

FREE!
PLEASE TAKE ONE



YOUR
DOCTOR



MAY 2014

HEALTH HQ

“Quality Caring”

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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.



DON'T BITE OFF MORE THAN YOU CAN CHEW

It's fairly obvious that chewing is an important part of eating. In order to minimise the risk of choking, it's essential that we chew our food adequately. In addition to this, it's been thought that chewing food thoroughly helps to ensure that it's digested properly and may also increase feelings of fullness after a meal.

Researchers tested this theory, asking a group of volunteers to consume pizza and swallow after 15 or 40 'chews'. Participants were monitored over the next three hours answering questions regarding their level of fullness. Blood samples were also taken every 15 minutes. The results revealed that those who chewed for longer had a more sustained feeling of fullness compared to

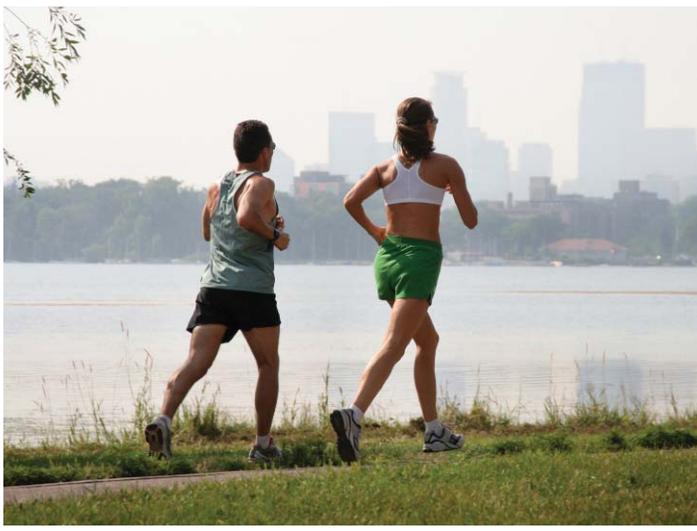
those who didn't and also had significant changes in the hormones that regulate hunger, which come from the intestine and communicate with the brain. Those who chewed their pizza 40 times per bite were found to have an increased digestion rate.

Giving your food an extra chew may help to keep hunger at bay in the few hours after a meal and provide more nourishment from what you eat.

For reference: Zhu Y et al. Increasing the number of masticatory cycles is associated with reduced appetite and altered postprandial plasma concentrations of gut hormones, insulin and glucose. British Journal of Nutrition 2013; 110: 384-390.

INSIDE

- **A DIET FOR DIABETES**
- **MENU: MEDITERRANEAN SALMON**
- **DID YOU KNOW? SAD POSTURE**
- **CLEVER CROSSWORD**
- **OBESITY AT THE HEART OF THE HOUSEHOLD**
- **DR NORMAN SWAN: INSIDE OUT AND BACKSIDE FORWARDS**
- **MYTH VS. FACT: ARE MEN MORE FORGETFUL THAN WOMEN?**
- **RECIPE COMPETITION**



A DIET FOR DIABETES

Nearly 300 Australians are diagnosed with type 2 diabetes every day. Lifestyle changes including a healthy diet and increased physical activity are known to lower the risk of type 2 diabetes but it's not been clear which is the best diet to follow.

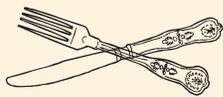
Researchers analysed different diets and their effect on risk of type 2 diabetes. The four patterns that showed the most promise were low carbohydrate, low Glycaemic Index,

Mediterranean, and high protein. Of these, the Mediterranean diet – which contains olive oil, legumes, unrefined cereals, fruits and vegetables, fish and moderate amounts of dairy and red meat products – came out on top.

This research should not be taken as an endorsement for one dietary approach however it corroborates general guidelines for reducing the risk of type 2 diabetes

including having a diet rich in fruits and vegetables, and low in red meat and processed foods. It's important to come up with an individualised diet plan that suits your lifestyle and tastes, and one that you and your family can maintain.

For reference: Ajala O et al. Systematic review and meta analysis of different dietary approaches to the management of type 2 diabetes. American Journal of Clinical Nutrition 2013; 97: 505-516.



