

**FREE!**  
PLEASE TAKE ONE

# YOUR DOCTOR



FEBRUARY 2013 ISSUE

## EAT WELL, STAY FIT AND HEALTHY WHEN HEADING BACK TO WORK

**EAST ADELAIDE**  
**HEALTHcare**

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Marden SA 5070

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### GENERAL PRACTITIONERS:

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*MBBS, Dip. RACOG*

**Dr. Patricia Backhouse**

*BMBS FRACGP*

**Dr. Geoffrey Barrow**

*MBBS, FRACGP*

**Dr. Adey Burchard**

*MBBS FRACGP MPH*

**Dr. Pam Crawley**

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**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:** Jane Barrow

Consultation times:

Marden Surgery:

Monday, Tuesday, Thursday: 8.00am – 8.00pm

Wednesday & Friday: 8.00 – 5.30 pm

Saturday & Sunday: 8.30am – 11.30am

Newton Surgery:

Weekdays: 8.00am – 5.30pm



## OMEGA-3s FOR MUM-TO-BE

**Omega-3 fatty acids** are essential to our health, but since our bodies don't make them, we have to obtain them from food or supplements. Not only are they said to benefit brain function, growth and development, but studies are suggesting that taking omega-3 fatty acids during pregnancy can boost mum's health and perhaps reduce the rate of allergies and eczema in their babies. That's important, because at least 20% of children have some form of allergy.

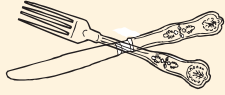
Lifestyle and environmental changes are potential reasons for the increase in childhood allergies but studies have found that a shift in the intake of fats in our diet could be contributing too. People are consuming more omega-6 fatty acids (largely found in vegetable oils) and less omega-3s. Omega-6 is responsible for increasing a hormone in our body that activates the antibodies attributed to allergies. A clinical trial was carried out which analysed the effects of omega-3 supplements in pregnant women on allergies in their babies. 700 women were tracked through pregnancy and their babies were followed for their first

year of life. In babies whose mothers had taken omega-3 supplements, eczema and egg allergies were reduced by 40%. Allergies like eczema cause considerable discomfort and can remain with sufferers into their adult life, so they are worthwhile preventing if possible.

Before you consider taking fish oil or any other supplements in pregnancy you need to talk to your doctor. Fresh fish is a great and safe way to get omega-3s into your diet. See our recipe below for salmon patties – they're delicious, full of flavour and a great source of omega-3!

## INSIDE:

- LAUGHING TO LONGEVITY
- GIVING ASTHMA A RUN FOR ITS MONEY
- DR NORMAN SWAN - A MATTER OF HEALTH



## Good Health on the Menu

### SALMON PATTIES WITH LEMON YOGHURT

**Note:** *If you don't like salmon you can use tuna in this recipe too, and if you can't get fresh salmon then canned salmon will also work, just make sure you drain it well. These are great for party food too, just put the yoghurt mix in the middle of a platter and place patties around it.*

#### Ingredients:

- 2 salmon fillets, skin removed
- Salt and pepper
- 2 tbsp olive oil
- 1 small red onion, finely chopped
- 1/3 cup chopped fresh parsley
- 1 large egg, lightly beaten
- 1 ½ cups mashed potato
- 1 cup wholegrain bread crumbs
- 1/3 cup canola oil, for frying

- Juice of 1 lemon
- ½ cup low fat yoghurt

#### Method

1. Heat oil in a non-stick fry pan
2. Season salmon fillets with salt and pepper and cook for about 3 minutes on each side, remove and set on a plate to cool
3. Place cooled salmon in a mixing bowl and flake with a fork
4. Combine onion, parsley, mashed potato and egg and mix well with a spoon
5. Pour breadcrumbs onto a separate plate
6. Using your hands, make evenly round patties and coat in breadcrumb mixture, set aside
7. Heat a little canola oil in a non-stick fry pan and cook the salmon patties in batches, adding a little more oil to the pan for each batch of patties

8. In a smaller bowl, combine yoghurt and lemon juice and serve patties with a dollop of the yoghurt mix



Enjoy!



