



# YOUR DOCTOR



## JULY 2014

### HEALTH HQ

#### “Quality Caring”

95 Nerang Street  
Southport 4215

**P:** (07) 5526 4444

**F:** (07) 5531 3697

**W:** www.healthhq.com.au

**W:** www.skinhq.com.au



#### Dr Norman Hohl

MBBS, FRACGP, FAFPHM, DTM&H, CTH

#### Dr Simon Thatcher

MBBS CTHP

#### 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

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

[www.healthhq.com.au](http://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.



## IS THERE ONE ‘BEST DIET’?

**There’s a huge amount of information available for consumers regarding the best diet for overall good health.**

The trouble is, much of this information is conflicting and it’s difficult to discern what’s accurate and what’s a waste of time. Researchers attempted to tackle the daunting task of answering the question: What is the best diet for best health?

They reviewed a number of popular diets and eating patterns including low carbohydrate, high protein, low glycaemic index, Mediterranean, vegan, gluten free, raw and low kilojoule. Researchers found that most of the diets shared common, features when it came to their health benefits. The common thread uniting most

popular diets was described by researchers as: a dietary pattern that’s made up of mostly unprocessed plant foods with or without lean meat, poultry or seafood and which is low in refined starches, added sugars and highly processed foods.

People can adapt these general instructions to suit their tastes and food requirements. So long as you get plenty of fruits and vegetables into your diet and avoid fried and processed foods, you’ll be doing your body and overall health and wellbeing a big favour.

*For reference: Katz, DL and Meller S. Can we say what diet is best for health? Annual Review of Public Health and Nutrition 2014;35:83-103.*

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## MEDITERRANEAN MARVELS

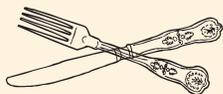
There are many health benefits associated with following a Mediterranean diet rich in fruits and vegetables, whole grains, fish and limited in unhealthy fats. This style of diet helps to reduce the risk of heart disease, diabetes and some cancers. Researchers have identified a few ingredients at the core of the Mediterranean diet that are particularly beneficial to our health.

The aromatic and tasty mix of tomato, garlic, onion and olive oil, at the base of many Mediterranean recipes, contains over 40 different micronutrients that benefit our health and wellbeing. Among these are antibacterial and antioxidant compounds found in garlic, and acids from tomatoes that have been linked to reduced risk of heart disease. Researchers found that homemade mixtures of these ingredients were superior to store

bought versions, which often lacked in one of the vital ingredients.

For good health, add a Mediterranean flair to your diet.

*For reference: Vallverdu-Queralt, A et al. Bioactive compounds present in the Mediterranean sofrito. Food Chemistry 2014;141:3365-3372*



### Good Health on the Menu

#### CHICKEN & MANGO BRAISE ON HOMEMADE FRIED RICE

*Congratulations - Coralyn Bushell  
on your winning recipe*

##### Ingredients:

- Chicken thighs - skin on/ bone in.
- 1 or 2 freshly-diced mangoes.
- 1 tin of peeled tomatoes.
- 1 tin of corn kernels.
- Sprinkle of dried, chopped chives.
- Splash of sesame oil.
- Dash of sweet soy sauce.
- Dash of oyster sauce.
- Freshly-crushed black pepper
- Butter & Olive oil for cooking.

##### Ingredients for Fried Rice:

- About 3 rashers of diced bacon.
- 1 leek thinly sliced.
- 2 cloves of crushed garlic.
- 1 onion, diced.
- 1 cup of partially-boiled rice.
- 1 cup of frozen peas.
- 1 egg.
- Freshly-crushed black pepper.
- Butter & Olive oil for cooking.

##### Method

1. Brown chicken thighs til golden brown.
2. Add the mangoes, peeled tomatoes, corn kernels & other ingredients.
3. Braise chicken & other ingredients until tender.
4. Saute the bacon, leek, garlic & onion until caramelized. Whilst these are cooking, partially-boil the rice. Add rice & peas.

