



YOUR DOCTOR



MAY 2013



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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 – 5.30pm

Saturday & Sunday: 8.30am – 11.30am

Newton Surgery:

Weekdays: 8.00am – 5.30pm



WEIGHING IN ON OUR MASTERCHEFS

Commercial television is inundated with cooking shows. From reality shows like Masterchef and My Kitchen Rules to the rise of the celebrity chef, our viewing time is occupied by cooking information and demonstrations. In many cases, however, the nutritional content of the meals prepared is not specified and therefore the nutritional value remains questionable. A study in the UK investigates the dietary qualities of these meals and their implications for consumer's health.

Researchers analysed 100 main meals prepared by television chefs who hosted their own series and had written an associated recipe book. The meals were assessed based on the raw ingredients used and their quantities, and were compared with nutritional guidelines published by the World Health Organisation (WHO) as well as UK Foods Standards Agency. The results revealed that the majority of meals did not meet the adequate standards for a balanced diet. They had excess energy, protein and saturated fat, minimal fibre, and did not meet the standards of the WHO nutrient intake goal for preventing diet related diseases.

Overweight and obesity are huge problems in society contributing to a range of disease including diabetes, cardiovascular disease and potentially cancer. This research indicates that people should consider the nutritional value of meals that they see on TV and, should you want to treat yourself to something indulgent, it is important to practice portion control. Furthermore, there are a number of celebrity chefs who are concerned with health and prepare their meals accordingly so be sure to keep an eye out for them.

INSIDE:

- **GIVE BROCCOLI A BOOST**
- **GREEN TEA SUPPLEMENTS: A WEIGHT LOSS SOLUTION?**
- **DR NORMAN SWAN - A MATTER OF HEALTH**

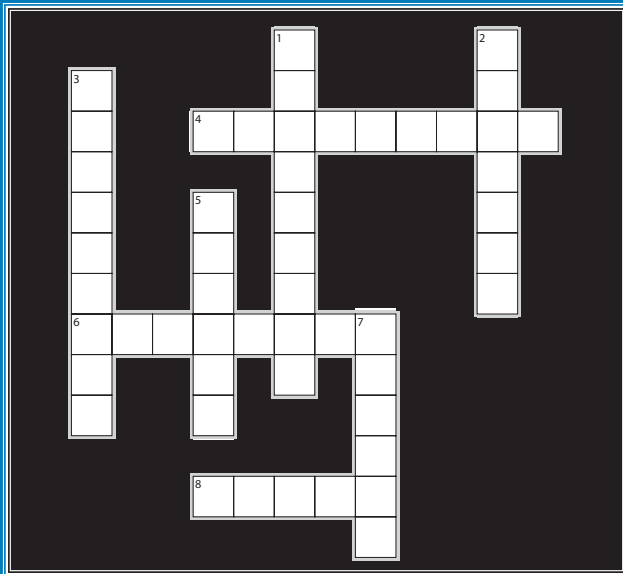
Clever CROSSWORD

Down:

1. Celebrity chefs' food has been found to be lacking in what?
2. Men have a roughly 15% higher rate of what than women?
3. Margarine is made from what oils?
5. Drinking green tea can help reduce the risk of what?
7. Broccoli benefits what system?

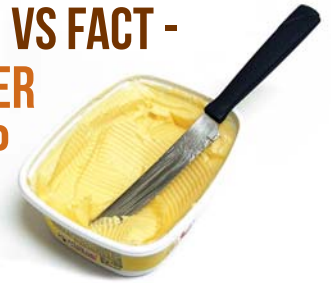
Across:

4. Replacing butter for margarine for one year can remove 3 kilos of what fats?
6. The anti-cancer compound Sulforaphane, comes from chewing on what?
8. For men, sitting for long periods of time can slow the production of what?



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

MYTH VS FACT - BUTTER ME UP



There is a common belief that butter is better than margarine as it is more natural and kinder to our health. The Heart Foundation, however, has outlined that this is not the case. Butter is full of saturated fat which is the bad kind of fat. Saturated fat raises our cholesterol levels, and is a contributing factor to cardiovascular disease.

