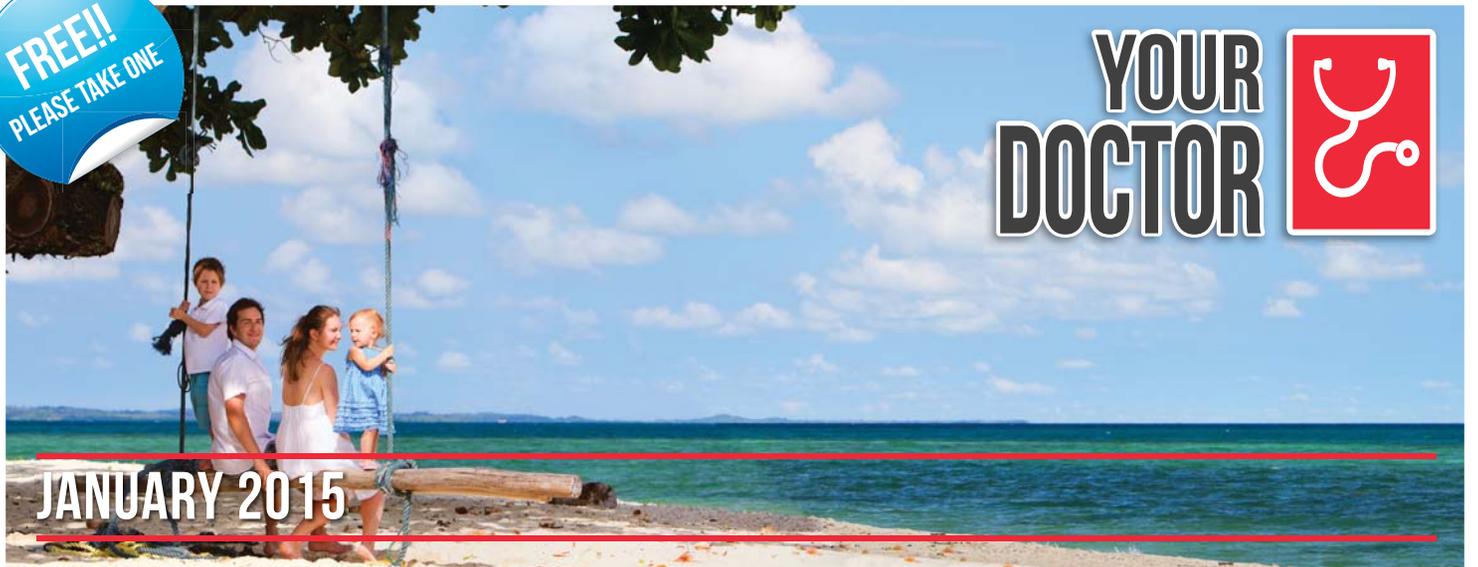


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YOUR DOCTOR



JANUARY 2015

HEALTH HQ

“Quality Caring”

95 Nerang Street
Southport 4215

P: (07) 5526 4444

F: (07) 5531 3697

W: www.healthhq.com.au



Follow Health HQ on 

Dr Norman Hohl

MBBS, FRACGP, FAFPHM, DTM&H, CTH

Dr Simon Thatcher

MBBS, CTH

Dr Michael Read

MBBS

Dr Donna Armstrong

MBBS

Dr Neil Chorley

MBBS, FRACGP, FACCRM, FACSM

Dr Bill Cassimatis

MBBS

Dr Danika Fietz

MBBS, FRACGP, M.Med (Skin Cancer)

Dr Craig Thompson

MBBS, FRACGP, FACRRM, MPHTM, CTH

PRACTICE STAFF

Nicky McClelland (**Practice Manager**)
Mirja, Kim, Kris, Viv, Margie, Jenny, Kim C,
Lindsey and Emily (**RN**) Brenda (**AIN**), Ilana,
Dorothy, Rosalie, Heidi, Charlotte and Christina
(**Reception**) Janet (**Financial Assistant**)

HOURS AND SERVICES

Consultations by appointment.

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.

