

FREE!
PLEASE TAKE ONE

**YOUR
DOCTOR**



NOVEMBER 2014

HEALTH HQ

“Quality Caring”


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(**Reception**) Janet (**Financial Assistant**)

HOURS AND SERVICES

Consultations by appointment.

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.

Mon, Tue, Wed, Fri 8:30am-5:00pm

Thursday 8:30am-6:00pm

Saturday 8:30am-12:30pm

AFTER HOURS CARE

GP & Home Visits: Chevron After Hours
(07) 5532 8666

Hospital: Pindara Emergency Centre
(07) 5588 9000

In a serious emergency, call 000.

VALUABLE WEBSITES FOR QUALITY INFORMATION

www.travelmedicine.com.au

www.healthinsite.gov.au



CAFFEINE FOR PROSTATE CANCER SURVIVORS

Caffeine is often taken by recreational and elite sports people to enhance exercise performance. It acts as a neuromuscular stimulant and can help to change perceptions of exercise fatigue, improve muscle ‘fibre recruitment’, and has a direct effect on heart muscle contraction. However, in people with serious medical conditions, there’s little research into the potential benefit of caffeine on exercise capacity and fatigue.

In a trial involving 30 Australian prostate cancer survivors, researchers found that after taking a caffeine capsule, the men had higher exercise capacity compared to a placebo or dummy capsule. Exercise capacity was measured via a 400 metre walking task and under caffeine conditions the men were 3% quicker. Grip strength in both hands was also found to be stronger

when taking caffeine. Upon completion of exercise, systolic blood pressure (pressure when the heart contracts) and heart rate were significantly higher when consuming caffeine.

Fatigue seriously affects cancer survivors’ quality of life. Exercise has numerous positive benefits for physical and mental health, so simple, safe measures that can help to increase exercise capacity could make a significant difference to people’s lives. Caffeine could be one such a measure.

For reference: Cornish, RS et al. Effect of caffeine on exercise capacity and function in prostate cancer. *Medicine and Science in Sport & Exercise* Epub online June 27 2014; doi 10.1249/MSS.0000000000000429

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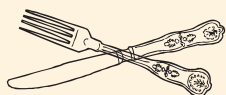
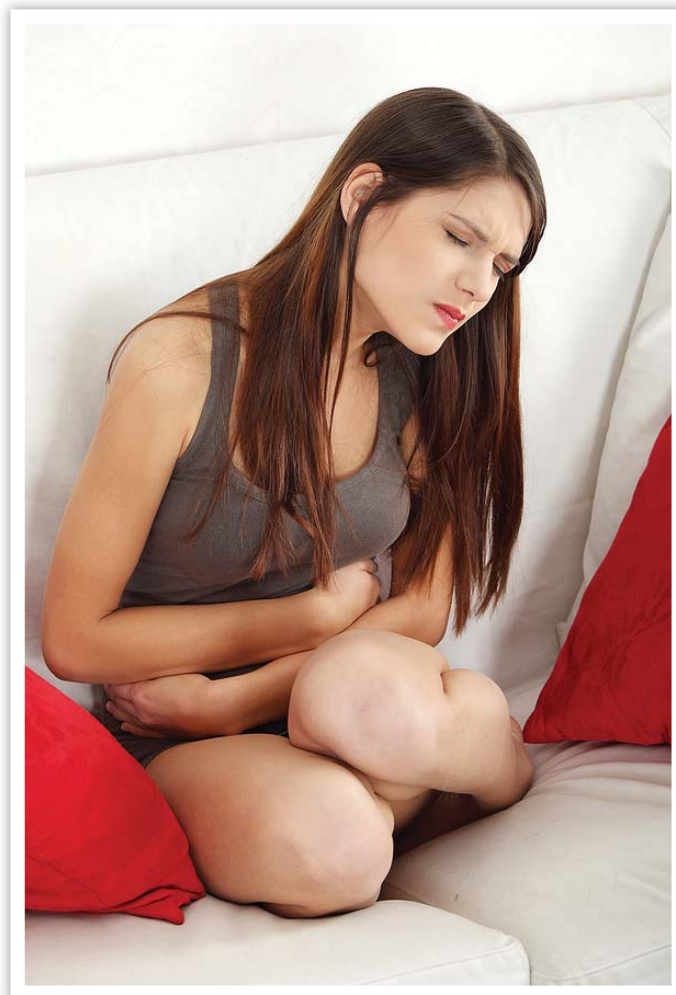
DIETARY TREATMENTS FOR IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) is a tummy disorder experienced by around one in five Australians. IBS symptoms include abdominal bloating and pain, flatulence, diarrhoea and other altered bowel habits. The cause of IBS is unknown but factors like emotional stress, changes in routine, infection and diet can contribute to symptoms.

