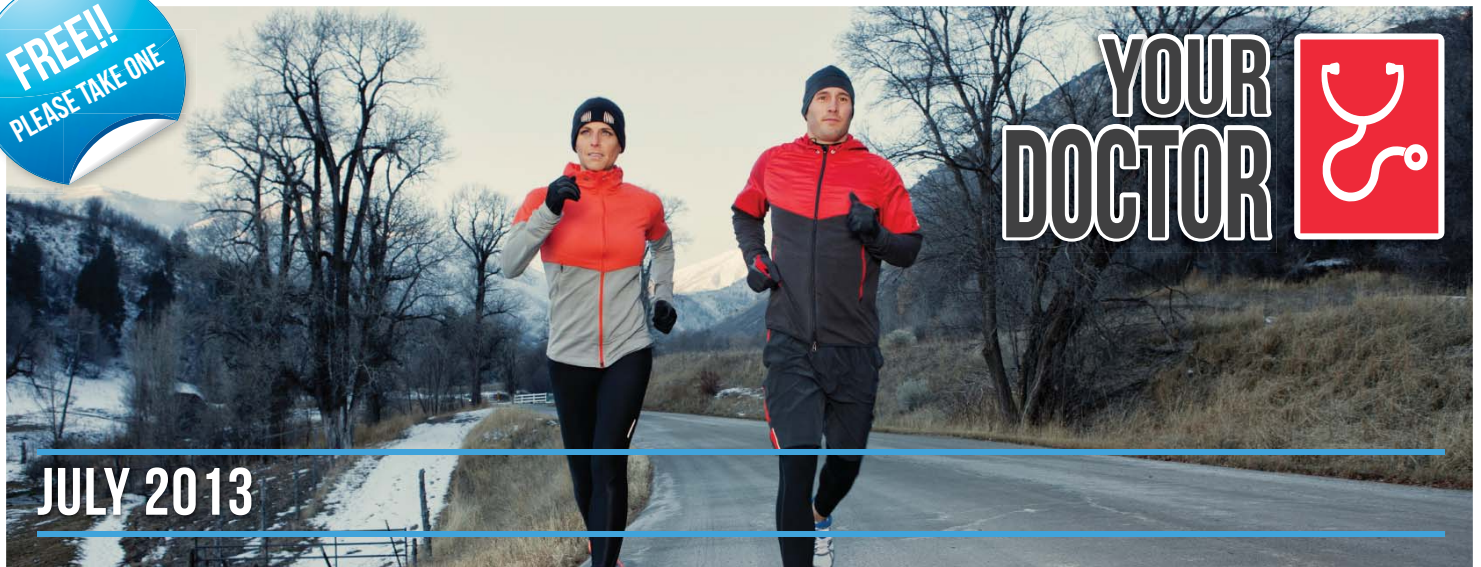


**FREE!**  
PLEASE TAKE ONE



**JULY 2013**



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**

*BMBS 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*

**Dr. Troye Wallett**

*MBCHB, FRACGP*

**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



## KNOW YOUR HEALTH

**Increasingly, people are** being encouraged to become active partners in the management of their own health and care. In order to do so, a certain level of health literacy is required as well as adequate access to interpretable information. The World Health Organisation (WHO) regards health literacy as “the degree to which people are able to access, understand, appraise and communicate information to engage with the demands of different health contexts in order to promote and maintain good health across the life-course”. In order to manage a variety of health issues, particularly chronic illnesses, people must be able to understand instructions and make effective and informed lifestyle decisions.

Researchers in the UK carried out a study of 7857 adults aged 52 and over to investigate the relationship between health literacy and mortality rates. Participants were asked to interpret an A4 sized label that contained instructions similar to that found on the back of an aspirin bottle and were allocated a health literacy rating between zero (lowest) and four based on their results. The results revealed an association between low health

literacy and mortality. Around one third of the participants were unable to interpret the instructions correctly. Adults in the lowest 12.5% were more than twice as likely to die within five years, had increased instances of physical limitation and chronic disease, and had a higher prevalence of depressive symptoms.

These findings highlight the importance of ensuring that you are adequately informed when it comes to health.

