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TAKE ME HOME



YOUR  
DOCTOR



FEBRUARY 2017

## HEALTH HQ

“Quality Caring”

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Health HQ

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### PRACTICE STAFF

Nicky McClelland (**Practice Manager**), Kim Mirja, Kris, Viv, Margie, Kim C, Emily and Marilyn (**RN**), Brenda (**AIN**), Ilana, Dorothy, Rosalie, Heidi, Kirby and Leanne (**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](http://www.travelmedicine.com.au)

[www.healthinsite.gov.au](http://www.healthinsite.gov.au)

## QUANTIFYING HEART DISEASE

Heart disease is a major cause of death and disability in Australia. An estimated one Australian dies every 12 minutes from heart disease.

Some risk of heart disease is due to genetic factors, however there are a number of lifestyle behaviours that can increase a person's risk of poor heart health. These include smoking, excessive alcohol consumption, lack of physical activity and a poor diet.

We sometimes hear healthcare professionals or the media refer to a person's absolute risk of heart disease. Absolute heart disease risk is the probability that a person will experience a heart disease event in a given time period. It's based on data incorporating a variety of individual risk factors for heart disease including smoking status, blood pressure, blood lipid levels (level of fat in the blood) and diabetes status applied against a person's age, sex and other factors. It's thought that measuring absolute risk is a more useful tool for appropriately treating heart disease compared to assessing people only for individual risk factors, which can lead to under or over estimation of risk and inappropriate treatment.

A research team aimed to get a comprehensive picture of the heart disease burden in Australia by quantifying absolute heart disease risk as well as treatment rates using blood pressure and lipid (fat) lowering medications in this group. People in this study were aged between 45 – 74 years. Their sociodemographic factors were recorded including their medical history, health behaviours, weight, waist circumference and blood pressure. The absolute risk of a primary heart disease event over the next five years, in people who didn't have disease at the beginning of the



study, was calculated via an algorithm. Absolute risk was divided into low, moderate and high categories.

The results of the analysis found that 71.5% of the study population was at low absolute risk of a primary heart disease event, 8.6% were at moderate risk and 11.2% had high risk. When researchers combined those with prior heart disease with people at high risk, they estimated that close to 20% of people in Australia aged between 45 – 74 years had a high five year risk of a heart disease event. Analysis of treatments used showed that the use of blood pressure and lipid lowering medications was significantly more common in those who'd had heart disease previously and in those with higher risk.

Estimates from this study suggest that close to one fifth of Australian adults aged between 45 and 74 years have a substantial absolute risk of a heart disease event in the next five years. Comparatively fewer people with low to moderate risk used blood pressure and lipid lowering medications. This illustrates the very real health and economic burden that heart disease represents in Australia and corroborates the need to take appropriate action early on to prevent disease progression.

There are simple lifestyle modifications people can make to improve heart health including increasing exercise levels, following a healthy diet packed with lots of leafy greens, quitting smoking, and minimising alcohol consumption. Talk to your doctor to discuss whether medication is appropriate for you.

Reference: Banks, E et al. (2016). Absolute risk of cardiovascular disease and blood pressure- and lipid-lowering therapy in Australia. *MJA*, 8, 320e1 – 320e7. Doi: 10.5694/mja15.01004.

# LONG-TERM BENEFITS FOR CHILDREN WITH AUTISM

Autism spectrum disorder is a developmental disorder that affects the way a person interacts with the world. Symptoms include difficulties in communicating and interacting with others and engaging repetitive behaviours.

Autism spectrum disorder affects around 1% of children and young people. The disorder lasts into later life and can have long-term effects on a person's quality of life. There is a range of proposed therapies for children with autism with mixed evidence around their effectiveness. These include cognitive behavioural therapy, social skills interventions and sensory-based therapies.

Research has found that a variety of psychosocial (the interrelation of social factors and individual thought and behaviour) interventions can have positive short-term effects on some developmental indicators that are thought to be associated with long-term autism outcomes. The interventions include parent-child engagement, social communication and social imitation. There is little evidence, however, assessing whether these short-term effects are sustained into the long-term.