Good Health on the Menu

MEDITERRANEAN SALMON

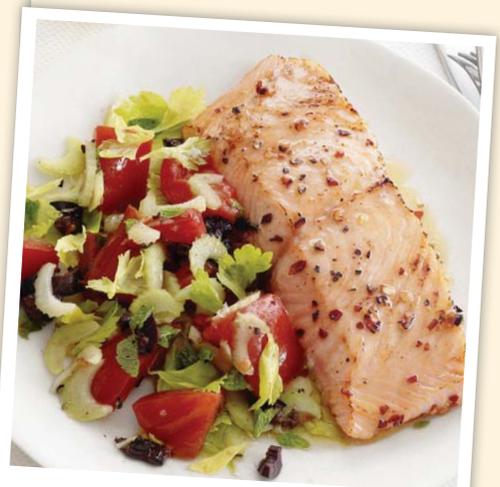
Try this for an easy and delicious dinner with a Mediterranean twist.

Ingredients:

- 4 salmon fillets
- 2 cups diced tomatoes
- 1 cup diced zucchini
- 2 tablespoons capers
- 1 jar pitted black olives
- 1 tablespoon olive oil
- Salt and pepper to taste

Method

1. Preheat oven to 180 degrees
2. Line a baking dish with non stick baking paper
3. Season salmon with salt and pepper on both sides
4. Put salmon in baking dish and place in oven
5. While salmon is cooking combine tomatoes, zucchini, capers, olives and olive oil in a bowl
6. Bake in oven for 25 minutes or until cooked through
7. Remove from oven and season with mixture



Enjoy!

DID YOU KNOW?



SAD POSTURE

We've often heard people described as "stiff necked" or "up tight". While these expressions are typically used as figures of speech, it has been suggested that they could have some grounding in our response to negative emotions.

Researchers tested the connection between posture and emotional state using a group of healthy young women. The women were photographed side on and researchers measured the angle of their shoulder droop from their head. The sadder the women reported to be, and the more often they reported being sad, the more drooped their shoulders were.

While posture may provide some insight into a person's emotional state it is by no means the best way to judge someone's mental health status. More research is needed to understand the link between posture and sadness and what impact things such as exercise, that assist with our posture, have on our mood.

For reference: Do Rosario JLP et al. Can sadness alter posture? Journal of Bodywork and Movement Therapies 2013;17:328-331.

Clever CROSSWORD

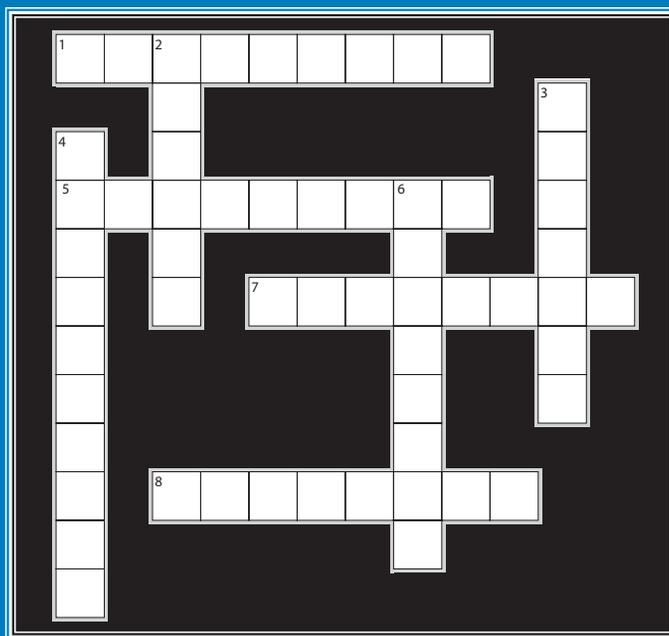
Down:

- Greater what loss, has been reported in males?
- Lifestyle choices play a significant role in the development of what?
- A diet rich in fruits and what, can help reduce the risk of type 2 diabetes?
- Lifestyle choices including a healthy diet and increased physical what, are known to lower the risk of type 2 diabetes?

Across:

- Televisions and _____ are linked to weight gain by increasing sitting time.
- Posture may provide some insight into a person's _____ state.
- A large population of _____ live in our bowel.
- Chewing food thoroughly helps to ensure that it's _____ properly.

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



OBESITY AT THE HEART OF THE HOUSEHOLD

Our lifestyle plays a significant role in obesity. The combination of high calorie, low nutrient diets and sedentary lifestyles explains most of the prevalence of obesity in Australia. Televisions, computers and cars are linked to weight gain by increasing sitting time and reducing physical activity. Researchers looked at the association between ownership of these items and incidence of obesity and diabetes.

