

FREE!  
PLEASE TAKE ONE

YOUR  
DOCTOR



APRIL 2013



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MBBS DRANZCOG FRACGP IBCLC

**Dr. Emily Staehr**

MBBS

**Dr. Peter White**

MBBS

**Practice Manager:** Gina Bilibio

**Office Manager:** Jacqui Clancy

**Snr Practice Nurse:** Jane Barrow

Consultation times:

Marden Surgery:

Monday, Tuesday, Thursday: 8.00am – 8.00pm

Wednesday & Friday: 8.00 – 5.30pm

Saturday & Sunday: 8.30am – 11.30am

Newton Surgery:

Weekdays: 8.00am – 5.30pm



## CANCER MYTHS DISPELLED

Everyone has their own opinion on what contributes to cancer. From the obvious such as smoking and, increasingly, alcohol, to the seemingly obscure like burnt toast and electric blankets, there are a plethora of theories surrounding the subject. The Cancer Council Australia has set up a new website to dispel or validate claims surrounding cancer and we explore a few of them here.

### Deodorant

It's been suggested that the aluminium in antiperspirant increases the risk of breast cancer. This is based on the idea that antiperspirants do not allow the body to sweat out toxins and therefore they're absorbed into the body by our lymph nodes. There have been a number of large studies carried out to test this theory in women who use antiperspirants or deodorant. The results have revealed no increased risk or incidence of breast cancer. Conversely, research has found that carcinogens are largely excreted by the liver and kidneys, and not by the body through sweating, which serves to further contradict this claim.

### Bras

Bras have been subject to debate, with claims they increase a woman's risk of breast cancer. The reasoning behind this is that bras supposedly obstruct the lymph flow, thus contributing to the growth of cancers. The Cancer Council Australia reports that there have been no well designed or conclusive

studies that corroborate this contention and therefore the link between breast cancer and either wearing, or not wearing, a bra is not grounded in sound evidence.

### A difference between "mild" and "full strength" cigarettes

It's been argued that cigarettes containing less tar, which are often labelled as 'mild', pose less of a threat to one's health than so called 'full strength' cigarettes. Research has found that 'mild' cigarettes in no way reduce your risk of developing cancer or any other diseases associated with smoking including heart disease and emphysema.

IF YOU WANT TO REPORT SOMETHING YOU'VE HEARD OR FIND OUT IF THERE'S TRUTH TO A CLAIM, GO TO THE CANCER COUNCIL AUSTRALIA'S WEBSITE  
[iheard.com.au](http://iheard.com.au).

## INSIDE:

- NUTRITION - SOUP-ER FILLING
- DRIVERS OF OVERINDULGENCE
- DR NORMAN SWAN - A MATTER OF HEALTH



## NUTRITION - SOUP-ER FILLING

**The behaviour** causing today's obesity epidemic is overeating. A desire for particular foods, even when we aren't hungry, leads to unnecessary weight gain and adverse effects on our health. Consuming low energy-density foods is seen as a good way to help control intake, as they promote feelings of fullness for fewer kilojoules. While liquids are generally considered to be less filling than solids, researchers think that soup may be a helpful tool in reducing overeating. The reason being is that the food particles in soup may slow down its release from the stomach causing one to retain a feeling of fullness for longer.

Researchers tested three different meals on twelve healthy volunteers, each on a separate occasion. The meals were a solid meal, a chunky soup and a smooth soup. The outcomes measured included feelings of fullness, rate at which food left the stomach and changes in blood sugar levels. The smooth soup came out on top, with participants reporting the highest level of fullness, the slowest stomach release rate and the largest effect on blood glucose levels. The nutrient sensing hormones that help curb appetite are activated more quickly when carbohydrate is released into the blood stream at a faster rate.

This research indicates that soup may be a good addition to your diet should you be guilty of the occasional bout of overeating. Soups need not be boring and there are a variety of vegetables and flavours that can be added to ensure that taste is not compromised (see our recipe below for a delicious pumpkin soup). Remember that portion size is important when it comes to eating so consult a nutritionist or healthcare professional if you don't know how much of what foods you should be consuming.

## DID YOU KNOW? HAPPY SKIN

A lot of research has looked into the physical manifestations of different emotions. It is known that things such as stress can take a toll on our body and down time can be good for recovery. Researchers now say that this may be true for other negative emotions such as fear and pain, and that these emotional states may intensify physical symptoms, such as those experienced in skin disease.

