

FREE!!
PLEASE TAKE ONE

**YOUR
DOCTOR** 

MARCH 2013



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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



NUTRITION - VEGE-BATTLES

Getting kids to eat enough vegetables can be a daily struggle for parents. A preference for sweets and treats is unfortunately common to most young children and can lead to health issues further down the track (see article below on why kids may love all things sweet). It is important for children to develop healthy eating habits early on in life and parents play a key role in promoting these behaviours. As opposed to using threats such as “no TV if you don’t eat your veggies”, studies have shown that giving your children a small, non-food reward when they eat vegetables may help change their attitude.

Researchers looked at kids between the ages of three and four, analysing their response to two types of reward given to them for trying a vegetable. The rewards were either verbal praise or a small sticker. The results revealed that the sticker approach improved children’s attitudes towards vegetables in less than two weeks. When asked to describe their greens, kids’ opinions shifted from “yuck” to “ok” and they began to eat larger portions of vegetables when served, without having to be encouraged by parents.

Offering small incentives to children to encourage them to eat their vegetables may be a good short term strategy but it is also important to instill healthy eating habits from a young age. Kids respond to texture and crunch so something like celery with a healthy dip makes for a great lunchbox item. Finally, remember that healthy food need not be tasteless. There are a lot of exciting, delicious ways to put vegetables into your children’s diets. (See our recipe for vegetarian lasagne – a vegetable kick that kids will love)

INSIDE:

- **MILKING THE BEST OUT OF YOUR WORKOUT**
- **NO SUCH THING AS A SAFE TAN**
- **DR NORMAN SWAN - A MATTER OF HEALTH**

MILKING THE BEST OUT OF YOUR WORKOUT

There are a number of benefits from building muscle mass such as increased strength, stronger bones and a reduced risk of diabetes. Whilst building muscle might come easy to a lot of men, it takes more training for women to achieve muscle growth due to their hormone profile. Researchers, however, believe they may have found a way for women to gain more muscle after a workout – and that is by drinking milk. Milk is said to provide a mix of high quality protein and sugar as well as promoting insulin release which assists tissue growth.

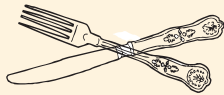
A group of 20 healthy women who had not undertaken resistance training in the past nine months were assigned to a gym program that consisted of five sessions a week for 12 weeks. Half of the women were asked to consume 500ml of fat-free milk one hour after resistance workouts and the other group were assigned to drink the same quantity of a sugar-based sports drink.

Both groups gained muscle and strength from the exercise programs however those consuming the milk showed a greater increase. Aside from more muscle, women drinking the milk decreased their body fat by 1.6kg compared to 0.3kg for those in the control group.



Unlike fat, muscle continues to burn kilojoules every second of the day therefore resistance training can aid metabolism in a way that cardio exercise may not be capable of. When it comes to post workout drinks, aside from being expensive, popular sugar-based sports drinks are primarily for endurance athletes and therefore may not be of much help when

it comes to weight training. This research shows that two glasses of milk after a weights session might help women optimise results from their workouts. For less body fat, more lean muscle and a generally toned body, low fat milk may be the way to go.



Good Health on the Menu

VEGETARIAN LASAGNE

Take home with you

A popular diet myth is that eating more protein can protect against weight gain. The argument is that protein increases muscle and makes us feel fuller so we're less likely to overeat. Protein is important, but so are carbohydrates and veggies, so try this satisfying and delicious meal that is perfect for an easy family dinner at home.

