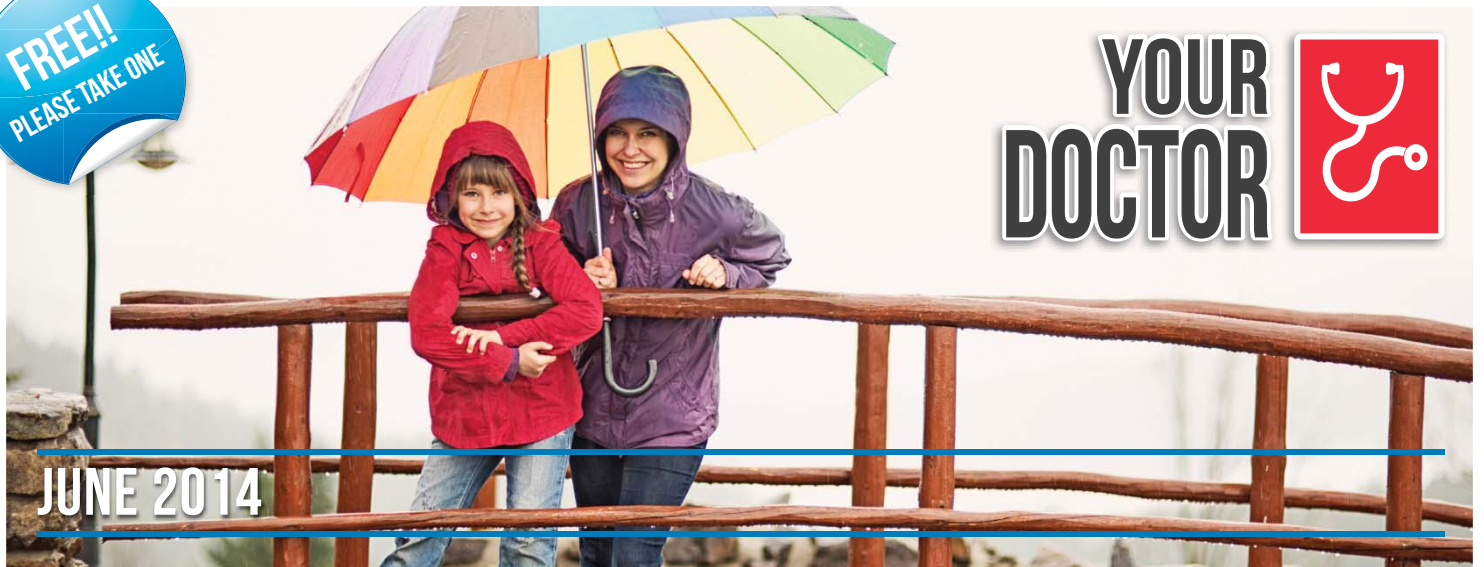


FREE!
PLEASE TAKE ONE

YOUR DOCTOR



JUNE 2014

HEALTH HQ

“Quality Caring”

95 Nerang Street
Southport 4215

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MBBS

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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

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.



NUTS FOR ALMONDS

Nuts contain many important nutrients, being rich in fibre, vitamins, minerals and unsaturated fatty acids (the good kind of fat). Nut consumption is linked to a variety of positive health outcomes including potentially reducing the risk of heart disease, hypertension and a decrease in various risk factors for chronic disease. They are also often recommended by dietitians as a good snack to consume to increase feeling of satiety between meals.

Researchers looked further into the benefits of consuming nuts, in this instance almonds, in 137 adults at high risk of developing type 2 diabetes. The adults consumed 43 grams of almonds each day either with breakfast, as a mid morning snack, an afternoon snack

or not at all. Compared with the people who didn't eat almonds, those who did had lower hunger levels and less desire to eat. Furthermore, there were favourable benefits on blood glucose levels in this group. The effects were more pronounced in those who consumed almonds as a snack rather than with a meal.

Adding nuts to your diet may be a safe way to decrease the risk of type 2 diabetes and improve overall health.

For reference: Tan SY and Mattes RD. Appetitive, dietary and health effects of almonds consumed with meals or as snacks: a randomized, controlled trial. European Journal of Clinical Nutrition 2013;67:1205-1214

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- **DR NORMAN SWAN: ANXIOUS ABOUT YOUR HEALTH?**
- **DID YOU KNOW? BUILDING MUSCLE FOR LONG TERM HEALTH**



DOGS: A WAISTLINE'S BEST FRIEND

They say that a dog is a man's best friend.

Well, new research has shown that it may also be a child's best friend. Pets are known to be valuable in improving social and relationship issues in certain individuals. Studies have also supported the benefit of pets, like dogs, in helping to control weight by motivating the owner to take it out for a walk. Since overweight and obesity are becoming increasingly prevalent in children and adolescents, researchers investigated how effective pet therapy is in promoting

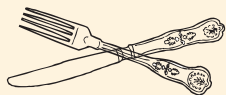
increased levels of physical activity in overweight children.