## INSIDE:

- **EXERCISE FOR MUSCLE ACHES AND PAINS**
- **FASTING YOUR WAY TO WEIGHT GAIN**
- **DR NORMAN SWAN - A MATTER OF HEALTH**



## EXERCISE FOR MUSCLE ACHES AND PAINS

It is common to experience muscle soreness a day or so after a hard exercise session, especially when the muscles have not been used for a while. This pain, known as delayed onset muscle soreness (DOMS), can result from a combination of muscle damage, inflammation and activated sensory nerves. Uncomfortable aches and pains in muscles are often a reason for people to skip exercising on subsequent days, thus breaking important lifestyle habits and regimes that are essential for good health. While many people are quick to resort to painkillers and analgesics to ease muscle discomfort, a study suggests that

more exercise and/or a massage may be the key to effective pain relief.

Researchers recruited a group of women and had them complete a series of shoulder shrugs on a resistance machine, working the trapezius muscles between the neck and shoulders. Two days later, after reporting soreness in the muscle, the women were divided into two groups. The first group were given a 10 minute therapeutic massage on one shoulder, while the second group were asked to repeat a single shoulder shrug exercise at a lower intensity than the previous session. Neither group took painkillers of any sort.

The results revealed that both the massage and light exercise served to relieve pain for up to two hours at a time and researchers suggested that for sustained relief, either method could be repeated.

This research indicates that there need not be a gap in your exercise regime if you are experiencing pain from the previous day's workout. Instead of rushing for meds, try some light recovery exercise or a professional massage. It's important to maintain a routine when it comes to exercise and engage in behaviours that will promote long lasting health and wellbeing.

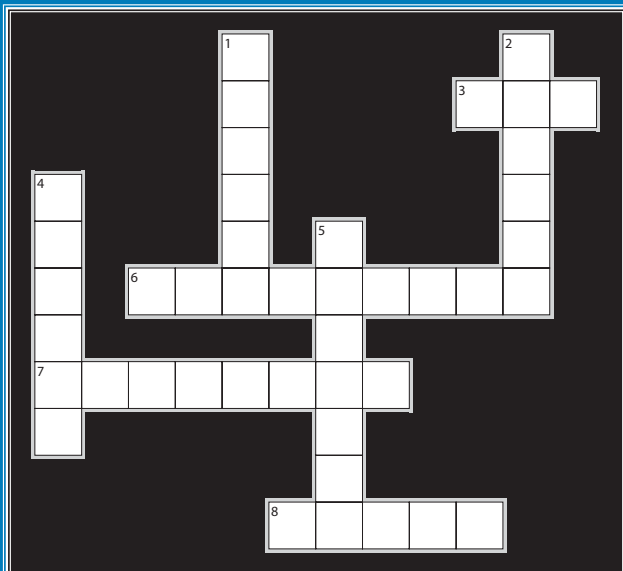
## Clever CROSSWORD

### Down:

1. Obesity is often encouraged and brought on by what?
2. Fish oil supplements may not be all that helpful for your thinking and what?
4. Smaller, more frequent meals can combat hunger-driven what?
5. What is a good method of healing muscle soreness?

### Across:

3. A common myth is that you can lose weight engaging in what physical activity?
6. Research has shown that there may be a link between low health literacy and what?
7. More what, is actually good for pain relief?
8. What disease is the number one cause of death in Australia?



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

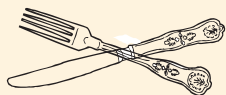
## MYTH VS FACT - SEX AND YOUR WAISTLINE



There is a widespread and popular contention that sexual activity is a particularly effective way to burn calories. The common belief stands that each partner can burn around 100-300kcal in one bout of sexual activity, a level of expenditure roughly equivalent to an hour's walking at a moderate pace. Unfortunately, research has shown that there is no solid evidence to validate this claim. Researchers have calculated that a man in his early to mid 30s may expend around 21kcal during an average six minute session of sex.

Around one third of those calories could be burnt by sitting on the couch watching television, rendering the benefit of sex for weight loss relatively negligible. When it comes to obesity there is no quick fix, and while sex can't hurt your efforts to shed kilos, there are a variety of proven methods that are grounded in research. Keeping your saturated fat intake to a minimum, reducing salt intake, and ensuring you get at least 30 minutes of moderate exercise a day are all effective ways of keeping your weight down and maintaining a healthy lifestyle.





## Good Health on the Menu

### MUESLI BARS

To avoid hunger-driven binges try this delicious snack between meals.