Researchers tested this theory on 59 healthy women aged 18 years or older. Each woman was assigned to one of two groups. The first of which was shown a clip from the movie *Happy Feet*, considered to be a "positive", uplifting film, and the second was shown a "negative" and violent clip from the movie *Irreversible*. A segment from the Discovery Channel was introduced as a control and women were asked to try and identify as strongly as possible with the protagonist in all three instances. In order to simulate feelings of itchiness and pain, participants were exposed to electrical stimulation and ice cold water. The women were assessed before and after the films based on ratings of itch and pain, as well as a measurement of elapsed time from initiation of a stimulus until a subject's request that it be stopped.

Results revealed that scores for the itch evoked by electrical stimulation and the pain induced by the iced water were significantly higher in those who had watched the violent clip. This research may highlight the benefit of relaxation and stress management in those with ongoing negative emotional states, and may give some truth to the saying "mind over matter".

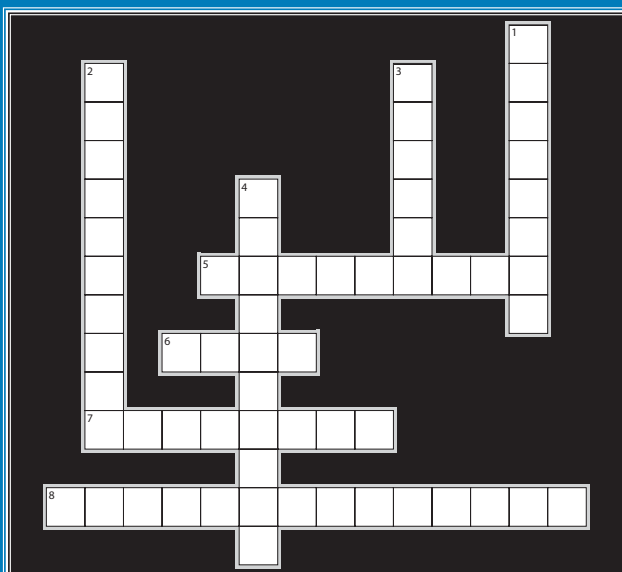
## Clever CROSSWORD

### Across:

- There is no link between breast cancer and what?
- Good fat is important in maintaining a balanced what?
- Emotional states may intensify your physical what?
- Persuasive food ads can lead to what?

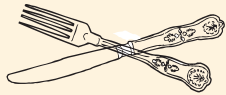
### Down:

- Television can affect the regulation of your what?
- You cannot lower your risk of cancer by smoking mild what?
- Eating a Mediterranean diet is associated with a lower risk of what?
- The behaviour causing today's obesity epidemic is what?



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





## Good Health on the Menu

### **PUMPKIN SOUP**

Take home with you

*Healthy, delicious and a great way to fill you up (read our article above to find out how a bowl of soup may help curb your appetite and prevent overeating).*

#### **Ingredients:**

- 2 teaspoons olive oil
- 1 diced onion
- 1 clove of garlic crushed
- 1 cup vegetable stock
- 1 teaspoon curry powder
- ½ cup reduced fat milk
- ½ tablespoon reduced fat yoghurt
- Finely chopped basil to garnish

#### **Method**

1. Heat oil in saucepan over medium heat
2. Add onion, pumpkin, garlic and curry powder and fry for 5 minutes
3. Stir in vegetable stock, then cover and cook until pumpkin is soft
4. Stir in milk
5. Mix in food processor until smooth
6. Serve topped with a swirl of yoghurt and freshly chopped herbs