The Preschool Autism Communication Trial (PACT) was a randomised-controlled trial assessing the effectiveness of a parent-mediated social communication intervention in children with core autism aged between two and four years. The intervention aimed to improve parent interactive behaviours that may be relevant to child development, which in theory might improve child communication and other autism symptoms.

The intervention ran for one year and involved therapy sessions, and monthly support and extension sessions. Parents also did practice activities with their child for 20 – 30 minutes each day. Children in the PACT intervention were compared to children who received usual treatment. Researchers investigated the long-term effects of the PACT intervention to understand whether long-term outcomes were achieved.

Researchers assessed outcomes at the beginning of the study, at the end of the original study and at nearly six years after the original study ended. The primary outcomes assessed were autism symptom severity, parent-child dyadic communication and language scores. The average age of the children who researchers followed up was 10.5 years.

The results of the follow-up showed an overall reduction in symptom severity both over the course of the trial and over the follow-up period in the PACT intervention group compared to their peers receiving usual treatment. This was also apparent for severity score and dyadic communication. These results suggest that an early intervention involving both children with autism and their parents may have long-term benefits in improving symptom severity and communication.

Sustained results have the potential to improve quality of life and ability to lead a more fully functioning life in adulthood for those with autism. Talk to your doctor for therapy options to suit your child.

Reference: Pickles, A et al. (2016). Parent-mediated social communication therapy for young children with autism (PACT): long-term follow-up of a randomised controlled trial. *The Lancet*. [http://dx.doi.org/10.1016/50140-6736\(16\)31229-6](http://dx.doi.org/10.1016/50140-6736(16)31229-6).

# LIFESTYLE CHANGES FOR GESTATIONAL DIABETES

Gestational Diabetes Mellitus (GDM) is a type of diabetes that occurs in pregnancy. GDM occurs in around 5 – 10% of pregnancies in Australia, typically developing between weeks 24 – 28.

GDM can cause the baby to be larger than normal birth weight and have low blood glucose levels. GDM also puts the mother at higher risk of developing type 2 diabetes. Recommendations to manage GDM often involve healthy eating and regular exercise. Some women also require insulin injections until the baby is born. Lifestyle programs early on in pregnancy have been the focus of many efforts to prevent GDM from developing in the first place. As insulin resistance is one of the factors inherent to GDM, these programs have focused on

promoting lifestyle behaviours that help to improve insulin sensitivity.

A meta-analysis assessed the effectiveness of such lifestyle programs in reducing incidence of GDM. Twenty-nine clinical trials were assessed, involving 11,487 pregnant women. Researchers looked at the effect of lifestyle programs involving diet and exercise recommendations on risk of GDM.

Researchers observed an 18% reduced risk of GDM in women on either a diet or physical activity or a combined program involving both. They found that the timing of the intervention was important with women who started a lifestyle program before week 15 of their pregnancy gaining the greatest benefits. Much lower benefit was observed



in women that commenced a program after week 15.

The results of this meta-analysis suggest that there is benefit to be gained from starting a lifestyle program involving healthy diet and exercise early on in pregnancy, particularly for those women at higher risk of developing GDM. This analysis looked at a large variety of programs so it isn't clear which one specifically works best. Talking to your doctor about healthy eating and exercise plans that can be sustained safely throughout pregnancy is a great place to start.

Reference: Song C et al. Lifestyle intervention can reduce the risk of gestational diabetes: a meta-analysis of randomized controlled trials. *Obesity Reviews* 2016;17:960-969.

# NUTRITION: PROTECTED BY FRUIT

Fruits and vegetables are filled with healthy nutrients including fibre and vitamins and are an essential part of any balanced diet, promoting better health as we age.

High fruit and vegetable consumption has been linked to various positive health outcomes including lower risk of chronic diseases and cancers. Some research has also shown an association between fruit and vegetable consumption and reduced risk of breast cancer, however results from different studies are varied. Furthermore, whether or not consuming fruits and vegetables early in life is beneficial to lowering risk of breast cancer in adulthood is not well understood.