Mon, Tue, Wed, Fri 8:30am-5:00pm

Thursday 8:30am-6:00pm

Saturday 8:30am-12:30pm

AFTER HOURS CARE

GP & Home Visits: Chevron After Hours
(07) 5532 8666

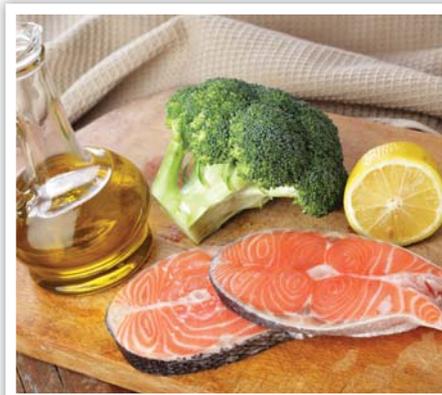
Hospital: Pindara Emergency Centre
(07) 5588 9000

In a serious emergency, call 000.

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www.healthinsite.gov.au



FOOD FOR THOUGHT

The body needs food to fuel its physical and mental activity. It's well known that a diet rich in plant-based vegetables, plenty of fruit and minimal saturated fat is best for our physical health, reducing risk of overweight and obesity and subsequently reducing risk of a range of chronic diseases including diabetes, stroke and heart disease. The best food for our brains, however, is less clear. It's thought that foods containing particular micronutrients and properties may help fuel creative and productive thinking however there's little scientific evidence in this field.

Tyrosine is an amino acid found in many foods including meats, soy and dairy protein and many fruits and vegetables. The body converts tyrosine into two key neurotransmitters, dopamine and norepinephrine, so it's thought that foods

rich in tyrosine might help fuel thinking. Researchers tested this theory on university students. They were divided into two groups and given orange juice laced with either tyrosine or a placebo powder. They were then asked to solve a series of puzzles using both divergent thinking strategies (coming up with a wide array of solutions to a simple problem in a timed period) and convergent thinking strategies (deep thinking to find connections where it may be difficult to understand why a connection is possible).

While it didn't affect divergent thinking, tyrosine was found to increase convergent thinking capabilities in the university students. The researchers hypothesised that the sustained neural connections and processes required for complex thoughts may involve a reliable supply of neurotransmitters to keep them operating, and tyrosine can provide this sustenance. Meats, fish and poultry are rich sources of tyrosine as are legumes such as beans and peanuts. Other foods including apples, carrots, avocados and tofu contain tyrosine. In addition to potentially encouraging deep and complex thought processes, these foods are a great source of nutrients that can benefit overall health.

For reference: Colzato, LS et al. Food for creativity: Tyrosine promotes deep thinking. *Psychological Research* 2014; doi: 10.1007/s00426-014-0610-4.

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WHICH DIET DOMINATES?

The weight loss market is saturated with well-known weight loss programs, all of which claim to be the best at helping people shed kilos quickly. These diets translate to big bucks in the weight loss industry and are often based on cutting out or lowering consumption of one macronutrient group. While many of these diets are advertised in the mainstream media, little is known about which is most effective for helping people lose weight. It's important to gain evidence-based insight into the value of these diets in order to make sure that the people who need to lose weight most aren't wasting their time.

Researchers looked at the available evidence from clinical trials to estimate the relative effects of a number of popular diets in promoting weight loss. The trials included

overweight or obese adults who were assigned to a popular branded diet or an alternative. Diets included moderate macronutrient content, low carbohydrate and low fat from brands like Atkins, Weight Watchers and the Zone. Researchers looked at weight loss at six and 12 months.

All diets resulted in better weight loss outcomes than no diet. Low carbohydrate and low fat diets were associated with more weight loss over a one year period than no diet at all however weight loss variances between individual branded diets were minimal.

The results reiterate that it's important to choose a diet that suits your taste and lifestyle to increase the likelihood that it will be maintained for the long-term. It's also important to consider other things that assist in weight management which primarily is adequate levels of physical activity.

