

I'M FREE!!
PLEASE TAKE ME

**YOUR
DOCTOR**



DECEMBER 2012 ISSUE

HAVE A HEALTHY, HAPPY CHRISTMAS THIS YEAR!

**EAST ADELAIDE
HEALTHcare**



147 Montacute Road
Newton SA 5074

P: 08 8337 4580
F: 08 8365 6433

337 Payneham Road
Marden SA 5070

P: 08 8362 2233
F: 08 8362 4668

GENERAL PRACTITIONERS:

Dr. Joe Alvaro
MBBS, Dip. RACOG

Dr. Patricia Backhouse
MBBS FRACGP

Dr. Geoffrey Barrow
MBBS, FRACGP

Dr. Adey Burchard
MBBS FRACGP MPH

Dr. Pam Crawley
MBBS, DRCOG

Dr. Flavio Giannitto
MBBS, FRACGP

Dr. Richard Hetzel
MBBS, FRACGP

Dr. Andrew Kellie
MBBS, MGPPSych (Clin), FRACGP

Dr. Kirsty Kneebone
MBBS FRACGP

Dr Annie Lin
MBBS

Dr. Joseph Massolino
BM,BS,(F.U.S.A.)1994 FRACGP

Dr. Alison Measday
MBBS, Dip Obst RCOG, MRACGP

Dr. Robert Menz
BMed Sc(Hons),MBBS,FRACGP

Dr. Paul Pers
MBBS

Dr. Desi Psaromatis
MBBS

Dr. Maria Sauchelli
MBBS FRACGP

Dr. Dragica Sosa
MBBS DRANZCOG FRACGP IBCLC

Dr. Emily Staehr
MBBS

Dr. Peter White
MBBS

Practice Manager: Gina Bilibio
Office Manager: Jacqui Clancy
Snr Practice Nurse: Deborah Foster

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



PUMP UP CHILDREN'S SUNSCREEN USE THIS SUMMER

Summer is finally here and with the kids on school holidays and the beach beckoning, it's likely you and your family will be spending a fair amount of time in the sun. While some sunshine is important to maintain levels of vitamin D, you still need protection from harsh summer rays to avoid getting burnt and increasing your risk of skin cancer, especially in your younger years when skin is most susceptible to damage.

A study asked primary school children to apply sunscreen every morning for three weeks using a pump, squeeze bottle or roll on dispenser. At the beginning and end of each week the researchers weighed the bottles of sunscreen to see how much had been applied. The packaging made a significant difference to how well children applied the cream. They applied more sunscreen when given a pump bottle (0.75mg per square centimetre of skin) than a squeeze bottle (0.57mg) or roll on (0.22mg). This is probably because pump bottles are more user-friendly and dispense more sunscreen with less effort. However, the children still weren't applying quite enough to get the best protection.

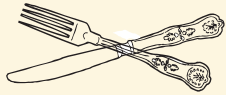
Sunscreen is most protective when applied at 1mg per square centimetre of skin – roughly

a small handful worth of sunscreen for an adult body. If you don't apply enough, you run the risk of not getting the full protection factor advertised on the label. Other common mistakes people make when applying sunscreen is missing small areas such as the tops of the feet, the ears, the armpits, the hard-to-reach centre of your back and the part in your hair. Many of these areas can be particularly painful when sunburnt. It's also important to remember that sunscreen should be applied every day, even on cloudy days, and make sure you reapply every two hours when outdoors for maximum protection.

Of course sunscreen isn't the only defence measure to rely on against the sun – don't forget that sunglasses, hats and t-shirts that cover your shoulders provide extra protection, and when it comes to protecting your skin, the more the better.

INSIDE:

- BEANS, BEANS, THE MAGICAL FOOD
- SWIMMING TOWARDS LOWER BLOOD PRESSURE
- ACTIVE KIDS = ACTIVE BRAINS



Good Health on the Menu

BROADBEAN, QUINOA AND MINT SALAD

Take home with you!

This fresh twist on a bean salad is perfect for summer barbecues or on the Christmas lunch table!

Ingredients:

- 2 cups fresh broad beans
- Pinch salt
- 2 cups cooked quinoa (or cous cous)
- 1/2 red onion, finely sliced
- Handful fresh mint
- Handful fresh parsley
- 1 garlic clove, minced
- 1 cucumber, diced
- 3 tbsp olive oil

- 1 lemon, juiced
- Lemon rind
- ½ tsp paprika
- Crumbled feta, to serve

Method

1. Boil fresh broad beans (in their skins) in lightly salted water until just tender then set aside. Once cool, remove the skins and discard
2. Place cooked quinoa, red onion, mint, parsley, garlic and cucumber into a large bowl and toss
3. Combine lemon juice, lemon rind, paprika and olive oil in a small bowl to create dressing
4. Add broad beans and dressing to quinoa mix and toss
5. Serve sprinkled lightly with crumbled feta



Enjoy!