#### Ingredients:

- 3 cups fruit muesli
- 1/4 cup chopped dried cranberries
- 1/4 cup chopped dried figs
- 1/4 cup shredded coconut
- 100g butter
- 1/3 cup honey
- 1/4 cup low fat peanut butter
- 1/3 cup brown sugar

#### Method

1. Grease a slice pan and line with baking paper
2. Combine muesli, cranberries, figs and coconut in a large bowl
3. Add butter, honey, peanut butter and sugar in a saucepan over medium heat
4. Cook, whilst stirring, for four to five minutes or until mixture thickens
5. Add to muesli mixture and stir to combine
6. Press mixture into the pan and smooth over the top with a spoon
7. Cover and refrigerate overnight or until set
8. Cut into 12 bars and serve

**Note:** *this recipe is not low in calories so make sure you enjoy in moderation and practice portion control when snacking*



Enjoy!



## FASTING YOUR WAY TO WEIGHT GAIN

**There are a number of reasons** why people skip meals or refrain from eating for long periods of time throughout the day. Whether it be due to hectic schedules or crash diets it's not uncommon to go without food for part of the day. While a reduced caloric intake is said to benefit bids to lose weight, research is emerging to suggest that hungry people tend to make poorer decisions when choosing food than those who aren't food deprived.

A study at Cornell University, New York, saw a group of students fast for 18 hours before being offered a buffet lunch. The

buffet consisted of bread rolls, French fries, chicken, cheese, carrots and green beans. Close to three quarters of the students went for the carbohydrate foods first. This was predominately seen in the female participants, with eight out of 10 choosing either bread rolls or fries first. Furthermore, for the majority of those who chose the carbohydrates first, around 50% more food was eaten than was by those who selected either the proteins or vegetables.

The results corroborate the contention that overweight and obesity are often encouraged

by hunger. Fasting then binging perpetuates a viscous and unhealthy cycle that promotes weight gain rather than weight loss. Healthy snacking, and smaller more frequent meals throughout the day is one potential strategy to combat hunger-driven binges. *See above for a delicious snack recipe that should be enjoyed in moderation.*



**Dr Norman Swan**

## A MATTER OF HEALTH



## FISH OIL MAY NOT BE ALL IT'S CRACKED UP TO BE

**Fish and krill oil supplements** are really popular because of the belief that the Omega 3 fats in them are good for all sorts of ills from heart health to the brain. The trouble is that while there's no doubt that eating fish regularly is good for you, it's much less certain that fish or krill oil supplements are worth spending money on. It used to be thought that fish oil protected against sudden death caused by the heart, but that's now in doubt. Furthermore, the effect they have on depression is not at all clear, and the results from a study investigating the benefits of fish oil supplementation for brain function in later life were disappointing.

It's been thought that eating a lot of oily fish is very helpful for thinking and memory, and it's true that people who eat more fish tend to have better brain function. But that's different from actually taking fish oil and seeing if it works. The study, conducted in the UK, was the largest ever into fish oil and the brain. What the researchers found was that there was no difference between the elderly people who received the fish oil supplements and those who took the placebo.

The problem was that the placebo group's thinking and memory didn't decline at the rate they expected. What the researchers think is that the people in the trial were typical of those who take fish oil in the community; better off and well educated with a slow rate of decline in mental capacity. The trial suggested that if fish oil does help the brain it's slowly and in a very minor way. So what's left for fish oil? Well some experts believe it's good in high doses for inflammatory arthritis like rheumatoid – but in high doses. It's something you need to talk over with your doctor.

## DID YOU KNOW? HEART DISEASE AND DEPRESSION

**Heart disease** is the number one cause of death in Australia contributing to around 22,000 deaths each year. While it is critical to consider and treat the physical side of heart disease, research suggests that the mental health of those who experience adverse cardiac events such as heart attack or bypass surgery is just as important. Studies have shown that around 40% of people who've had a heart attack or bypass surgery experience a mild form of depression, while up to 15% experience more major depressive disorders.

While the link between heart disease and mental health is not yet fully understood, contributing factors could include the toll that the emotional anguish and fear caused by the adverse health event can take on a person and an inability to cope with a long term illness. Given the prevalence of this issue, the National Heart Foundation of Australia has advocated routine screening for depression in people with heart disease at various stages throughout their journey. The benefits of identifying the signs early on, and thus engaging in effective and timely treatment, are significant, both to people's mental and physical health.

If you are suffering from depression, or have heart disease and would like some more information, contact the **beyondblue** support service on **1300 22 4636** or download a brochure from:

[beyondblue.org.au/resources](http://beyondblue.org.au/resources)



## ANSWERS TO THE CROSSWORD

**Across:** 3. Sex; 6. Mortality;  
7. Exercise; 8. Heart  
**Down:** 1. Hunger; 2. Memory;  
4. Binges; 5. Massage

## 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