

FREE!
PLEASE TAKE ONE

YOUR DOCTOR



MARCH 2014

HEALTH HQ

“Quality Caring”

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Southport 4215

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F: (07) 5531 3697

W: www.healthhq.com.au

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Dr Neil Chorley

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MBBS

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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.



WATER'S A WINNER

There's no doubt that sugar-sweetened drinks are a major cause of weight gain.

There's also no doubt that cutting them out of your diet aids weight loss, but is there any benefit in going a step further and replacing them with water? Water can help to increase feelings of fullness, and drinking water before a meal results in lower energy intake over the course of the day.

Researchers looked at the effects of replacing soft drink with water on weight gain over a four-year period. They found that for every serve of soft drink a day that was replaced with water, 0.49 fewer kilograms were gained over four years. Similarly they found that replacing fruit juice with water led to 0.35 fewer kilograms gained. While fruit juice has some health benefits it can still contain a fair amount of sugar and calories. Replacing soft drinks or fruit juice with coffee, tea, diet beverages and milk was also found to minimise weight gain. Water, however, was the clear winner.

Soft drinks are full of sugar and calories and should only be consumed in very small quantities to avoid weight gain. This study indicates that going a step further, and replacing soft drinks with water, may be a long-term lifestyle modification worth making.



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GREEN TEA

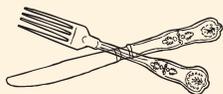
The consumption of green tea as a medicine dates back nearly 4000 years in China, where it was said to assist with everything from healing wounds and eliminating indigestion to improving urinary tract and brain function. These days, green tea is being touted as a weight loss aid. Green tea contains a variety of enzymes, amino acids, carbohydrates and dietary minerals. Two ingredients in combination, epigallocatechin-3-gallate (EGCG – a polyphenol that acts as an antioxidant) and caffeine, are thought to trigger the body's sympathetic nervous system, resulting in the release of adrenaline and increasing our metabolic energy burn.

Researchers put green tea to the test, investigating its effectiveness in increasing metabolism. Volunteers wore suits that circulate water held at 15 degrees Celsius on two occasions, for three hours at a time. The suits caused core body temperature to fall and volunteers began shivering. Shivering is the body's attempt to keep vital organs warm enough for survival in cold conditions. Speeding up metabolism is a way of generating heat without shivering – it's called non-shivering thermogenesis. Adrenaline and increased fat burning can speed metabolic rate and produce heat.

On one occasion volunteers were given a

placebo capsule, and the next time a capsule containing green tea extract including EGCG and caffeine. The rate of shivering was halved with the green tea extract, and non-shivering thermogenesis was stimulated via an increased metabolic rate.

While this study showed an increased metabolic rate and greater rate of fat burning when green tea extract was consumed, more research is required to ascertain its effectiveness in promoting weight loss. Nevertheless, it was shown to increase heat production in cold conditions so next time you're hit with a cold front, a cup of green tea may hit the spot.



Good Health on the Menu

GREEN TEA CUPCAKES

For a treat with a twist, try these green tea cupcakes.

Ingredients:

- 5 x green tea bags
- 125g margarine, softened
- 2/3 cup caster sugar
- 2 eggs
- 1 ½ cups self raising flour
- ¼ cup skim milk
- ¼ cup boiling water

Method

1. Preheat oven to 180 degrees Celsius
2. Grease 12 cupcake holes in a cupcake dish with margarine
3. Put boiling water in a teapot with 3 teabags and leave to brew for 5 minutes; remove bags
4. Break remaining 2 teabags and collect the green tea leaves in a bowl
5. Add the tea, tea leaves, margarine, sugar, eggs, flour and milk in a bowl
6. Mix ingredients until smooth and well combined
7. Spoon mixture into cupcake holes
8. Bake in oven for 20 minutes
9. Leave to cool before eating



Enjoy!

MYTH VS. FACT ANTIOXIDANTS MIGHTN'T BE AN ATHLETE'S BEST FRIEND

Many athletes take antioxidants after training in the belief that it helps restore the muscle damage and fatigue after a big exercise session. This is encouraged by the common view that post-exercise oxidative stress in the body is the main cause of the discomfort experienced after strenuous exercise.

In a study of well trained female athletes, researchers found that those taking antioxidants had around one percent lower improvement in training performance than those taking a placebo.

Oxidative damage is a natural part of the body adapting to stressful exercise, enabling higher levels of performance in future sessions. Taking high levels of antioxidants may impair this important process of repair, thus decreasing the body's ability to improve its adaptation to post exercise stress in future.

Current guidance recommends that athletes avoid high dose antioxidant supplements due to the minimal evidence for any clear training benefit. It's important you talk to your doctor before taking any new supplements or medications.