For reference: Johnston, B et al. Comparison of Weight Loss Among Named Diet Programs in Overweight and Obese Adults. *JAMA* 2014; 312(9): 923-933. doi: 10.1001/jama.2014.10397



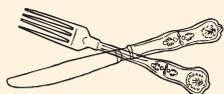
STRESS AND OUR IMMUNE SYSTEM

Losing a loved one is devastating and stressful. Stress can suppress the immune system, making people more susceptible to illness and less able to fight it if already sick. Previously researchers have found that the effectiveness of the influenza vaccination can be reduced for up to a year after a period of mourning. A recent study investigated the link between stress hormones and immune function and how this varies in different age groups.

Researchers looked at blood samples from a group of people coping with a recent bereavement. Neutrophils are the most abundant type of white blood cells in humans and are needed to fight bacterial infections. Results from the study showed that, during a period of grief, the neutrophils were less able to mount a defense against bacteria. This was more pronounced in older age groups. Furthermore, in older people, higher levels of cortisol (the stress hormone) were observed.

The period following a loss can be an extremely difficult time. This study suggests that people are more susceptible to disease during these times so extra care should be taken. There is no single best way to cope with sadness and stress. A strong support network of friends and family can be very helpful as can professional help if grief does not subside for a prolonged period of time.

For reference: Vitlic, A et al. Bereavement reduces neutrophil oxidative burst only in older adult: role of the HPA axis and immunosenescence. *Immunity and Ageing* 2014;11: 13. doi: 10.1186/1742-4933-11-13



Good Health on the Menu

VEGETARIAN BURRITO

The low-fat version of a popular dish.

Ingredients:

- 2 tbsp olive oil
- 2 tins kidney beans
- 1 onion
- 1 garlic clove
- 2 tbsp tomato paste
- 1 tbsp paprika
- 1 tsp ground coriander
- ½ tsp ground cumin

- 1 tin diced tomatoes
- 1 capsicum, chopped
- 1 avocado
- 1 pack wholemeal burrito wraps
- Fresh coriander
- ½ cup low fat or vegan cheese
- Fresh chili (optional)

Method

1. In a pan, heat olive oil and sauté onions until transparent
2. Add garlic, paprika, coriander and cumin – cook for three minutes
3. Add tomato paste and cook for two minutes
4. Add chopped capsicum and cook until soft

5. Add beans and tin of diced tomatoes and allow to simmer for 15 minutes
6. Assemble burrito with bean/capsicum mixture, sliced avocado, cheese and fresh coriander



Enjoy!

== DID YOU KNOW? ==

POOR SENSE OF SMELL COULD INDICATE POOR HEALTH

As we age many aspects of our health deteriorate, one of which can be our sense of smell. Researchers looked at whether smell sensitivity is in any way indicative of future health outcomes.

Researchers in the US looked at the ability of over 3000 adults aged between 57 and 85 to identify five different odours. Seventy-eight percent of participants could correctly name at least four of the scents, 20% could identify two or three, and 4% could detect either one or no scent. The results showed that the older adults with the most impaired sense of smell were three times more likely to die in the subsequent five years compared to those who had normal smell sensitivity.

One theory put forward by researchers to explain these findings was that poor sense of smell might be related to long-term exposure to toxins like on-the-job chemicals or air pollution. It could also be a sign that the body's ability to repair itself is in decline. In future, a poor sense of smell may be a sign that a person needs to visit their doctor however more research is needed to ascertain this link.

For reference: Pinto, J M et al. Olfactory dysfunction predicts 5-year mortality in older adults. *PLOS ONE* Epub online October 1 2014, doi: 10.1371/journal.pone.0107541

LIFESTYLE INFLUENCES BREAST CANCER RISK

Lifestyle has a huge influence on health outcomes. The World Cancer Research Fund and the American Institute of Cancer Research used the best available research to compile a list of eight lifestyle recommendations for cancer prevention. These involve maintaining a healthy weight, getting adequate exercise, quitting smoking, eating plenty of plant-based foods, limiting red meat consumption, avoiding processed meat and cutting back on alcohol and salt.

Researchers investigated the link between following some or all of these guidelines and later-life risk of developing breast cancer. They looked at overall diet and lifestyle information from more than 49,000 women and matched this to the cancer prevention guidelines.