5. When cooked, toss in egg. Add pepper & serve.

From Consuming Passions - Bon Apetite!  
I created this dish as I went along.  
Enjoy! - Coralyn Bushell



*Enjoy!*

## MYTH VS. FACT: DOES LESS SLEEP EQUAL MORE FOOD FOR TODDLERS?

There's a link between lack of sleep and overweight and obesity with poor sleep patterns being a risk factor for weight gain.



Possible reasons for this include more time awake to consume food and disturbances in signals from the brain that control appetite, which can be altered by sleep restriction. While this relationship is well known in adults, it's unclear whether it exists for young children.

Researchers investigated the sleeping and eating patterns of toddlers in the UK at 16 months and 21 months of age. Toddlers who slept for under 10 hours a day consumed 10% more kilojoules than those who slept for the recommended amount of time.

Eleven to 12 hours sleep is recommended for toddlers. Habits that start in childhood can often persist through to adulthood therefore it's important to develop good health habits early on in life. To decrease your child's risk of overweight and obesity, ensure that they get a good night's sleep.

*For reference: Fisher A et al. Sleep and energy intake in early childhood. International Journal of Obesity Epub online March 26, 2014 doi: 10.1038/ijo.2014.50.*

## Clever CROSSWORD

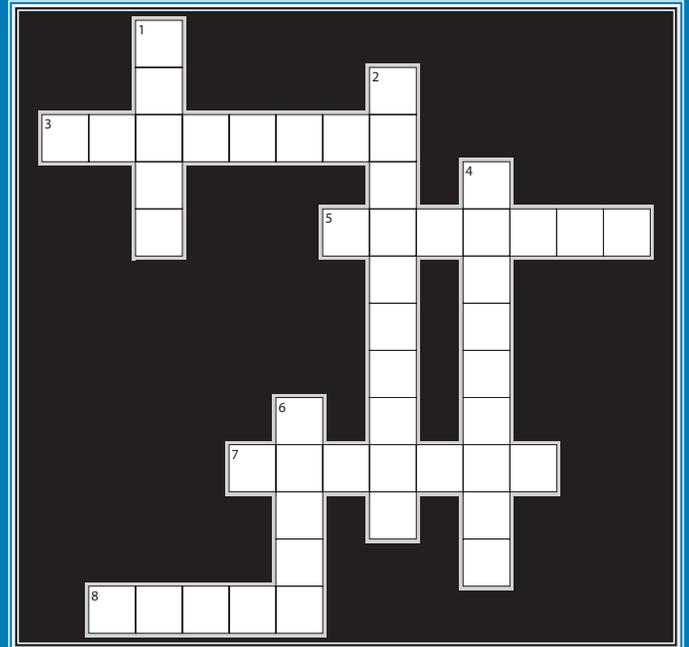
### Down:

1. A good 11 or 12 hours what, can help decrease your child's risk of obesity?
2. A good diet should have plenty of fruits and what?
4. Foods that are fried or what, should be avoided in your diet?
6. Lyme disease has flu like symptoms and spreads through tick \_\_\_\_\_.

### Across:

3. High salt intake can contribute to high blood \_\_\_\_\_.
5. It's important to monitor your \_\_\_\_\_ especially into old age.
7. Mediterranean diets can help reduce the risk of heart \_\_\_\_\_.
8. Lyme disease is an infection carried by 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.



## HEARING LOSS AND OUR BRAINS

**The process of hearing is linked to our brain's activity.** Complex nervous connections pass from the inner ear to the area of the brain that converts electrical activity into the sounds that we perceive. A large part of the brain's cortex (outer surface) is devoted to interpreting sound. It's therefore not surprising that past studies have indicated a link between hearing loss and deterioration in mental function.

A US study of people in their mid fifties investigated the relationship between hearing and brain function. Participants had two brain scans six years apart accompanied by physical and hearing tests on each occasion. Researchers observed a greater reduction in brain size over the six years in the people who had hearing impairments at the first test.

