



YOUR DOCTOR



MAY 2013

HEALTH HQ

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W: www.skinhq.com.au



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 FACCRM 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.SC

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.



WEIGHING IN ON OUR MASTERCHEFS

Commercial television is inundated with cooking shows. From reality shows like Masterchef and My Kitchen Rules to the rise of the celebrity chef, our viewing time is occupied by cooking information and demonstrations. In many cases, however, the nutritional content of the meals prepared is not specified and therefore the nutritional value remains questionable. A study in the UK investigates the dietary qualities of these meals and their implications for consumer's health.

Researchers analysed 100 main meals prepared by television chefs who hosted their own series and had written an associated recipe book. The meals were assessed based on the raw ingredients used and their quantities, and were compared with nutritional guidelines published by the World Health Organisation (WHO) as well as UK Foods Standards Agency. The results revealed that the majority of meals did not meet the adequate standards for a balanced diet. They had excess energy, protein and saturated fat, minimal fibre, and did not meet the standards of the WHO nutrient intake goal for preventing diet related diseases.

Overweight and obesity are huge problems in society contributing to a range of disease including diabetes, cardiovascular disease and potentially cancer. This research indicates that people should consider the nutritional value of meals that they see on TV and, should you want to treat yourself to something indulgent, it is important to practice portion control. Furthermore, there are a number of celebrity chefs who are concerned with health and prepare their meals accordingly so be sure to keep an eye out for them.

INSIDE:

- **GIVE BROCCOLI A BOOST**
- **GREEN TEA SUPPLEMENTS: A WEIGHT LOSS SOLUTION?**
- **DR NORMAN SWAN - A MATTER OF HEALTH**

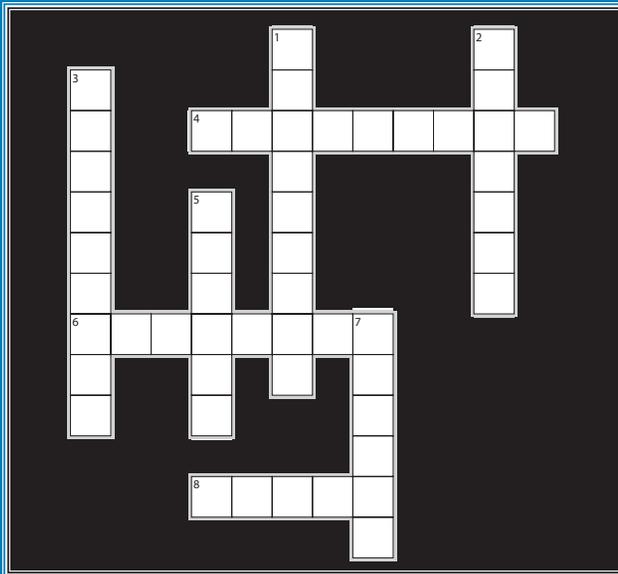
Clever CROSSWORD

Down:

1. Celebrity chefs' food has been found to be lacking in what?
2. Men have a roughly 15% higher rate of what than women?
3. Margarine is made from what oils?
5. Drinking green tea can help reduce the risk of what?
7. Broccoli benefits what system?

Across:

4. Replacing butter for margarine for one year can remove 3 kilos of what fats?
6. The anti-cancer compound Sulforaphane, comes from chewing on what?
8. For men, sitting for long periods of time can slow the production of what?



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

MYTH VS FACT - BUTTER ME UP



There is a common belief that butter is better than margarine as it is more natural and kinder to our health. The Heart Foundation, however, has outlined that this is not the case. Butter is full of saturated fat which is the bad kind of fat. Saturated fat raises our cholesterol levels, and is a contributing factor to cardiovascular disease.

While butter is around 50% saturated fat, margarine contains, on average, only about 15%. Margarine is made from vegetable oils and is high in the healthier polyunsaturated fats which, in moderation, are important for maintaining a nutritional and balanced diet.

The Heart Foundation reports that by replacing butter with margarine for one year, you can remove almost three kilos of saturated fats from your diet and reduce your risk of cardiovascular disease. When cooking at home, you can substitute butter for margarine or olive oil and still deliver the same delicious meals. It's a small lifestyle modification that could make a big difference to your health.