Researchers investigated the association between fruit and vegetable intake in adolescence and early adulthood and the risk of breast cancer. Data was analysed from the Nurses' Health Study II, a study that's been running since 1989 involving a large cohort of female registered nurses. Participants' filled in food frequency questionnaires that included questions about their diet in high school and intake of fruits and vegetables during this time.

Their level of fruit and vegetable intake was classified into one of nine categories spanning from "never or less than once per month" to "six or more times per day". The primary outcome assessed was incidence of breast cancer. This was self-reported by participants or their next of kin and then medically verified for most cases via records and reports. Researchers also controlled for other risk factors for breast cancer including age, weight, family history of breast cancer, smoking status, menopausal status and oral contraceptive use.



The follow-up period spanned 22 years and showed that a higher total fruit intake in adolescence was associated with lower risk of breast cancer. This association was significant for postmenopausal breast cancer but not premenopausal breast cancer. The association between vegetable and fruit juice intake and breast cancer risk was not significant in this study.

Researchers flagged the bioactive components of fruits and vegetables, which might explain their protective qualities including carotenoids, vitamin C, flavonoids, fibre, magnesium and potassium. Fruits found to have the largest association were apple, banana and grapes. These results suggest a benefit for increased consumption of fruits in adolescence with regard to breast cancer risk.

While this study did not find a significant association between vegetable intake in adolescence and breast cancer risk, there are numerous positive health benefits associated with vegetable intake and guidelines consistently advocate for a diet high in leafy greens.

Reference: Farvid, M, S et al. Fruit and vegetable consumption in adolescence and early adulthood and risk of breast cancer: population based cohort study. *BMJ* 2016; 353: i2343 <http://dx.doi.org/10.1136/bmj.i2343>.

## ≡ DID YOU KNOW? ≡ ONE HOUR A DAY KEEPS THE DOCTOR AWAY

Inactivity is a major risk factor for poor health outcomes. It generally involves prolonged periods of sitting, where people can spend many hours each day with little movement of their major limbs.

Whether this is driving or working for hours on end at a computer, the health detriment is the same – higher risk of early death. Estimates suggest that at least five million avoidable deaths can be attributed to inactivity.

Despite the many known and well-publicised benefits of exercise, few people meet the recommendations of at least 60 minutes per day. Data on the health of over a million people highlight that meeting this recommendation could be a lifesaver. People who meet the recommendations of getting at least one hour of exercise each day cut the risk of early death by at least 40% compared to people who are active for less than 30 minutes per day. Furthermore, research has shown that the type of exercise isn't crucial. All movement is good movement.

Achieving one hour of movement each day, including periods of standing, eliminates the risk of early death from inactivity. If you sit for hours each day, whether it's on the couch, at the wheel or in front of a screen, now is the time to start moving. It could be a lifesaver.

Reference: Ekelund U at al. Does physical activity attenuate, or even eliminate, the detrimental association of sitting time with mortality? A harmonised meta-analysis of data from more than 1 million men and women. *The Lancet Epub online* July 27, 2016. doi: 10.1016/S0140-6736(16)30370-1.

O L F K E F J I U W N H D R U N B X B I P L O I V G M  
C R R R Q T D W W V I S I O N N N R O D I D A X Z C Y  
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F U P O A E F X P F W E Y B Y Y Z M G R Q Z R I T I T  
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## WORD SEARCH

- |             |               |
|-------------|---------------|
| ASTHMA      | INTERVENTION  |
| AUTISM      | LIFESAVER     |
| CANCER      | MOVEMENT      |
| CHICKEN     | NANOPARTICLES |
| CONSUMPTION | POLLUTION     |
| DIABETES    | PREGNANCIES   |
| DISEASE     | PRESSURE      |
| EXERCISE    | RESEARCHERS   |
| FRUIT       | RESULTS       |
| GESTATIONAL | RISK          |
| GLUCOSE     | STROKE        |
| HEALTH      | SYMPTOMS      |
| HEALTHCARE  | TREATMENT     |
| HEART       | VEGETABLE     |
| INACTIVITY  | VISION        |

## MESSAGES FROM THUNDERSTORM ASTHMA

In November 2016, Melbourne experienced what's called a thunderstorm asthma event with thousands of people turning up in emergency departments, hundreds of intensive care admissions and several deaths.