**Recipe serves four**



*Enjoy!*

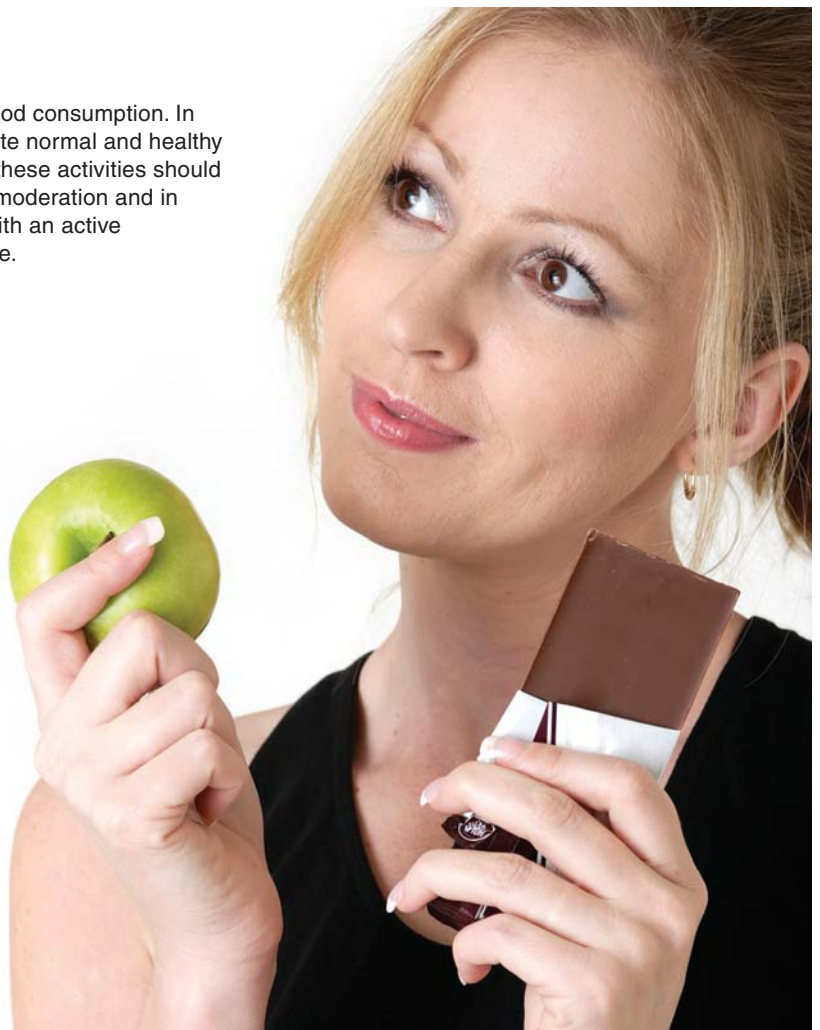
## **DRIVERS OF OVERINDULGENCE**

**Another article** in this edition of Your Doctor shows us how to decrease appetite in order to avoid overindulgence, but what actually causes us to overeat in the first place? A plethora of 24 hour fast food outlets as well as persuasive food advertising are two known contributors to overindulgence, frequently causing us to eat more food and energy than our body actually requires. Swedish researchers set out to test some other factors that may influence our drive to eat.

They investigated three areas that could influence weight gain: screen time (television and computer use), sleep deprivation and alcohol consumption. They found that all three factors, both in combination and separately, were associated both with overeating and weight gain, as well as obesity itself. These activities may affect our eating habits by stimulating the brain processes involved in controlling our desire to eat, and affecting the hormones involved in regulating appetite. Furthermore, television is distracting therefore eating whilst watching television can distract us from acknowledging that we are actually full.

A lack of sleep, increased time in front of the TV, and frequent and excessive alcohol consumption are all known contributors

to increased food consumption. In order to promote normal and healthy eating habits, these activities should be enjoyed in moderation and in combination with an active exercise regime.





**Dr Norman Swan**

## A MATTER OF HEALTH

### Mediterranean diet does work

It's been suspected for years that the Mediterranean diet is really good for you. When you look at places in the world where it's followed, people seem to live up to six years longer. In fact there is no one Mediterranean diet because people eat differently depending on where they live around the Mediterranean. Having said that, the diets around the Mediterranean have several things in common. The first thing to get your head around is that this is a pattern of eating rather than a combination of specific foods and owes a lot to the way the food is cooked as well as what goes into the dishes. There is very little red meat, fish more than once a week and white meats are eaten instead, pulses – things like lentils and beans are eaten a lot as are vegetables and fruit. Wine is often taken with a meal but in small quantities (a glass a day or so), olive oil is used rather than saturated fats and a lot of vinegar is splashed around as well. Food is rarely charred, it's usually lightly cooked or slow cooked and tomatoes and red peppers are consumed in quite large quantities. Carbohydrates tend to be low glycaemic index and includes nuts like almonds and walnuts. For instance in Crete, the carbohydrate is mainly sourdough bread. So the Mediterranean diet is flavoursome, meant to be eaten with others and is full of natural vitamins and far more powerful antioxidants than you can buy in a bottle.