GIVE BROCCOLI A BOOST

Broccoli. It's the vegetable that our parents have urged us to eat since we were little – and with good reason. Broccoli benefits our immune system, promotes good bone health and is known for containing a cancer combating compound. Various studies have indicated, however, that these powerful reparative qualities may be compromised in the cooking process.

When broccoli is crushed or chewed, the body converts an organic element contained in the vegetable into an anti-cancer compound called sulforaphane. Heat has been shown to decrease the effectiveness

of this process, whilst broccoli that is consumed fresh and raw increases the levels of sulforaphane in our blood in as little as three hours.

Various studies have investigated the effectiveness of broccoli powder, which has been marketed in recent years as a potent cancer fighting supplement. Research, however, has found that broccoli powders have very little impact and therefore may not be worth consuming. Scientists trialled the use of broccoli powder in conjunction with fresh, raw broccoli and found that the production of the anti-cancer compound was enhanced.

Given this result, researchers went on to consider other foods that may help boost the production of sulforaphane in our blood. It was found that strong tasting vegetables such as radish, cabbage, rocket, watercress and brussel sprouts all contain the elements that compliment this process and can therefore help increase the benefits of broccoli, even after it's been cooked. So next time you cook broccoli add other vegetables to the mix – not only will this enrich the flavour, you will also be equipping your family with a cancer-fighting weapon (*look to the right for a delicious broccoli pizza recipe!*)

GREEN TEA SUPPLEMENTS: A WEIGHT LOSS SOLUTION?

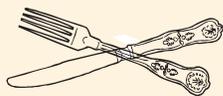
There are a range of natural products on the market that claim to benefit our health. One of the health issues most targeted by so called 'natural' medications is weight loss. Green tea has been linked to a number of positive health benefits including reduced risk of cancer, improved heart health, and increased mental function. More recent claims have linked green tea to weight loss, perhaps because it might increase a person's energy output. The market has subsequently exploded with a number of green tea extract beverages and supplements all claiming to assist with weight loss. A review analysed 18 studies to determine whether these supplements were actually useful as weight loss tools.

The researchers looked at 15 weight loss studies and three studies measuring weight maintenance. Each involved the consumption of a green tea supplement or beverage and the results were compared to a placebo group. Each participant was not made aware of which substance they were consuming.

The results found no significant difference in weight loss between the two groups. The green tea extract supplements and beverages had little effect on weight loss compared to the placebo, suggesting that the hype lacks evidence. Supplements are often expensive and may be detrimental

to other aspects of one's health so let your doctors know what you're taking prior to commencing any new medication. It is also important to remember that there is no quick and easy way to lose weight and keep it off.

Some supplements may provide a short term solution, but to maintain a healthy weight for the long term a nutritional, balanced diet combined with plenty of exercise is essential.



Good Health on the Menu

CHICKEN, BROCCOLI AND ROAST CAPSICUM PIZZA

Your Doctor apologises to the readers of last month's recipe, as there was no mention of Pumpkin in the ingredients. It was 750g of chopped Pumpkin. Thank you.

This is the perfect meal for entertaining, or a quick and easy school night dinner. It's full of flavour and great for your health!

Ingredients:

- 1 red capsicum, halved and deseeded
- Extra Virgin olive oil spray
- 3 cups of broccoli (can be whole or sliced on pizza)
- 2 tbs reduced salt tomato paste
- 1 large wholemeal flatbread
- 200g cooked lean chicken breast, thinly sliced

Ingredients continued:

- ½ cup fresh low-fat ricotta, crumbled
- 1 cup baby rocket leaves

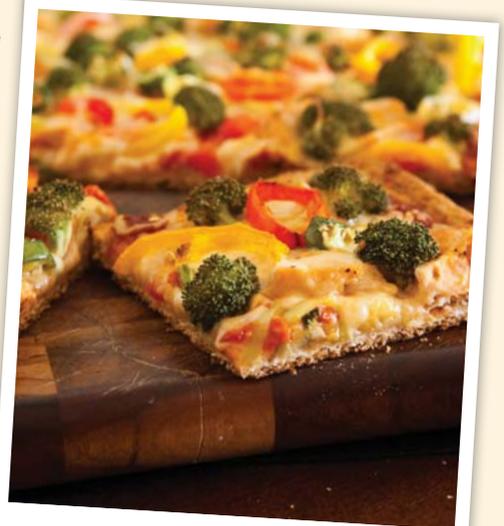
Method

1. Preheat oven to 220°C. Line a baking tray with non-stick baking paper. Place the capsicum, skin-side up, on the tray. Spray with olive oil. Roast in oven for 20 minutes or until charred and blistered. Transfer to a sealable plastic bag and set aside for 10 minutes. Peel the skin from capsicum and thinly slice the flesh.
2. Cook the broccoli in a saucepan of boiling water for 2 minutes or until bright green and tender crisp. Refresh by running under cold water, then drain.
3. Preheat a large baking tray in the oven for 5 minutes.
4. Spread tomato paste over 1 side of the bread then top with chicken, capsicum, broccoli and ricotta and season with pepper.

5. Place pizza on the hot tray and bake in oven for 10 minutes or until crisp.

6. Slice and serve with rocket on top.

Note: Recipe serves four



Enjoy!



Dr Norman Swan

A MATTER OF HEALTH



TELEVISION & FERTILITY-BEHIND THE HEADLINES

You might have seen the headline: "TV viewing reduces men's sperm count". Well, like most headlines, it's partly true. This study was part of a large body of work conducted at Harvard School of Public Health in Boston on the effects of lifestyle and environmental factors on fertility in men and women. For example in the past they've found that a diet too high in calories, high glycaemic index, carbohydrates and trans fats, lowers women's ability to conceive and also reduces their chances of success with assisted reproduction treatments (IVF). The same goes for men including, perhaps surprisingly, the chances of success of their partners in having a baby from infertility treatment. The important thing to appreciate here is that it is a couple who are infertile or having trouble conceiving. It's much less common for the reason to lie with only one partner. What happens is that the woman might have older eggs and not be ovulating too well, while the man has sperm counts and semen quality that are a bit below par. The combination makes for a tough time getting pregnant.

So if by lifestyle changes both partners can improve things a bit then their chances of having a baby will be higher.

The television story reports that they found that men who watch television for 20 hours or more per week had lower sperm counts and poorer semen quality than men who watched less television. Now it's true that the television watchers were fatter, had poorer diets and took less exercise but even allowing for those factors, the TV viewing itself had an influence of its own.

The reasons? Well there is evidence that when men sit for long periods of time, their scrotum heats up – and that's bad for sperm production. In addition the sperm may be more exposed to what's called free radical damage – that's the biological equivalent of rusting.

So mums to be, if it's a baby you want, get that man of yours off the couch.

DID YOU KNOW? RISKY BUSINESS FOR MEN

The **Cancer Council Australia** has revealed that Australian men are at more risk of dying from cancers that affect both men and women. The figures indicate that men have an 84% higher chance of dying of these cancers than women do, averaging around 7000 more deaths a year. Lifestyle factors have been cited as the major reason for the difference in numbers, with men reported to engage in riskier behaviour whilst taking less responsibility for their health and well being.

Some of the figures released by the Cancer Council indicate the average difference in lifestyle habits between Australian men and women. Men have a roughly 15% higher rate of overweight or obesity, are around 4% more likely to smoke daily, 12% less likely to have annual check-ups with their GP, and almost three times more likely to exceed the alcohol consumption guidelines than women.

Lifestyle modifications can be made to bridge this gap and lower the number of potentially preventable deaths occurring in the male population each year due to cancer. Increasing physical activity, having one or two less beers when out with mates, consuming lean meat or having one night off meat a week, and visiting a GP when something feels wrong are all small adjustments that can make a big difference. The Cancer Council NSW has launched a campaign called "Sh*t Mates Don't Say" which is aimed at encouraging men to start thinking and talking about their health.



**FOR MORE INFORMATION VISIT
THE WEBSITE AT:
www.stuffmatesdontsay.com
OR CALL 13 11 20**

ANSWERS TO THE CROSSWORD

Across: 4. Saturated; 6. Broccoli;
8. Semen
Down: 1. Nutrition; 2. Obesity;
3. Vegetable; 5. Cancer;
7. Immune

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.

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 have your 2013 flu vaccine. Ask your Doctor or Nurse.