Various dietary modifications have been suggested for treating IBS and the American College of Gastroenterology has found support for several of these. The first is increasing the amount of soluble fibre eaten each day. Sources of soluble fibre include fruits, vegetables, dried beans, lentils, soy products and psyllium. Evidence suggests that consuming insoluble fibre, like that found in bran, can make IBS worse. The College also cited some promise in gluten free and low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) diets in reducing the symptoms of IBS but further research needs to be done to confirm this.

So it's worth discussing your diet with your doctor if you think you may have IBS.

For reference: Ford AC et al. American College of Gastroenterology Monograph on the Management of Irritable Bowel Syndrome and Chronic Idiopathic Constipation. American College of Gastroenterology 2014;109:S2-S26.



Good Health on the Menu

VEGETARIAN BURGERS

Delicious burgers with a good dose of fibre.

Ingredients:

- 1 onion, chopped
- 1 clove garlic, crushed
- 1 tin chickpeas
- 1 egg
- ¼ cup breadcrumbs
- ½ cup fresh coriander, chopped
- 1 tsp ground cumin
- 1 zucchini, grated

- 2 tbsp olive oil
- Rocket
- 100g low fat yoghurt
- ½ cup lemon juice
- 100g roasted capsicum, sliced
- Rye bread rolls

Method

1. In a food processor combine onion, garlic, chickpeas, bread crumbs, egg, coriander and cumin – blend until chickpeas form a chunky paste consistency
2. Spoon mixture into bowl and stir in zucchini
3. Heat olive oil in pan and shape mixture into walnut sized balls, press flat to form patties and fry on both sides until crisp. Remove and place on paper towel

4. In a small bowl combine yoghurt and lemon juice
5. Slice rolls through the middle to form a top and bottom
6. To assemble burgers place rocket on base of roll followed by chickpea patty, roast capsicum and yoghurt / lemon mix



Enjoy!

DID YOU KNOW? TAKE CARE WHEN DINING OUT

With the rise in obesity rates over the past few decades, health professionals and researchers have been looking for all possible causes. Inactivity and unhealthy diet are two known contributors to overweight and obesity. It's also thought that the increase in dining out has contributed however there's little solid research to back this up.

A study in the US of more than 12,000 people found that those who ate at fast food restaurants and full service restaurants consumed almost 200 calories more on the days that they ate out. They also ate more saturated fat, sugar and salt on these days.

These findings are not intended to deter people from eating out. There are many potential benefits to dining out like increased opportunity to socialise and more time available from not needing to prepare food. It rather sheds light on the importance of monitoring your eating habits when out. You can still make healthy decisions. You can order the smaller meal option, choose salad or steamed vegetables instead of chips as a side, refrain from upsizing, and eat only until full rather than clearing the plate completely.

For reference: Nguyen, BT and LM Powell. The impact of restaurant consumption among US adults: effects on energy and nutrient intakes. Public Health Nutrition Epub online August 7, 2014: doi 10.1017/S1368980014001153