A group of overweight children, aged eight to 12, were included in the study. Half were exposed to a dog as part of an outpatient obesity program, and the other half spent the same amount of time with a friendly adult who verbally encouraged and supported them to try and take more physical activity.

The kids who were exposed to the dog experienced more physical activity than

those who didn't, with less sitting time and more walking. A dog can be a good motivator for people to get active. Having a dog at home, or exposing children to pets via an activity program, may provide the boost they need to get healthy.

For reference: Wohlfart, R et al. Dogs motivate obese children for physical activity: key elements of a motivational theory of animal-assisted interventions. Frontiers in Psychology 2013;4:796.



Good Health on the Menu

ALMOND BREAD

A tasty snack packed with the goodness of almonds.

Ingredients:

- 1 ½ cups whole wheat flour
- 1 cup plain flour
- ½ teaspoon almond extract
- 2/3 cup toasted almonds (slices or chopped by hand)
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 ¼ teaspoon ground cinnamon
- 1 teaspoon lemon juice
- 2 eggs
- 1 cup low fat milk

- 2/3 cup brown sugar
- 1 ½ tablespoons unsalted butter
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 2 ½ cups fresh or frozen mixed berries

Method

1. Preheat oven to 180 degrees Celsius
2. Grease a rectangular baking tin with unsalted butter or cooking spray
3. Combine flours, baking powder and soda, and cinnamon in a bowl. Mix until well combined
4. Combine eggs, milk, sugar, butter, oil, vanilla and almond extracts, and lemon juice in a separate bowl. Whisk until well combined.
5. Slowly add the wet ingredients into the bowl with the dry ingredients, stirring as you go
6. Add berries and almonds to mixture and stir until adequately combined (note – do not overmix at this step)

7. Pour mixture into baking tin and place in oven
8. Bake for 70 minutes or until golden brown and cooked through
9. Remove and allow to cool. Add slivered almonds on top if desired.

Try this with different fruits if berries are not available.



Enjoy!

MYTH VS. FACT: ARE 'SENIOR MOMENTS' A SIGN OF DEMENTIA ONSET?

So called 'senior moments' like memory lapses and forgetfulness affect most people from time to time as they age.

Are these moments just a normal part of ageing, or are they indicative of imminent cognitive decline?

Researchers followed the mental and memory function of a large group of older people over a three year period. The good news is they found that around half the people with mild cognitive impairment at the beginning of the study were scoring normally after three years.

This study does not identify the signs of early dementia or pinpoint exactly why people experience fluctuations in cognition. Nevertheless it is encouraging to know that the odd bout of forgetfulness does not necessarily indicate dementia further down the line. If you are experiencing a consistent worsening in memory loss it's a good idea to see your doctor.

For reference: Kaduszkiewicz, H et al. Prognosis of mild cognitive impairment in general practice: Results of the German AgeCoDe study. Annals of Family Medicine 2014; 12:158-165

Clever CROSSWORD

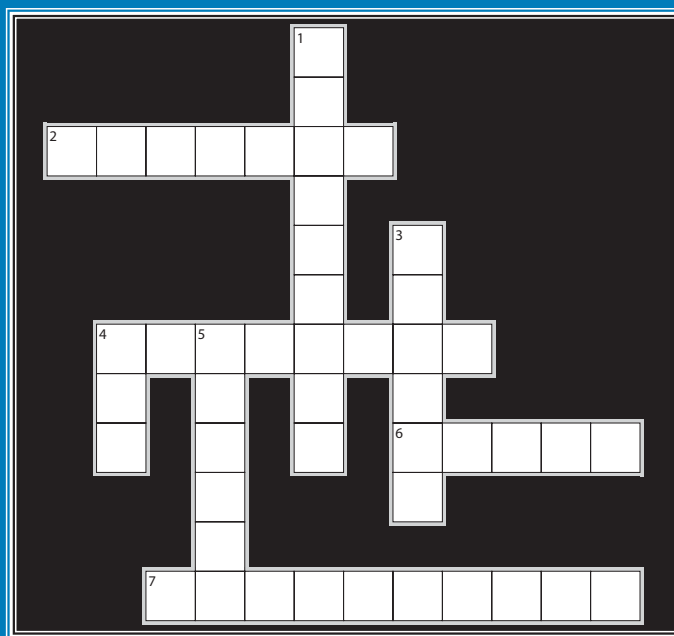
Down:

1. Nuts contain many important what?
3. Dogs can help control an owners' _____ by motivating them to be more active.
4. Owning a _____ may help to increase physical activity levels in kids.
5. Building up what, can help you maintain flexibility and balance in old age?