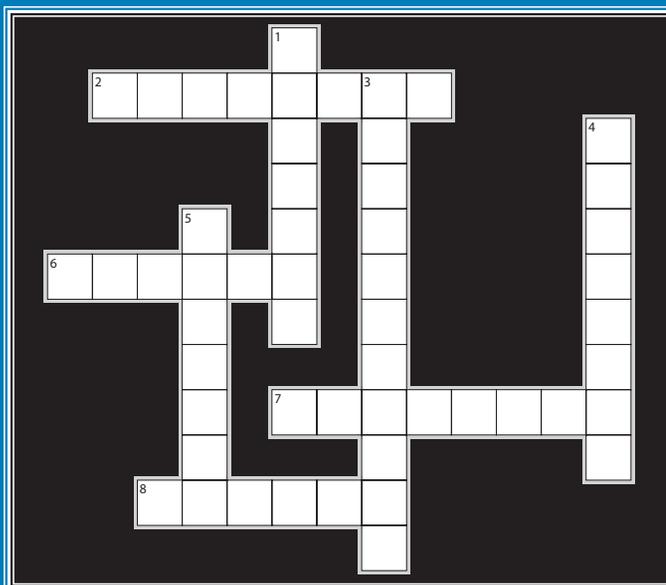
Clever CROSSWORD

Down:

- Green Tea contains a variety of what?
- For psychological reasons, weight loss what, may have the reverse effect on some people?
- Soft drinks are full of sugar and _____
- Vitamin E does not prevent heart what?

Across:

- Water can help increase the feelings of what, before a meal?
- In general, men tend to be more physically what, regardless of their partner's value of it?
- Oxidative damage is a natural part of the body adapting to stressful what?
- Green Tea is being touted as a _____ loss aid.



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

A WEIGHTY ISSUE



A huge amount of money is spent on weight loss supplements each year. They purport to have a variety of effects on weight management including burning fat, blocking fat, boosting metabolism and suppressing appetite. Despite their widespread use, there is little evidence to support their success. Researchers have tested whether weight loss supplements may actually have the opposite effect on people's weight – for psychological reasons.

Moral licensing is a psychological theory, which suggests that the presence of one perceived positive health behaviour might cause people to follow less healthy behaviours in other aspects of their life. An example would be someone thinking that they can pig

out on junk food because they've just done a big session at the gym. Or, in the case of supplements, the fact that they're taking a weight loss supplement means that they don't have to adhere to as healthy a diet.

Researchers randomly allocated participants to one of two groups. They were told that they would either be taking a weight loss supplement, or a placebo, but were not told which one. In actual fact, both groups were taking placebos. Participants completed a questionnaire measuring the progress they thought they were making in their weight loss endeavours. They were then offered a drink, and were allowed to add as much sugar to this as they wanted to. Lastly, they were asked to take part in a taste test of confectionary where

they could consume as much as they liked.

Those who thought they were taking the weight loss supplement consumed 29% more confectionary and asked for almost double the amount of sugar in their drink. This group was also more likely to report that they were making greater progress in their weight loss goals than those who believed they were taking the placebo.

It's important to be cautious about any supplements that lay claim to miraculous weight loss results. Not only do the majority of supplements lack good scientific evidence, the knowledge that you're taking something perceived to control weight may cause you to relax other aspects of your diet or exercise regime.



Dr Norman Swan

A MATTER OF HEALTH

VITAMIN E – AT LAST – SOMETHING FOR IT TO DO

Australians love their vitamins. It's a huge industry producing some of the world's most expensive urine – meaning we pee the stuff out without necessarily getting much benefit. Some antioxidants have also come in for criticism. Reviews of studies involving hundreds of thousands of participants have suggested that vitamin E and beta carotene in particular, are associated with an increased chance of dying prematurely – with no benefit. Vitamin E does not prevent heart disease and there's no evidence that it prevents dementia or Alzheimer's disease.

Which makes the results of a recent study all the more curious. It looks as though vitamin E in quite high doses (2000 international units per day) may slow the decline in activities of daily living in people with Alzheimer's disease and also slow the increasing demand on their caregivers. But

in this trial of people with mild to moderate Alzheimer's, there were no signs that the effect of vitamin E was due to better thinking ability and memory. It was working in another way, perhaps by improving physical health. There was also no increase in death rates, which was good news.

So in summary, you're throwing away good money by taking vitamin E supplements when you're healthy but it is worth talking to your doctor about them if you or someone you care for has Alzheimer's disease.



DID YOU KNOW? YOUR BETTER HALF

People in relationships can influence one another in various ways. Whether it be by introducing each other to new music styles or different forms of entertainment, people try to take an interest in their significant other's hobbies. Researchers have found that this also extends to healthy lifestyle habits. They examined how people's attitudes towards health, including diet and exercise choices, influence their other half in the long term.

The results revealed that, in general, men tend to be more physically active regardless

of whether their partner places high value on the importance of exercise or not. Women, on the other hand, were influenced by their partner's healthy dietary choices, opting to adhere to a similar healthy diet plan.

Healthy attitudes towards diet and exercise can have positive effects on those closest to you. Partners are a good source of support so, if you're trying to stick to a healthy lifestyle, you may benefit from teaming up with your loved ones who can support and encourage your choices.

Across: 2. Fullness; 6. Active; 7. Exercise; 8. Weight.

Down: 1. Enzymes; 3. Supplements; 4. Calories; 5. Disease.

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.

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.

Don't forget to ask your Doctor for the 2014 Flu Vaccine.