While butter is around 50% saturated fat, margarine contains, on average, only about 15%. Margarine is made from vegetable oils and is high in the healthier polyunsaturated fats which, in moderation, are important for maintaining a nutritional and balanced diet.

The Heart Foundation reports that by replacing butter with margarine for one year, you can remove almost three kilos of saturated fats from your diet and reduce your risk of cardiovascular disease. When cooking at home, you can substitute butter for margarine or olive oil and still deliver the same delicious meals. It's a small lifestyle modification that could make a big difference to your health.



GIVE BROCCOLI A BOOST

Broccoli. It's the vegetable that our parents have urged us to eat since we were little – and with good reason. Broccoli benefits our immune system, promotes good bone health and is known for containing a cancer combating compound. Various studies have indicated, however, that these powerful reparative qualities may be compromised in the cooking process.

When broccoli is crushed or chewed, the body converts an organic element contained in the vegetable into an anti-cancer compound called sulforaphane. Heat has been shown to decrease the effectiveness

of this process, whilst broccoli that is consumed fresh and raw increases the levels of sulforaphane in our blood in as little as three hours.

Various studies have investigated the effectiveness of broccoli powder, which has been marketed in recent years as a potent cancer fighting supplement. Research, however, has found that broccoli powders have very little impact and therefore may not be worth consuming. Scientists trialled the use of broccoli powder in conjunction with fresh, raw broccoli and found that the production of the anti-cancer compound was enhanced.

Given this result, researchers went on to consider other foods that may help boost the production of sulforaphane in our blood. It was found that strong tasting vegetables such as radish, cabbage, rocket, watercress and brussel sprouts all contain the elements that compliment this process and can therefore help increase the benefits of broccoli, even after it's been cooked. So next time you cook broccoli add other vegetables to the mix – not only will this enrich the flavour, you will also be equipping your family with a cancer-fighting weapon (*look to the right for a delicious broccoli pizza recipe!*)

GREEN TEA SUPPLEMENTS: A WEIGHT LOSS SOLUTION?

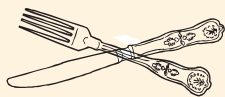
There are a range of natural products on the market that claim to benefit our health. One of the health issues most targeted by so called 'natural' medications is weight loss. Green tea has been linked to a number of positive health benefits including reduced risk of cancer, improved heart health, and increased mental function. More recent claims have linked green tea to weight loss, perhaps because it might increase a person's energy output. The market has subsequently exploded with a number of green tea extract beverages and supplements all claiming to assist with weight loss. A review analysed 18 studies to determine whether these supplements were actually useful as weight loss tools.

The researchers looked at 15 weight loss studies and three studies measuring weight maintenance. Each involved the consumption of a green tea supplement or beverage and the results were compared to a placebo group. Each participant was not made aware of which substance they were consuming.

The results found no significant difference in weight loss between the two groups. The green tea extract supplements and beverages had little effect on weight loss compared to the placebo, suggesting that the hype lacks evidence. Supplements are often expensive and may be detrimental

to other aspects of one's health so let your doctors know what you're taking prior to commencing any new medication. It is also important to remember that there is no quick and easy way to lose weight and keep it off.

Some supplements may provide a short term solution, but to maintain a healthy weight for the long term a nutritional, balanced diet combined with plenty of exercise is essential.



Good Health on the Menu

CHICKEN, BROCCOLI AND ROAST CAPSICUM PIZZA

Your Doctor apologises to the readers of last month's recipe, as there was no mention of Pumpkin in the ingredients. It was 750g of chopped Pumpkin. Thank you.

This is the perfect meal for entertaining, or a quick and easy school night dinner. It's full of flavour and great for your health!