This research did not ascertain that hearing loss and brain shrinkage were directly related. Nevertheless, it adds to the growing body of evidence that supports the importance of maintaining adequate hearing through to old age. It's important to take care of your hearing early on in life, and have any issues treated in a timely way by a healthcare professional.



**Dr Norman Swan**

## A MATTER OF HEALTH

### DOES LYME DISEASE EXIST IN AUSTRALIA?



**Lyme disease is an infection carried by ticks which causes a circular rash** that spreads from the tick

bite and is followed by flu like symptoms and sometimes abnormalities in the nervous system. The bacteria which cause Lyme disease are three members of a family called *Borrelia* which are treatable with antibiotics. The ticks which carry Lyme disease live in the Northern hemisphere in cooler climates and the disease occurs across the United States, Europe and the UK. There's a controversial debate going on in Australia about whether Lyme disease exists here. There's no doubt that Australians can contract Lyme disease when they travel to countries and go into or near forests where the animals carry the infected ticks. But that's different from asking if Lyme bacteria are in the Australian animal population? Well, the evidence is strongly against this. If you look

at the overseas experience, the statistics are dramatic. Around Berlin for instance, 80% of ticks carry *Borrelia* but even so, in a population of 4 million, there are still only 2500 cases a year. In the Unites States where the population is over 300 million and there's a prevalence of *Borrelia* in up to 60% of ticks, there are 20-30,000 cases of Lyme disease a year. In Australia, in a study of 11,000 blood samples tested for *Borrelia* infection, only about 18 came up positive and they may have been from people who had travelled. Dogs are five times more likely than humans to be infected with *Borrelia* but a large study of Australian dogs has shown no evidence of *Borrelia* infection and there is as yet no evidence of Lyme bacteria in Australian ticks. What's confused the situation is that there are a small number of private pathology labs which consistently report positive results when other labs are negative. These labs do not seem to have exposed their testing to independent comparison to the other labs with blinded samples, which means it's hard to know what they're detecting.

#### So what's the message?

Well, if you've been to a Lyme endemic country and have a tick bite followed by illness then see a doctor as soon as you can. If you become ill after a tick bite in Australia you must also see your doctor – but the chances it will be Lyme disease will be vanishingly small.



### DID YOU KNOW? FAST FOOD, LESS SALT

**High salt intake can contribute to high blood pressure**, cardiovascular disease and stroke. It's thought that Australians consume around eight or nine times the recommended daily salt intake of four grams. Processed foods purchased from popular fast food chains are notoriously high in salt (as well as sugar and saturated fat – the bad kind of fat). Researchers investigated six leading global fast food chains in Australia, measuring fluctuations in the salt content of foods that they sold over a four-year period.

The results showed a modest decrease in sodium levels (43mg/100g over four years)

in all fast food items analysed in the study. While this is a promising step in the right direction, there's still a long way to go. The salt and fat content of many fast food items is above acceptable levels. Replace processed foods with plenty of fruits and vegetables, lean meat and fish and you'll find it much easier to keep your sodium intake at recommended levels.

*For reference: Garcia, J et al. Changes in the sodium content of leading Australian fast-food products between 2009 and 2012. MJA 2014; 200: 340-344 doi: 10.5694/mja1310049*

7. Disease; 8. Ticks;  
Across: 3. Pressure; 5. Hearing;  
4. Processed; 6. Bites.  
Down: 1. Sleep; 2. Vegetables;

## ANSWERS TO CROSSWORD

### PRACTICE UPDATE

#### Valuable websites of quality information

[www.travelmedicine.com.au](http://www.travelmedicine.com.au)  
[www.healthinsite.gov.au](http://www.healthinsite.gov.au)  
[www.blackdoginstitute.com.au](http://www.blackdoginstitute.com.au)  
[www.uptodate.com/patients](http://www.uptodate.com/patients)  
[www.beyondblue.org.au](http://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](http://www.vasectomyvenue.com.au)  
[www.gccircumcisions.com.au](http://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.**