## LAUGHING TO LONGEVITY

**One** of the benefits of improvements in healthcare is living longer. With more and more people hitting the hitherto elusive 'century' the things that contribute to longevity are becoming more obvious. Common factors that boost people's life expectancy include staying fit, having a healthy body weight, not smoking and keeping your blood pressure down. But increasingly, studies have found that our personality and outlook on life also play a part.

One study looked at genetically based personality traits in 243 people with an average age of nearly 98. There were two distinct fields of personality common to many of the centenarians, or those who lived to 100. They were 'Positive Attitude Towards Life' and 'Emotional Expression'. The first is characterised by being optimistic, easygoing and outgoing, and laughing a lot. The second means people are able to express emotion and not hold it inside. Centenarians were also reported to share additional traits such as low neuroticism, being extroverted and morally sound, and being conscientious.

A variety of factors contribute to a longer life and give us a better chance of maintaining good health into old age. Staying away from cigarettes and alcohol and doing plenty of exercise are just some of lifestyle choices that can promote longevity. When it comes to personality, we may benefit from adopting a positive outlook on life and treating ourselves and the people around us with friendliness and respect. Aside from prolonging life and aiding good health, a reduction in stress, laughing more and taking the time to talk to people will help us enjoy life, no matter what our age.



## GIVING ASTHMA A RUN FOR ITS MONEY

**Taking** regular exercise and participating in sports are important if you have asthma, especially in children and adolescents. Some people with asthma, however, avoid exercise out of fear it may trigger symptoms and worsen their condition. This misconception has negative effects on both the person and their asthma causing them to develop poor levels of fitness and body conditioning, which can in turn make their asthma and asthma symptoms worse and studies have shown that people with stable asthma can use exercise to improve their fitness and their condition.

One study looked at the effects of physical training on the respiratory and general health of people with asthma. Researchers reviewed 695 people over the age of eight who undertook physical training for at least 20 minutes, twice a week, over a minimum of four weeks. They looked at a range of exercises including running, gymnastics, cycling, swimming, weights and walking and measured changes in the person's body after exercise. Researchers found that none of the exercises made symptoms worse and some people saw an improvement in their heart and lung fitness with a significant increase in maximum oxygen uptake

(their ability to absorb oxygen from the lungs as well as maximum expiratory ventilation (the ability to breathe out).

Exercise is an important tool in helping asthma symptoms in the long term with many sufferers reporting that their symptoms improve when they are physically fit. Exercise is not only good for physical

fitness but also improves mental wellbeing, having positive effects on our overall quality of life. Asthma or no asthma, make sure that you consult a healthcare professional before beginning any new exercise regime to ensure that it is a safe and healthy option for you.



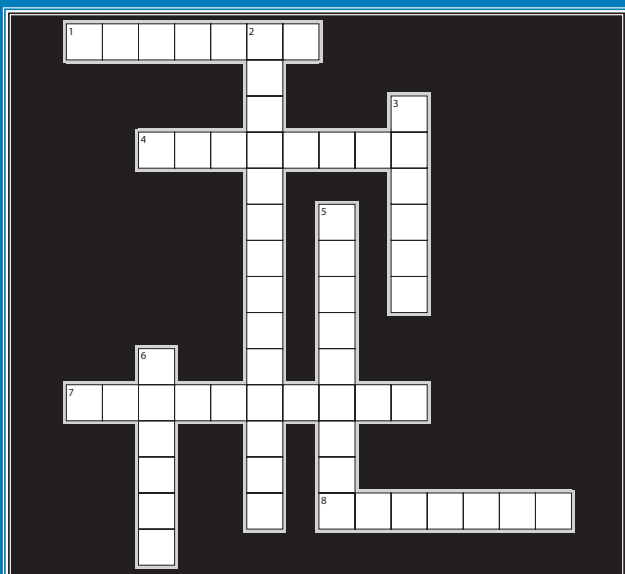
## Clever CROSSWORD

### Across:

1. Staying away from \_\_\_\_\_ can promote longevity.
4. What is an important tool in helping with Asthma?
7. Being \_\_\_\_\_ contributes to a range of health issues.
8. Not \_\_\_\_\_ can boost life expectancy.