Across:

2. If you spend much or most of your time worrying about health you may have health _____.
4. Forgetful moments aren't necessarily indicative of what, further down the line?
6. Almonds can help reduce the risk of what disease?
7. A popular complementary treatment for I.B.S. is _____ oil.

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



PEPPERMINT OIL AND IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) affects around one in five Australians and causes unpleasant symptoms like abdominal pain, bloating and changes in bowel habits including constipation and diarrhoea. The cause of IBS is unknown however common triggers include stress, infection and specific food groups. Dietary changes are one focus of treating IBS and involve removing problem foods from the diet like those that cause gas – beans and cabbage – or reducing consumption of dairy products. A popular complementary treatment for IBS is

peppermint oil, which is thought to have a soothing effect on the unpleasant symptoms.

Researchers analysed the available data on peppermint oil for treating IBS and found that it was superior in alleviating symptoms of IBS when compared to a placebo. The side effects of peppermint oil consumption were minimal, with some people reporting heartburn.

This study was limited by its small sample size and short duration. Researchers cited a potential attribute for the soothing affect of

peppermint oil on the gastrointestinal tract to its menthol content. While cause and effect cannot be ascertained, people who suffer from bad IBS might benefit from consuming peppermint oil, with minimal side effects. As with all medications, speak to your doctor before taking anything new.

For reference: Khanna R, et al. Peppermint oil for the treatment of irritable bowel syndrome. Journal of Clinical Gastroenterology Epub online October 4, 2013 doi: 10.1097/MCG.0b013e3182a8835



Dr Norman Swan

A MATTER OF HEALTH

ANXIOUS ABOUT YOUR HEALTH?

Being anxious when you're sick, have had a serious illness or worried that you might have something serious is normal and understandable. Your doctor is there for you to express your concerns and check what might be going on. But some people are disabled by what's called health anxiety, which is a shame because when it's severe it gets in the way of their lives and also in the way of the doctor trying to make a sensible decision which will help the person. Here are a few statements which, if a person scores highly on, might indicate that apart from their physical problems, they need help to reduce their health anxiety. The statements include: I spend much or most of my time worrying about my health. I notice aches and pains more than most people my age. I am often or constantly aware of bodily changes and sensations. I try to resist thoughts of illness but am often not able to do so. I am often or always afraid that I have a serious illness. I frequently

have images of myself being ill. I often have difficulty taking my mind off thoughts about my health. If my doctor tells me there's nothing wrong I'm initially relieved but the worries return later. If I hear about an illness I often think I have it myself. If I have a bodily sensation or change I always wonder what it means. I usually feel at moderate or high risk for developing a serious illness.

The important thing to know here is that scoring high on health anxiety does NOT mean that a person has nothing physically wrong with them. But they do need help so that they don't spend their lives having tests and procedures that are only being done to settle their minds – this won't happen unless the anxiety is treated.

Luckily there is help available called cognitive behavioural therapy targeted at health anxiety. It helps the person to think and react differently to the thoughts that they're having. A person who's anxious to this degree should tell their doctor so that she or he can organise effective care.

Tyrer P et al. Clinical and cost-effectiveness of cognitive behaviour therapy for health anxiety in medical patients: a multicentre randomised controlled trial. The Lancet 2014;383:219-25

Chris Williams, Allan House, Cognitive behaviour therapy for health anxiety. (Comment) The Lancet 2014;383:190-91



DID YOU KNOW? BUILDING MUSCLE FOR LONG TERM HEALTH

Increased muscle strength and mass has many health benefits for the ageing body including protection from injury, and maintenance of flexibility and balance. A study has found an interesting association between muscle mass and longevity in older adults. Researchers from the US examined the levels of fat and muscle in a group of older adults, in addition to the impact that body fat and muscle mass had on longevity. They found that muscle mass was the most protective factor for longevity in this group.

Maintaining strong and healthy muscles is an important part of ensuring good health into old age. While this study doesn't show

exactly how muscles work to improve lasting health benefits, the benefits of exercise in older age groups is well documented. Resistance training, including aerobic exercise, flexibility and strength programs, are an important part of any fitness regime. Talk to a professional for some good advice and don't start any new exercises without consulting with your GP.

For reference: Srikanthan P, et al. Muscle mass index as a predictor of longevity in older-adults. The American Journal of Medicine 2014; doi: 10.1016/j.amjmed.2014.02.007

Across: 2. Anxiety; 4. Dementia; 6. Heart; 7. Peppermint.
Down: 1. Nutrients; 3. Weight; 4. Dog; 5. Muscle.

ANSWERS TO CROSSWORD

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.

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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.