Now the benefits. Eating a Mediterranean diet is associated with lower risks of some cancers – particularly bowel. And now a trial in Spain in people at high risk of a heart attack and already on medications, like cholesterol and blood pressure lowering drugs, has reported the results of randomising them in addition to either a low fat or Mediterranean diet. Firstly the people on the Mediterranean diet found it easier to stick to it than those just aiming to keep their fat intake low. And secondly, there was an impressive reduction in their heart attack rates on top of the benefit they were getting from their medications.

So it's worth thinking seriously of changing to this way of eating and cooking, if you're not already doing it. It could make a big difference to your life.



## MYTH VS FACT - LOW FAT VS GOOD FAT

**Fat** is characterised by two groups. There are 'bad' fats (saturated and trans) found in fried foods packaged cakes and biscuits, and 'good' fats (polyunsaturated and monounsaturated) such as those in nuts and fish. A push towards 'low fat' products is a common trend, with them being marketed to promote weight loss and good health. The National Health and Medical Research Council, however, has released a revision of the Australian Dietary Guidelines and, as opposed to solely focusing on low fat foods, they have instead distinguished between the good and bad fats in our diet.

The National Heart Foundation of Australia has welcomed these changes to the guidelines, indicating that they highlight the importance of including the right kind of fat in our diet. While low fat foods may be good in reducing the amount of bad fat we consume, it is important for people to know that good fat is still imperative to maintaining a healthy and balanced diet, and for protection against heart disease. The Foundation has reported that around 22,000 deaths each year in Australia are related to heart disease therefore it is essential for people to develop habits that promote good heart health for life. A shift in messaging away from solely no or low fat to the inclusion of good fats in one's diet is an important step in reducing the number of heart related deaths as well as curb the ever growing rate of obesity in Australia.

**FOR INFORMATION ON FOODS  
CONTAINING GOOD FATS AND HEALTHY  
EATING IN GENERAL VISIT THE HEART  
FOUNDATION'S WEBSITE AT  
[www.heartfoundation.org.au/healthy-eating](http://www.heartfoundation.org.au/healthy-eating)**

## ANSWERS TO THE CROSSWORD

**Down:** 1. Appetite; 2. Cigarettes;  
3. Cancer; 4. Overeating  
**Across:** 5. Deodorant; 6. Diet;  
7. Symptoms; 8. Overindulgence

## PRACTICE UPDATE

East Adelaide Healthcare General Practice, established in February 2001, is dedicated to providing the best care and service, thereby ensuring the best health and wellbeing of our patients.

We believe your health is best managed by continuous care from the same source, however, we will refer you for specialist opinions, investigations and treatment when necessary.

To provide the best possible service and facilities for your needs it is necessary to charge realistic fees for treating you. Prompt payment of our account will help us keep fees down. Pensioners and Healthcare Card holders are treated at a discounted gap payment.

Credit card and EFTPOS facilities are available for your convenience. Our fees appear on the noticeboard and are available on request at reception. Additional services performed at the time of consultation may attract further charges. Services away from the surgery or provided after hours attract a surcharge fee for all patients, including Concession Card Holders. Please be aware that if you are referred to an outside service, these providers may charge fees.

If you have any problems or queries with your account do not hesitate to discuss the matter with your doctor or Practice Manager.

### AFTER HOURS CARE

Our telephone is answered 24 hours a day. After hours all telephone calls to East Adelaide Healthcare are diverted to our answering service, who will organise the appropriate care for you. Doctors of the Practice are contacted by them as required. In an emergency please call Ambulance Service on 000.

### APPOINTMENTS

The aim of this Practice is to keep appointments running to schedule. Priority is given to urgent cases where necessary and this may cause delays. If you require a longer appointment please advise Receptionist at time of booking.

### INVESTIGATION/TEST RESULTS

All results are reviewed by the treating doctor. Please phone between 10am and 4pm for results, which will be given by the Registered Nurse at either location.

### REPEAT PRESCRIPTIONS

A brief appointment is required for all prescriptions.

### PHONE CALLS

The doctors will take urgent phone calls where possible. If unavailable the doctor will return your call or alternatively you may speak with the Registered Nurse.

### FEEDBACK

If you are unhappy with any aspect of the care you receive, please discuss this with your doctor or Practice Manager, Mrs. Gina Bilibio.

We believe problems that arise are best addressed by the Practice. However, external complaints can be made to the Australia Medical Association - SA Branch ph 8361 0100