### Down:

2. Drinking water during meals may prevent what?
3. Fitness improves what wellbeing?
5. Taking Omega-3 fatty acids during pregnancy can reduce the risk of what?
6. Quitting cigarettes can help with what loss?



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

## MYTH VS FACT - CAN YOU BE OVERWEIGHT AND HEALTHY?

A frequently asked question when it comes to health is whether people can still be healthy if they're overweight. There have been studies that suggest having a Body Mass Index (BMI – a measure of body weight based on a person's height and weight) in the overweight category has the same mortality risk (or risk of death) as having a healthy BMI. This promotes the idea that there is no harm in carrying a bit of extra weight, but is this really the case?

Researchers in the US studied a group of 10,000 adults between the ages of 20 and 80 and surveyed a range of general health markers such as CRP (a measure of inflammation and an indication of chronic disease), glucose (sugar) control, risk of diabetes and cholesterol levels. They found that there were clear associations between BMI and the health markers with risks increasing as BMI went up.

Being overweight contributes to a range of health issues including increased risk of disease and an early grave. It's important to eat well and exercise regularly in order to maintain a weight that is healthy for you. Speak to your doctor so you can work out what weight range you should be aiming for.



**Dr Norman Swan**

## A MATTER OF HEALTH

### Making the change

If you read *Your Doctor* regularly, you'll have been given a lot of useful information about your health to help make informed decisions with your GP. The thing is though, that there's often a big gap between knowing what you should do and actually making the change in your behaviour, whether that be 45 minutes of moderate exercise most days of the week, quitting cigarettes or portion control for weight loss.

Behaviour change can be tough. Smokers usually have several attempts to quit before they're successful. Mind you, being addicted to nicotine doesn't make the task any easier. Weight loss is the easiest part of weight control since almost any diet will get the kilos off. The real challenge is keeping them off. Our world is engineered to encourage eating large amounts of cheap food and never feeling hungry so anyone wanting to maintain weight loss isn't just fighting their appetite, they're battling an environment which makes overweight and obesity easier to achieve than thinness.

So here are some tips for behaviour change:

1. You've really got to want to change
2. Have a plan of action
3. You'll fail a few times along the way. If you know that then you might be less likely to throw in the towel
4. Understand the triggers that make you eat more, drink too much, smoke or avoid exercise and work out ways to overcome or avoid them
5. Keep a daily food and exercise diary so you can monitor your progress
6. Understand that weight loss takes more time than you think - so dig in for the long haul and go slow and steady
7. Encourage those around you to change their behaviour at the same time or at least get them to try to make it easier for you to be successful
8. Don't put temptation in your way. Clear your life of products which will encourage you to relapse



## DID YOU KNOW? WEIGHING UP WATER

**Many health experts** agree that the hype around drinking two litres of water a day is overstated and unsubstantiated. There's no doubt that staying hydrated is important, however there is little scientific evidence to show that being attached to a water bottle at all times does anything remarkable to our health. This may not be the case, however, when it comes to weight loss.

A study provided two groups of mildly obese men and women with low kilojoule pre-prepared meals and tracked the participants over a three month period. One group was instructed to drink 500ml of water with every meal and the other wasn't. After three months the weight loss in those drinking water was double that of those who hadn't.

In younger people (anyone under the age of 30), drinking 500ml of water had no effect on food intake, however in those over the age of 50 food intake was reduced by roughly 8%, which can make a huge difference in the long run.

Drinking two large glasses of water at each meal may promote feelings of fullness, help with portion control and prevent overindulgence. And remember, while it's important to drink water regularly you don't need to be glued to a water bottle at all times!

## ANSWERS TO THE CROSSWORD

**Across:** 1. Alcohol; 4. Exercise; 7. Overweight; 8. Smoking

**Down:** 2. Overindulgence; 3. Mental; 5. Allergies; 6. Weight

## 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