Ingredients:

- 1 red capsicum, halved and deseeded
- Extra Virgin olive oil spray
- 3 cups of broccoli (can be whole or sliced on pizza)
- 2 tbs reduced salt tomato paste
- 1 large wholemeal flatbread
- 200g cooked lean chicken breast, thinly sliced

Ingredients continued:

- ½ cup fresh low-fat ricotta, crumbled
- 1 cup baby rocket leaves

Method

1. Preheat oven to 220°C. Line a baking tray with non-stick baking paper. Place the capsicum, skin-side up, on the tray. Spray with olive oil. Roast in oven for 20 minutes or until charred and blistered. Transfer to a sealable plastic bag and set aside for 10 minutes. Peel the skin from capsicum and thinly slice the flesh.
2. Cook the broccoli in a saucepan of boiling water for 2 minutes or until bright green and tender crisp. Refresh by running under cold water, then drain.
3. Preheat a large baking tray in the oven for 5 minutes.
4. Spread tomato paste over 1 side of the bread then top with chicken, capsicum, broccoli and ricotta and season with pepper.

5. Place pizza on the hot tray and bake in oven for 10 minutes or until crisp.

6. Slice and serve with rocket on top.

Note: Recipe serves four



Enjoy!



Dr Norman Swan

A MATTER OF HEALTH



TELEVISION & FERTILITY-BEHIND THE HEADLINES

You might have seen the headline: "TV viewing reduces men's sperm count". Well, like most headlines, it's partly true. This study was part of a large body of work conducted at Harvard School of Public Health in Boston on the effects of lifestyle and environmental factors on fertility in men and women. For example in the past they've found that a diet too high in calories, high glycaemic index, carbohydrates and trans fats, lowers women's ability to conceive and also reduces their chances of success with assisted reproduction treatments (IVF). The same goes for men including, perhaps surprisingly, the chances of success of their partners in having a baby from infertility treatment. The important thing to appreciate here is that it is a couple who are infertile or having trouble conceiving. It's much less common for the reason to lie with only one partner. What happens is that the woman might have older eggs and not be ovulating too well, while the man has sperm counts and semen quality that are a bit below par. The combination makes for a tough time getting pregnant.

So if by lifestyle changes both partners can improve things a bit then their chances of having a baby will be higher.

The television story reports that they found that men who watch television for 20 hours or more per week had lower sperm counts and poorer semen quality than men who watched less television. Now it's true that the television watchers were fatter, had poorer diets and took less exercise but even allowing for those factors, the TV viewing itself had an influence of its own.

The reasons? Well there is evidence that when men sit for long periods of time, their scrotum heats up – and that's bad for sperm production. In addition the sperm may be more exposed to what's called free radical damage – that's the biological equivalent of rusting.

So mums to be, if it's a baby you want, get that man of yours off the couch.

DID YOU KNOW? RISKY BUSINESS FOR MEN

The **Cancer Council Australia** has revealed that Australian men are at more risk of dying from cancers that affect both men and women. The figures indicate that men have an 84% higher chance of dying of these cancers than women do, averaging around 7000 more deaths a year. Lifestyle factors have been cited as the major reason for the difference in numbers, with men reported to engage in riskier behaviour whilst taking less responsibility for their health and well being.

Some of the figures released by the Cancer Council indicate the average difference in lifestyle habits between Australian men and women. Men have a roughly 15% higher rate of overweight or obesity, are around 4% more likely to smoke daily, 12% less likely to have annual check-ups with their GP, and almost three times more likely to exceed the alcohol consumption guidelines than women.

Lifestyle modifications can be made to bridge this gap and lower the number of potentially preventable deaths occurring in the male population each year due to cancer. Increasing physical activity, having one or two less beers when out with mates, consuming lean meat or having one night off meat a week, and visiting a GP when something feels wrong are all small adjustments that can make a big difference. The Cancer Council NSW has launched a campaign called "Sh*t Mates Don't Say" which is aimed at encouraging men to start thinking and talking about their health.



**FOR MORE INFORMATION VISIT
THE WEBSITE AT:
www.stuffmatesdentsay.com
OR CALL 13 11 20**

ANSWERS TO THE CROSSWORD

Across: 4. Saturated; 6. Broccoli;
8. Semen
Down: 1. Nutrition; 2. Obesity;
3. Vegetable; 5. Cancer;
7. Immune

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