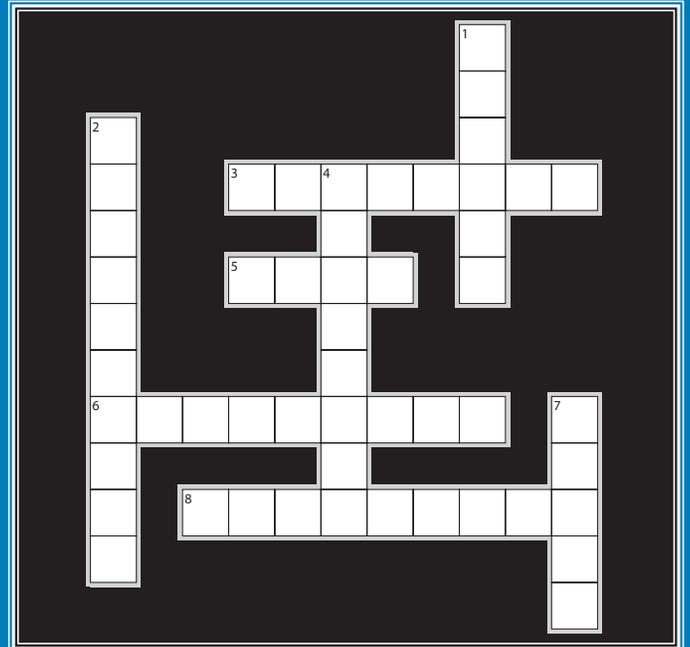
Down:

1. Stress can suppress the _____ system.
2. A diet rich in _____ is good for our health.
4. Some of the best ways to prevent cancer are maintaining a healthy weight and getting adequate what?
7. As we age, our sense of _____ deteriorates.

Across:

4. Salt intake can increase fluid retention and blood _____.
5. A healthy _____ with minimal saturated fat can reduce the risk of chronic disease.
6. The way people feel about food may predict their health what?
8. It's important to choose a diet that suits your taste and what?

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



The research showed that meeting each guideline in isolation resulted in a 4 – 6% reduction in breast cancer occurrence and this increased with every additional guideline met. There was a 31% reduction in cases of breast cancer in women who met all recommendations when compared to those who'd only followed one.

Leading a healthy lifestyle is essential to good health and can reduce risk of a number of chronic illnesses. It's important to try to focus on all aspects of a healthy lifestyle in conjunction with one another

rather than viewing them in isolation. Eating a diet rich in plant-based foods and fruit, with minimal saturated fat, trying to get daily exercise, quitting smoking and restricting alcohol intake are all small lifestyle modifications that will pay off in enormous health dividends.

For reference: Catsburg, C et al. Adherence to cancer prevention guidelines and risk of breast cancer. *International Journal of Cancer* Epub online April 10, 2014 doi: 10.1002/ijc.28887



Dr Norman Swan

A MATTER OF HEALTH



ONE PINCH OR TWO?

1.7 million people die prematurely from heart attacks and strokes as a consequence of their salt consumption.

We eat eight to 10 grams of salt per day, when our intake should be four grams or even less. And the thing about salt intake is that it isn't just heart disease (which is mostly because salt increases fluid retention and blood pressure). There's a well studied link with osteoporosis. The more sodium you pee out, the more calcium you excrete, which increases the chances of kidney stones and weakened bones. A high salt intake appears to make asthma worse, increases

the chances of Menière's disease where a salt imbalance in the inner ear contributes to deafness and dizziness. High salt intakes are also associated with stomach cancer and may enhance the effects of the stomach ulcer bug, *H pylori*.