Increased ownership of these common household items was associated with

increased sitting time, high dietary energy intake, growing body mass index (BMI) and waist circumference, and decreased physical activity. The households that owned two of the devices had a significantly increased risk of both obesity and diabetes compared to those who owned one or none.

Televisions, computers and cars have become an indispensable part of modern life however it's important to try and moderate usage. Various strategies can be adopted to increase daily physical activity levels

including catching public transport to work, using stairs instead of elevators and getting a standing desk for your office. Replace family time in front of the TV with an outdoor activity and your bodies will thank you for it. It will also remove unhealthy advertising from your children's eyes and ears.

For reference: Lear, S et al. The association between ownership of common household devices and obesity in high, middle and low income countries. CMAJ 2014. DOI: 10.1503/cmj.131090



Dr Norman Swan

A MATTER OF HEALTH

INSIDE OUT AND BACKSIDE FORWARDS

There are two facts about human biology that people are often surprised by. One is that the inside of our bowels are actually outside our bodies and a second (and related) is that more than 99% of our DNA isn't ours. It belongs to germs hanging around body surfaces - the most fertile of which is the surface of our bowels. On the first mind bender, it's actually easier to appreciate when you think of the intestines as being a tube from your mouth downwards. So just like any pipe, the inside surface is open to the outside world and therefore "external!"

On the second mind bender, we're talking about the microbiome - the vast population

of bacteria and other largely harmless bacteria which live in our bowel. They live in a place where, as they say, the sun don't shine, exquisitely adapted to a hostile environment and very hard to isolate and grow in the laboratory. So hard that scientists haven't a clue what's in there apart from the ones which are easiest to detect such as the lactobacilli. They're what the probiotic industry markets to us, when in fact lactobacilli are only a tiny proportion of the menagerie inside us. But just to give you an idea of the potential importance of even lactobacilli, there is some evidence in mice that *Lactobacillus rhamnosus* can perhaps make them less stressed.

The latest research is showing that when someone has put on weight and is at risk of diabetes, their microbiome is decimated with about 40% fewer of these health-giving organisms living in the bowel. The good news is that when you lose weight, take more exercise and improve your diet, your internal world improves and the population of bacteria is restored – without a single probiotic being swallowed!



MYTH VS FACT : ARE MEN MORE FORGETFUL THAN WOMEN?

People often joke about the male tendency to forget special occasions like birthdays and anniversaries – which can get them into a bit of trouble with their significant other. Well, Norwegian research has found that this may be more than a joke and men might really be more forgetful than women.

Over 50,000 men and women between the ages of 20 and 80 years volunteered to be part of the study. It involved a health examination and a questionnaire dealing with a range of topics, one of which was forgetfulness.

Greater memory loss was reported in males across all ages when compared to females. Primary issues involved the recollection of names and dates, and keeping track

of conversations and planned activities. Furthermore, male participants performed worse when asked to recall things that had happened a few minutes ago, a few days ago and a few years ago.

These results were self reported so you have to be cautious in drawing conclusions. Even so, memory problems, particularly at an early age, can be a sign of increased risk of dementia. Keep an eye out for rapid and sustained memory loss and, if concerned, talk to your doctor.

For reference: Holmen J et al. Gender differences in subjective memory impairment in a general population: the HUNT study, Norway. BMC Psychology 2013;1:19 (doi:10.1186/2050-7283-1-19)

Across: 1. Computers; 5. Emotional; 7. Bacteria; 8. Dusted.

Down: 2. Memory; 3. Obesity; 4. Vegetables; 6. Activity.

ANSWERS TO CROSSWORD

RECIPE COMPETITION: BE IN TO WIN A \$50 SHOPPING VOUCHER

Choose from either **Woolworths, JB Hi Fi or Dymocks Book Stores.**

Simply email us your **favourite recipe**, with a full list of ingredients and cooking instructions to be in to win!! The winning recipe will be featured in the **July Your Doctor.**

Email your recipe, name, address, phone number and the clinic you attend to: cliniccompetition@gmail.com

with the subject heading 'May Doc 2014'.

Entries must be received by 31/05/2014.

THAT'S IT! GOOD LUCK!

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.