One reason for the impact was that too many people with asthma don't recognise that their condition is worse than it is and are relying too heavily on their blue puffer. Throughout Australia there is a cohort of people who live with unacceptable asthma symptoms. We are talking about wheeze, breathlessness, chest tightness

and general incapacity to consistently go around your tasks of daily life without breathlessness.

The most worrying symptoms are those during the small hours of the night or on waking because they are markers of poor asthma control. Frequent use of Ventolin or a blue puffer is another marker of poor asthma control.

Ventolin or salbutamol, is what's called a reliever. It doesn't treat the asthma, it just opens up the airways. It's a temporary stopgap solution but unfortunately relied on by too many people in our community as the core treatment for their asthma.

Around 25% of all people in Australia with asthma, have uncontrolled asthma symptoms and are not taking a regular asthma preventer. Some people living with asthma would describe an asthma attack as when their Ventolin doesn't work or relieve their symptoms as quickly as they

would expect it to. Whereas the very need for Ventolin is in itself an asthma attack and something that we should worry about.

People living with asthma who have regular symptoms and are on no regular preventer treatment or core asthma treatment should be taking one that includes an inhaled steroid component. Just the administration of a regular, relatively tiny dose of inhaled steroid virtually eliminates the risk of asthma deaths, asthma crises and trips to hospital. When people don't improve, then sometimes a long acting form of Ventolin or similar may need to be added.

If this pattern of poorly treated symptoms is something you can relate to, please talk to your doctor about them.



## AIR POLLUTION: A MAJOR RISK TO HEALTH

Each year about 15 million people suffer a stroke. Of these approximately six million die and five million are left with a permanent disability including loss of vision, speech or mobility.

Stroke is a complex disease with various risk factors. Most of the risks are personal behaviours which are related to an unhealthy lifestyle. Not surprisingly, the six most important risk factors are related to health status and diet. These include high blood pressure, a diet low in fruit, a high body mass index (BMI), smoking and a diet low in vegetables. Another factor now moving into the top risk factors for stroke is the health burden introduced by air pollution from the environment (outside air) and air pollution from within the household, mainly from the use of stoves inside for warmth and cooking.

Air quality has been particularly poor in various parts of the world for the past 200 years. Air quality can be particularly bad for people living in major cities. Smog is a complex mixture of chemicals including

nitrogen dioxide, sulphur dioxide, carbon monoxide and array of particulate matter, including many poorly understood nanoparticles. It's not clear what part of this matter is the most dangerous as far as stroke risk is concerned, but studies have shown that many of these individual components have the ability to raise blood pressure and increase the risk of blood clotting.

A recently published report on the global burden of stroke, points to the urgent action required to limit the emission of dangerous environmental pollutants and the need to encourage the use of cleaner fuels, including those used inside people's homes in poorer parts of the world. It also suggests that extra care is required on days of particularly poor air quality, when older people at increased risk of stroke, should avoid unnecessary exposure.

Reference: Feigin VL at al. Global burden of stroke and risk factors in 188 countries, during 1990-2013: a systematic analysis of the Global Burden of Disease Study 2013. The Lancet Neurology. Epub online June 9, 2016. pii: S1474-4422(16)30073-4. Doi: 10.1016/S1474-4422(16)30073-4.

## 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](mailto:info@hqcc.qld.gov.au).

### FEES

Consults \$65 gap. Welfare \$50 gap. Extra for Travel vaccines and medication. Skin checks for HCC/Pension card holders \$12 gap, New HCC/Pension Patients \$25 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](http://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

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[www.gccircumcisions.com.au](http://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](http://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.

Queenslanders are at risk of dehydration during hot or prolonged periods of high temperatures, particularly the elderly and young. Ensure you drink plenty of water and keep your body as cool as possible.