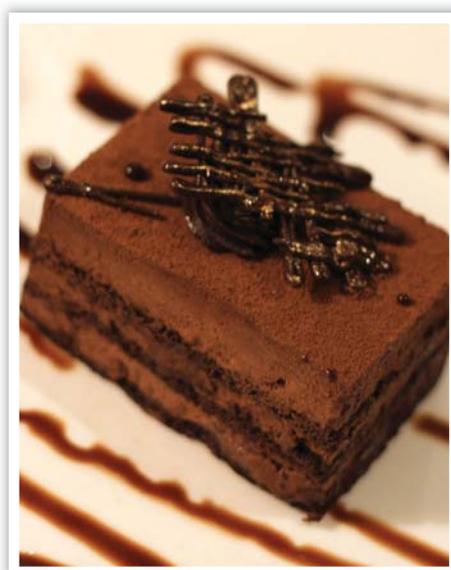
Just under half of all strokes are preventable if blood pressure is controlled. Salt restriction reduces blood pressure and the rise in blood pressure that occurs with ageing. Even what we call normal blood pressure is in fact high by evolutionary standards and raises our background risk of heart attacks and strokes, so we can all benefit from natural blood pressure control. The Heart Foundation estimates that a 25-35% reduction in salt could reduce the risk of strokes and heart attacks by 20%.

Since salt is pervasive in our food supply and used widely to appeal to our taste, it takes some effort to reduce our intake. If you're overweight or obese and go on a portion and calorie controlled diet then you will automatically reduce your salt intake because, simply, your food intake has fallen. Most of the salt we consume is in processed foods including soft drinks. Not that high a proportion is from what we add in cooking and at the table. So the answer is eat fresh, unprocessed foods, watch your portions and control what you add at home. It's amazing how quickly you can adapt to a low salt intake and how unpalatable what we used to eat can soon become.

MYTH VS. FACT: ATTITUDE TOWARDS 'CHEAT' FOODS AND LIKELIHOOD OF LOSING WEIGHT

Researchers have found that the way people feel about food may predict their health behaviours and how likely they are to lose weight. They looked at a group of adults and how they viewed chocolate cake. Around a quarter of people associated chocolate cake with guilt, with the rest looking at it as a celebratory treat. Those who felt guilty when eating chocolate cake were found to be more likely to have less healthy eating behaviours overall, have lower perceived levels of behavioural control, and were more likely to express a desire to lose weight. Furthermore, researchers found that after a period of eighteen months, those who associated chocolate cake with guilt had gained, on average, 2.4 kg compared to only 0.4 kg in people who thought of it as a celebration food.

These findings reinforce that it's beneficial to maintain a healthy relationship with food and remain in control, rather than letting food control you. These can lead to a more



positive outlook on health and lifestyle, and promote higher levels of self-control. Treats should be enjoyed in moderation and in conjunction with a healthy overall diet and plenty of exercise, and not viewed as a 'guilty pleasure'.

For reference: Kuijer R G and J A Boyce. Chocolate cake. Guilt or celebration? Associations with healthy eating attitudes, perceived behavioural control, intentions and weight loss. *Appetite* 2014;74:48-54.

6. Behaviour; 8. Lifestyle.
Across: 3. Pressure; 5. Diet;
4. Exercise; 7. Smell.
Down: 1. Immune; 2. Vegetables;

ANSWERS TO CROSSWORD

PRACTICE UPDATE

SERVICE

Our mission is to provide the highest quality care and service using evidence based medicine to ensure the health of our patients. "Quality caring" means we excel in our work, products, and environment and show concern for and interest in our patients' needs. Further information about our practice policies can be obtained by asking one of our friendly receptionists.

PRIVACY

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. You can make a request in writing for a copy of your records to be transferred to another GP.

COMMUNICATION

Information regarding appointments, investigations, results, scripts, referrals may be shared with your consent as required for your care. Patient requests requiring action are attended to promptly, based on level of urgency. You will be notified if there is any charge for the service.

FOLLOW-UP OF RESULTS

Your doctor will decide with you how to inform you of test results (e.g., phone call, follow-up appointment, etc.). All results are reviewed by the ordering doctor. For any results requiring urgent action, you will be phoned. If you have not been contacted regarding your results, call and ask.

FEEDBACK

Our goal is to provide a quality, caring service. If you have any concerns or suggestions, please let us know. We genuinely wish to hear from you. If we have not satisfied your concerns, please contact the Health Quality and Complaints Commission on 1800 077 308 or info@hqcc.qld.gov.au.

FEES

Consults \$55 gap. Welfare \$40 gap. Skin Checks \$35 gap. DVA bulk-billed. Scripts and referral letters \$20 (bulk-billed if collected by patient). Saturday: No concessions. 3% surcharge for American Express and Diners Club payments.

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