Ingredients:

- 8-10 whole wheat, fresh lasagne sheets
- 1 tbsp olive oil
- 1 large red capsicum, cut into strips
- 1 large red onion, diced
- 1 small eggplant, sliced lengthways into thin discs
- 2 zucchini, sliced lengthways into thin discs
- 1 bag of organic baby spinach

- 1 bottle tomato passata
- 2 cloves garlic, crushed
- 1 tbsp dried oregano
- 1 tbsp cracked black pepper
- 1 tub low-fat ricotta
- ½ cup grated parmesan
- 1 tsp grated nutmeg
- 1 cup fresh basil leaves, roughly chopped

Method

1. Pre-heat oven to 200°C
2. Heat olive oil in a small saucepan and sauté onion and capsicum for about 3 minutes or until onion starts to soften, remove from heat
3. Make sauce by combining passata, garlic, oregano, half the basil and pepper – set aside
4. Make ricotta mix by combining ricotta, parmesan cheese and grated nutmeg – set aside
5. To assemble lasagne, line base of 30cm x 20cm baking dish with eggplant followed by the cooked capsicum and onion mixture
6. Cover in a few tablespoons of tomato sauce and a layer of lasagne sheets

7. Continue to layer with spinach leaves followed by a layer of zucchini discs
8. Cover in a few tablespoons of sauce and another layer of lasagne sheets
9. Add more sauce on top of the lasagne sheets followed by the ricotta mix and sprinkle with leftover basil
10. Cover with aluminium foil and bake for 30 minutes
11. Remove aluminium and bake for a further 10-15 minutes or until lightly coloured
12. Serve with a fresh salad or steamed greens



Enjoy!

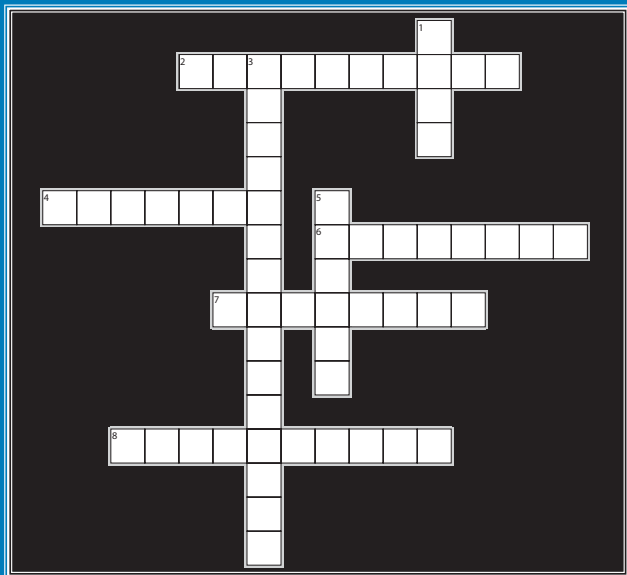
Clever CROSSWORD

Across:

- Resistance training can aid your what?
- What is a common method of tanning?
- Quitting smoking can increase your what?
- What disease is caused by a reduced circulation of blood to the brain or heart?
- Rewarding kids for eating what, can help them develop healthy eating habits?

Down:

- Women can gain more muscle after a workout by drinking what?
- Faecal what, is a new treatment for bowel infections?
- All types of UV radiation have the potential to cause what?



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

DID YOU KNOW? DO YOU KNOW YOUR LEFT FROM YOUR RIGHT?

Vascular disease is where the circulation of blood to a body part other than the brain or heart is reduced. It is caused by a narrowed or blocked blood vessel. There are a number of well known risk factors including diabetes, obesity and high blood fates like cholesterol, however research suggests that there may be another lesser known indicator of the disease – a difference in blood pressure between a person's right and left arm.

Researchers reviewed 28 studies that focused on the implications of a difference in systolic blood pressure (the pressure when the heart contracts) between a person's right and left arm. The results revealed that a 10mm Hg difference between the arms was indicative of an increased risk of vascular disease while a 15mm Hg difference could multiply risk by 2.5. Furthermore, researchers found that a difference of 15mm Hg or more could also increase risk of cerebrovascular disease (affecting blood supply to the brain), and the chances of dying prematurely from heart disease or indeed any cause.

While blood pressure is traditionally taken only from one arm, this study suggests that having both arms checked may be beneficial. Early detection of vascular disease can make a big difference to its treatment therefore further assessment may be of benefit should a significant difference in pressure between the two arms be detected. If interested, you should talk this over with your doctor.



NO SUCH THING AS A SAFE TAN

Sunbeds are a common method of tanning, especially in the winter months when natural sunlight is hard to come by. While a lot of people take the appropriate precautions when heading to the beach for the day, the same sun safety is often not respected when it comes to indoor tanning.