ACTIVE KIDS = ACTIVE BRAINS



Exercise is important at all stages of life, and teaching children about its benefits as well as how fun physical activity can be encourages them to grow into vibrant, healthy adults. It's not just their bodies that benefit – their brains do too. An Australian study has found a link between a child's physical activity and fitness levels and their academic results – with children who engage in sports more

likely to achieve higher scores in school assessments. The study involved eight and 10 year old students at 29 public primary schools across Australia and measured their height and percentage of body fat, with each child also instructed to wear a pedometer on their hip for a week to count the number of steps they took each day.

Academic ability was assessed through a state government education test in literacy (reading and writing) and numeracy (mathematics) for the eight year olds and by a federal government test for the ten year olds. Reading and writing were both shown to be stronger in children who engaged in higher levels of physical activity, and more body fat made academic results worse. Numeracy levels also improved in those who were more active, although the evidence wasn't as strong as it was in literacy. While literacy and numeracy alone don't provide a complete understanding of a child's academic intelligence, they are important skills that form the basis of most other subjects.

It's well known that fitter bodies equal fitter brains – no matter what your age.

It's never too late to start either, and keeping (or even becoming) active in your older years can help delay the onset of neurodegenerative diseases like dementia.

Exercise habits track from childhood through to adulthood, so get your kids interested in exercise and sport from a young age, their developing brains and bodies will thank you for it.



BEANS, BEANS, THE MAGICAL FOOD

Like Jack and the Beanstalk, you too might be reluctant to swap your cow for a serve of beans, but not only are you missing out on a delicious meal, you're also missing out on a great source of protein, fibre, vitamins and minerals that's low in fat and can count towards your daily intake of vegetables. Lentils, kidney beans, chickpeas, borlotti beans and broad beans all belong to the protein rich bean family. These plant-based proteins include essential amino acids needed for muscle development and repair, one of which is lysine, which our bodies can't make so we have to get from food. Lysine is important for growth, helps the body absorb calcium and create collagen which is found in our bones, cartilage and skin.

Beans also contain both insoluble fibre, which reduces the chances of constipation, and soluble fibre which can lower LDL (bad) cholesterol and is important for heart health. Beans are also incredibly versatile. Mashed borlotti beans make a great alternative to mashed potato, especially when flavoured with fresh rosemary and garlic. Chickpeas can be used to make hummus, but roughly chopped in a food processor can also form the basis of chickpea patties. Kidney beans can be tossed into burritos, chilli con carne and Bolognese sauce to bulk them up in a cheap and healthy way. Lentils are also delicious in Indian-style curries.

Beans are cheap and keep for ages in the cupboard, making them a good alternative

to meat. They can be bought tinned, dried, fresh or frozen depending on the type of bean. When buying tinned beans remember to look for low-sodium options so you can control your salt intake, and if buying them dried make sure you follow the instructions as some beans will need to be soaked, sometimes even overnight and the fluid drained. Some people find their bodies don't easily breakdown some of the fibre and sugar content of beans, which can make them feel bloated and gassy. However most people can consume one to two serves of beans without the awkward side effects sometimes associated with them. So try some different beans and see which ones work for you.

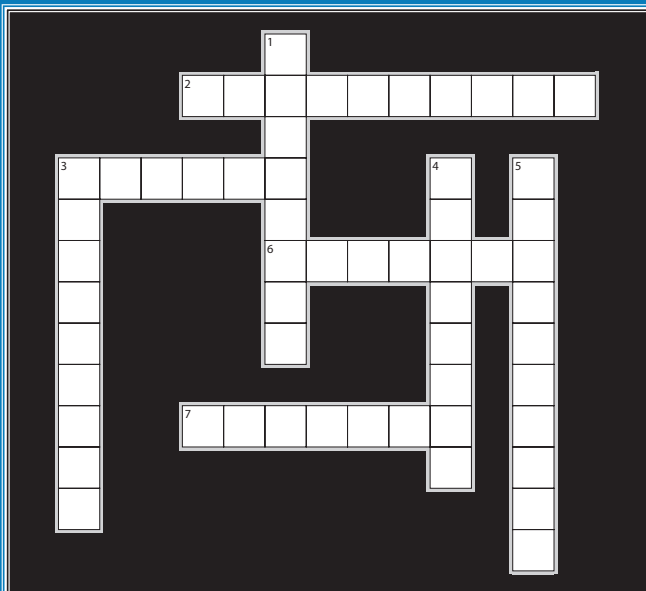
Clever CROSSWORD

Across:

- The body becomes _____ when it doesn't have enough fluid.
- Children who engage in _____ are more likely to achieve high marks.
- Health professionals recommend _____ to people over the age of 50.
- Beans are a great source of what?