Clever CROSSWORD

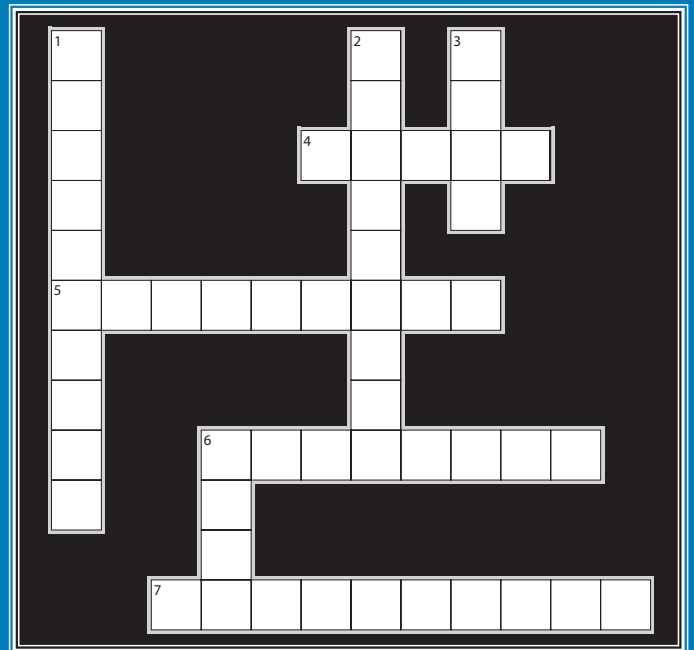
Down:

1. The most common type of head injury is _____.
2. Robots are being used more commonly for procedures such as removing the what?
3. Two known contributors to obesity are inactivity and an unhealthy what?
6. Irritable bowel syndrome symptoms include abnormal bloating and _____.

Across:

4. If you have ongoing flatulence and diarrhoea, it may be worth getting checked for irritable _____ syndrome.
5. Caffeine acts as a neuromuscular what?
6. Exercise has numerous positive benefits for mental and what, health?
7. _____ exercise is an activity that you perform as part of your daily routine.

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



NO SUCH THING AS A GOOD KNOCK TO THE HEAD

Concussion is the most common type of head injury and may or may not include the loss of consciousness. Stories of professional athletes suffering severe memory impairment following a career of sustained head knocks have shed light on the dangers of repeated concussions. New research suggests that it's not only repeated or severe head injuries that are cause for worry – even head injuries that appear to be modest or one off events can affect brain function.

Neuroscientists followed up on 23 patients who sought medical attention after a knock to the head, the majority of whom were classified as having mild to moderate concussion. During the early phase of recovery, that is in the days after the first scan, the level of measurable brain injury did not relate to the impairment in thinking and memory skills. A year later, however, the level of brain injury observed in these patients by MRI scanning was related to a continuing loss of learning and memory abilities. There was also

evidence of sustained loss of brain function.

It's important to treat head injuries seriously, even if you deem them to be mild. Try to avoid unnecessary knocks and, if they do occur, careful follow up and care is required to ensure that there are no long lasting thinking and memory problems.

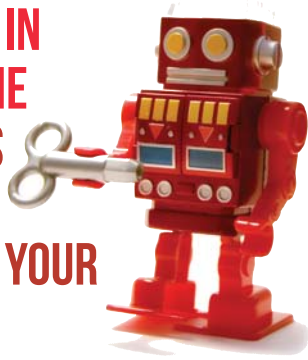
For reference: Croall ID, Cowie CJA, He J, White matter correlates of cognitive dysfunction after mild traumatic brain injury. *Neurology* 2014;83:494-501.



Dr Norman Swan

A MATTER OF HEALTH

ROBOTS IN MEDICINE THERE'S ONE COMING YOUR WAY



As technology develops, more and more of us are going to experience robots doing the work that doctors and other clinicians used to do. In fact it's been happening for years and you don't realise it. For instance when your doctor orders a blood test, the pathology lab usually analyses the sample completely automatically. The machine doesn't look like a robot (if your image is R2D2 in Star Wars) but that's effectively what it is.

Some surgeons are using robots, where keyholes are made to introduce the

instruments, to remove prostates, fix damaged heart valves, perform brain surgery and remove bowel cancers. This list increases by the week. The robot is manipulated by a surgeon who doesn't need to be scrubbed up and who could even be across the world from the operating theatre.

The advantages are that it's easier to manipulate the instruments and see what's going on. It all sounds great and there is evidence that patients bleed less, have smaller incisions and go home sooner but major complications are probably not reduced, certainly in prostate removal. The things to be aware of as a consumer are that robotic surgery is expensive and surgeons need a lot of training to become good at it.

Something else to be aware of is that new is not always – in fact not often – better when it comes to medical technologies. In a non-robotic example, very few of the recently developed artificial hips and knees which have come onto the market are any better than the older, much cheaper versions. Some of the new ones have actually failed at a higher rate.