The health implications associated with sunbeds are significant and unfortunately the majority of users do not appreciate the risk they are taking when they enter the booth. A study investigating the association

between sunbed use and the risk of early onset melanoma (a particularly deadly form of malignant melanoma) reveals the threat that sunbeds pose to our skin and health.

Researchers reviewed over 600 people who had been diagnosed with melanoma between the ages of 18 and 39. 23% of the group had used a sunbed and the risk of developing a melanoma was 41% higher in those who had used a sunbed compared to those who had not. The results also found that the younger a person started using

sunbeds, and the frequency with which they did, increased their risk of melanoma.

This study reveals just how great the risks are for people using sunbeds. The majority of users are young adults and, given that research has shown that people under the age of 25 may be more susceptible to the dangers of UV radiation, the potential to develop cancer from this method of tanning is significant. It is important to understand that there is no safe UV tanning process.

The World Health Organisation has outlined that all types of UV radiation have the potential to cause cancer, so the idea that because you are not outdoors you are not at risk is not grounded in evidence. The government have implemented regulations surrounding the operation and safety standards of solariums however as long as they are in operation people need to know the unnecessary and potentially deadly health outcomes to which they can give rise. Australian states have started to take notice, with New South Wales banning solariums from 2014, and Victoria enforcing restrictions on who can use them, excluding those under the age of 18 and people with very fair skin.



Dr Norman Swan

A MATTER OF HEALTH



A new use for poo?

Faecal transplantation has been viewed by many doctors as at the crackpot end of medicine but a recent study has suggested it might have a use. What we're talking about is a healthy person, with no nasty infections, donating their poo to have it mushed up with saline and then inserted via a tube into the intestine of the recipient. The idea is that things like antibiotics kill off the natural bacteria in our bowels and that the usual probiotics containing lactobacillus may not replace the full range of natural organisms we need for health.

Faecal transplantation's been tried for all sorts of conditions but the new evidence is for a dreadful infection of the bowel which can follow antibiotic use. It's called *C. difficile* and is responsible for hundreds of thousands of deaths around the world and a lot of serious illness. The main treatment for *C. difficile* has been a toxic antibiotic called vancomycin which is one of the few left that doesn't have a lot of resistance to it. So if it can be avoided, everyone is better off.

A trial of faecal transplantation compared to vancomycin in people with *C. difficile* showed that the faeces produced such dramatic cures that they stopped the trial early, since it became unethical to continue to give the vancomycin.

This doesn't mean that other uses of faecal transplantation, say for fatigue, will work but in those with this disorder, it's worth considering even though it sounds revolting.

MYTH VS FACT - QUITTING SMOKING: A WEIGHTY ISSUE?

There is a common belief that quitting smoking leads to weight gain but is there any evidence to back this up? It turns out there is. The nicotine in cigarettes can act as an appetite suppressant therefore one of the symptoms of tobacco withdrawal can be increased appetite. However, instead of giving smokers a reason not to quit, having this knowledge may actually help smokers lose weight when they kick the habit.

A recent study analysed weight gain and its variation in smokers who had achieved abstinence for up to 12 months. Researchers considered 62 studies that focused on weight change after smoking cessation. The results revealed an average weight gain of 4-5 kg after 12 months abstinence with the majority of the weight put on within three months of quitting. Variation in weight change, however, was large with around 16% of the quitters losing weight.

Before you start lighting up another cigarette, a number of additional studies have shown that having an awareness of potential weight gain can actually encourage weight loss in those who've quit. By eliminating the fear of the unknown, you can identify what you are up against and therefore plan accordingly. The health improvements after quitting smoking are huge and many times greater than any weight issues. So if you are worried about weight gain after quitting, consult your healthcare professional to help you plan an adequate and realistic exercise and dietary program that will keep off those pesky few kilos.



ANSWERS TO THE CROSSWORD

Across: 2. Metabolism; 4. Sunbeds;
6. Appetite; 7. Vascular;
8. Vegetables
Down: 1. Milk; 3. Transplantation;
5. Cancer;

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