Down:

- Reading and writing are shown to be strong in kids with higher levels of _____ activity.
- Using _____ can help reduce the risk of skin cancer.
- What can help reduce blood pressure?
- What is a better Christmas food alternative?



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



DID YOU KNOW? DEHYDRATION CAUSES FATIGUE?

Your body becomes dehydrated when it doesn't have the amount of fluid it needs to function properly. It can be caused by loss of fluids or not drinking enough during the day, and it can also be caused by vomiting and diarrhea. Being just a little short of your body's water needs can cause you to feel lethargic and affect your mood and ability to think clearly.

Our thirst also doesn't set in until our body starts to become dehydrated, meaning regular hydration is important. Keep a bottle of water at your desk and take regular sips to stay hydrated throughout the day for your mental and physical wellbeing.



Dr Norman Swan A MATTER OF HEALTH



SWIMMING TOWARDS LOWER BLOOD PRESSURE

As we get older, exercise helps maintain both physical and mental health, and if done alongside a healthy diet can help prevent age-related increases in both weight and blood pressure. Health professionals often recommend things like walking, jogging and cycling to people over the age of 50 to help maintain a healthy blood pressure, but if none of those float your boat, have you considered swimming?

A study of men and women aged between 50 and 80 years with pre-hypertension (looming high blood pressure) or mild hypertension (high blood pressure) who were otherwise healthy were split into two groups and assigned to either swimming or relaxation-based exercises for 12 weeks. Throughout the study, those who had taken up swimming were instructed to increase the intensity and duration of their swim as their fitness improved.

Blood pressure and cardiac (heart) output were measured over the span of each day and at the end of the 12 weeks the researchers found that the swimmers' maximum oxygen consumption had increased and their maximum blood pressure had decreased significantly. These changes occurred over quite a short period of time and were achieved doing an exercise that people of most fitness levels can perform.

The study was relatively small but was one of the first to consider swimming as a possible exercise for lowering blood pressure. So if you have moderately high blood pressure and want to improve your fitness but you aren't keen on walking, jogging or cycling, why not try swimming? Aside from the potential benefit to your blood pressure, it won't cause damage to your joints, can be a relaxing form of exercise and will help improve your overall fitness.

MYTH VS FACT - IS IT OK TO PILE ON A FEW EXTRA POUNDS AT CHRISTMAS?

Most people put on a little pudding over Christmas time (pardon the pun), and it doesn't take many extra calories for the kilograms to creep on. It's just 7700 calories to put on a kilogram of fat, easily done over the Christmas period when you factor in the booze, snacks and meals that seem to be supersized at breakfast, lunch, and dinner, often for days on end. The trouble is that once the weight is on, it's hard to get it off, meaning each year you may be adding more pounds to your frame than is natural with the ageing process.

Here are some tips to help you stay fighting fit this Christmas:

1. Beware of the snack-attack

When you're going to be eating big meals, try to lay off the chips, dips, nuts and chocolates that go along with Christmas time by having chopped fruit and vegetables around instead

2. Get your activity on

Instead of laying around after Christmas lunch, try initiating a family walk, trip to the beach, or a cricket game. Getting moving will help burn some of the calories you've consumed

3. Give vegetables a go

Why not try increasing the vegetables on the Christmas table this year? Beware of using too much butter or heavy dressings as they'll increase the calorie content, but otherwise aim to give people several salad and vegetable options (try our broadbean, quinoa and mint salad on page 2) to make them less likely to reach for the bread and the meat

4. Don't drink the kilos on

If you're going to be having a few drinks, make sure you don't overdo it. Space drinks with water and stay away from high calorie choices such as premixed alcoholic drinks, creamy cocktails or soft drinks full of sugar. Try mineral water with some fresh lemon or lime instead, and make sure people keep hydrated by having lots of water close by.

This Christmas, pay attention to what you put in your mouth – your jeans will know whether you've been naughty or nice.



ANSWERS TO THE CROSSWORD

Down: 1. Physical; 3. Sunscreen; 4. Swimming; 5. Vegetables;
Across: 2. Dehydrated; 3. Sports; 6. Cycling; 7. Protein;

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