So if your doctor offers you older but tried and true treatments, it's not because they're fuddy duddies. They're usually keeping you safe!



MYTH VS. FACT: IS ACTIVE COMMUTING ACTUALLY BETTER FOR YOUR HEALTH?

Rates of overweight and obesity are at an all time high and much of this is due to people leading increasingly sedentary lives. With busy work schedules, social lives and family commitments many people struggle to find the time to exercise. Incidental exercise, that is an activity that you perform as part of daily life, is thought to assist in reducing rates of overweight and obesity and make a valid contribution to daily physical activity levels. Researchers investigated a form of incidental exercise, active commuting to work, and whether this influenced people's body mass index (BMI) and percentage body fat.

Researchers compared three forms of commuting: active transport (walking or cycling), public transport (bus or train) and private transport (car, taxi, motorcycle or scooter). They found that those who actively commuted or used public transport had lower BMIs and a lower percentage body

fat compared to those who used private transport.

If you struggle to find the time to exercise, actively commuting to work may be one way to get more physical activity into your day. Physical inactivity contributes to risk of a number of chronic conditions including heart disease, diabetes and high blood pressure so it's important to try to take some exercise each day. Other simple lifestyle changes that can assist with weight management include taking the stairs instead of the lift or escalator and using a standing desk for part of the day at work.

For reference: Flint, E et al. Associations between active commuting, body fat, and body mass index: population based, cross sectional study in the United Kingdom. *BMJ* 2014; 349:g4887 doi: 10.1136/bmj.g4887 (Published 19 August 2014)

6. Physical; 7. Incidental.
Across: 4. Bowel; 5. Stimulant;
3. Diet; 6. Pain.
Down: 1. Concussion; 2. Prostates;

TO CROSSWORD ANSWERS

PRACTICE UPDATE

SERVICE

Our mission is to provide the highest quality care and service using evidence based medicine to ensure the health of our patients. "Quality caring" means we excel in our work, products, and environment and show concern for and interest in our patients' needs. Further information about our practice policies can be obtained by asking one of our friendly receptionists.

PRIVACY

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. You can make a request in writing for a copy of your records to be transferred to another GP.

COMMUNICATION

Information regarding appointments, investigations, results, scripts, referrals may be shared with your consent as required for your care. Patient requests requiring action are attended to promptly, based on level of urgency. You will be notified if there is any charge for the service.

FOLLOW-UP OF RESULTS

Your doctor will decide with you how to inform you of test results (e.g., phone call, follow-up appointment, etc.). All results are reviewed by the ordering doctor. For any results requiring urgent action, you will be phoned. If you have not been contacted regarding your results, call and ask.

FEEDBACK

Our goal is to provide a quality, caring service. If you have any concerns or suggestions, please let us know. We genuinely wish to hear from you. If we have not satisfied your concerns, please contact the Health Quality and Complaints Commission on 1800 077 308 or info@hqcc.qld.gov.au.

FEES

Consults \$55 gap. Welfare \$40 gap. Skin Checks \$35 gap. DVA bulk-billed. Scripts and referral letters \$20 (bulk-billed if collected by patient). Saturday: No concessions. 3% surcharge for American Express and Diners Club payments.

SKIN HQ

P: (07) 5591 4844 • www.skinhq.com.au
Remember to book your next skin check with Skin HQ. Ask about our laser, IPL and PDT treatments. Anti-wrinkle and volume enhancement treatments are also available.

VASECTOMY VENUE

Gold Coast Circumcisions
P: (07) 5531 1170 • www.vasectomyvenue.com.au
www.gccircumcisions.com.au
Dr Michael Read provides "no scalpel" vasectomies as permanent contraception for men. He also performs circumcisions for boys and men, as well as babies.

TRAVEL HEALTH DOCTORS

P: (07) 5526 4444 • www.healthhq.com.au
A member of the Travel Medicine Alliance, The Travel Health Doctors at Health HQ receive daily updates from worldwide sources to give you accurate, personalised advice based on your itinerary. We carry almost all vaccines and other travel requirements. We work with your GP in caring for you in a specific area.

Dr Danika Fietz is now taking appointments for skin checks on Saturday mornings.