

**IM FREE!!**  
PLEASE TAKE ME

# YOUR DOCTOR




NOVEMBER 2012 ISSUE

## TIME TO GET READY FOR THE GREAT OUTDOORS

VISIT OUR WEBSITE



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**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



## JUST SINGING IN THE LANE

Driving is a dangerous activity, and drivers have to overcome many distractions in order to stay safe on the roads: screaming children in the backseat, pedestrians, and the car in your blind spot when you want to change lanes to name a few. However we don't often think of the radio or CD playing in the background as being a distraction.

Radios have been standard in most car models since the 1930s and much of the music we listen to is while driving. A study in Melbourne, however, has found that listening to music whilst on the road can affect our hazard perception response time, and police crash report statistics back this up with claims that entertainment systems within cars are one of the most prevalent causes of driver distraction. Music can also be hazardous if it is played loudly because 'warning' noises, such as a straining engine, brakes squeaking or emergency sirens or horns, can be drowned out, increasing the risk of a crash.

Participants in a study to measure how distracting music could be drove in a simulated environment, where pedestrians and other obstacles were placed along a virtual course at random intervals. When asked to sing along to the music, the participants drove slower, however their hazard response time was also slower. This suggests the mental workload of

singing and driving simultaneously is more challenging than we think, with the participants compensating by slowing down.

A similar study found 'happy' music to be more distracting than 'sad' music, as drivers were more likely to whistle, tap or sing along to happy music, taking their focus away from driving. The faster the tempo of the music, the greater the chance of a crash.

Music isn't particularly distracting on its own, but engaging with it by singing or whistling along can increase the chance of a road hazard. You don't need to turn your music off entirely, but by turning it down and putting your focus on traffic and pedestrians, rather than the lyrics, you can improve the safety of yourself and others who share the road. Maybe try listening to some music you don't like – and you won't be tempted to sing along!

**SCAN TO HEAD TO YOUR DOC!!**

Scan this QR code & visit the Your Doc website With any smart phone.



- INSIDE**
- FAT CHANCE OF BEING HEALTHY
  - CLEAN PLATES CAN LEAD TO CHUBBY CHILDREN
  - THE CRUELLEST OR KINDEST CUT OF ALL?



**Dr Norman Swan**  
**A MATTER OF HEALTH**



## THE CRUELLEST OR KINDEST CUT OF ALL?

The debate about the benefits, risks and ethics of male infant circumcision is heating up internationally. Courts in Germany and some other countries want it banned, while the American Academy of Pediatrics has recently come out in favour. In Australia, the Royal Australasian College of Physicians has studied the issue and is not at all enthusiastic about the procedure. They claim it's not clear that the risks of circumcision outweigh the benefits and are concerned about the ethical issues of performing a potentially unnecessary operation on a baby who can't give informed consent. They do, however, acknowledge the rights of parents to make decisions about their son, particularly when there are religious reasons.

The College's position has infuriated sexual health doctors who claim the benefits are much greater than the College of Physicians has stated.

The bottom line about male circumcision is that it reduces the risk of urinary tract infections in children and some sexually transmissible diseases such as HIV and human papilloma virus (HPV) later in life. The risks are those of any surgery, which are mainly around bleeding and infection, both of which are fairly rare in infant male circumcision. Proponents in Australia suggest that the operation should be supported by Medicare which some reckon is going a bit far. It's important that new parents who might be considering circumcision for their newborn son and don't have religious reasons for doing so, discuss it fully with their doctor. If you want more information to help your decision making, the Australian guidance on circumcision can be found here:

<http://www.racp.edu.au/page/paed-policy> and the American Academy of Paediatrics' position here: [www.healthychildren.org](http://www.healthychildren.org)

## MYTH VS FACT - CAN EATING FATTY FOODS CAUSE ACNE?

Acne is a skin problem that usually begins in the early teenage years as a result of raging hormones and can last until the 30s and even 40s. Those affected suffer from outbreaks of pimples and cysts – mainly on the face, back, arms and chest. It's often thought that people with acne must be eating a bad diet full of fatty, oily foods and sweets, but often this isn't the case. Research has shown that while unhealthy, fried foods may clog your arteries, they aren't likely to be clogging your pores. In recent years the role of diet in acne has become a hot topic and trials have revisited the possibility of dairy foods and carbohydrates, exacerbating acne. A series of studies found a slight correlation between milk (particularly skim milk) and acne and three Australian studies found that a diet low in glycaemic index (GI) may help to improve symptoms. If you think a food is aggravating your acne, try avoiding it and see if it improves the problem. If you're thinking of a more radical elimination diet, don't do that without a thorough discussion with your doctor.



## ANSWERS TO CROSSWORD

3. Circumcision; 4. Processed;  
Down: 1. Smoking; 2. Blind;  
6. Stress; 7. Overweight;  
Across: 4. Portion; 5. Acne;

## HOW DO YOU LIKE OUR NEW LOOK AND FEEL?

We have recently re-branded Your Doctor, so let us know what you think. Simply email us at [info@yourdoc.com.au](mailto:info@yourdoc.com.au) with your comments.



## 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



# FAT CHANCE OF BEING HEALTHY

There are all sorts of fats. Some are really bad for you, and others, in small amounts, are needed by the body and can actually be good for you. Bad fats are saturated fats found in foods like red meat, butter, cheese and lots of processed foods.

Trans-fat is also a big no-no, and while these have now been removed from many foods on the market, they're still in many, especially highly processed foods that have a long shelf life. These bad fats raise your LDL or 'bad' cholesterol levels and increase your risk of heart disease.

Healthy fats on the other hand, such as monounsaturated and polyunsaturated fats, occur naturally in lots of foods such as some vegetables and legumes, almonds, cashews, avocados and vegetable oils. They are important for heart health, brain function and your HDL, or 'good' cholesterol levels. Monounsaturated fats are commonly found in canola, olive and peanut oils as well as avocados. Polyunsaturated

fats are in sesame and sunflower seeds, corn, soybeans (including tofu) and most nuts. Including polyunsaturated fats in your



have been said to reduce the risk of heart disease, cancer, arthritis, depression and even dementia. They can be found in most fatty fish such as salmon and tuna, as well as walnuts and canola oil.

There are many ways to replace the bad fats in your diet with healthy ones. Why not use avocado or a seed-based margarine instead of butter on your sandwiches? Grill prawns and salmon at your next barbeque instead of steaks and sausages and try replacing the butter in your cakes with a monounsaturated nut oil. It's important to remember that like all fats, healthy ones are still high in calories and while they're better for you, portion control is important in maintaining a healthy weight.

The Heart Foundation Australia has some great information about fats:  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

diet can help lower your LDL (bad) cholesterol levels.

Omega-3 fatty acids are another healthy fat to include in your diet, they're crucial for brain function and development and

**VISIT THE HEART FOUNDATION AT**  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

## READER COMPETITION BE IN THE RUNNING TO WIN A \$50 SHOPPING VOUCHER

1) Just answer the following question:  
**Which article did you like best in this issue of Your Doctor?**

2) Tick the box next to your preferred voucher below:

- Woolworths
- Dymocks Book Stores
- JB Hi Fi

3) Email\* your answer, name, address and phone number to:  
[competition@yourdoc.com.au](mailto:competition@yourdoc.com.au)  
with the subject heading 'November Doc 2012'

Or go to [www.yourdoc.com.au](http://www.yourdoc.com.au) and fill in the online competition form.

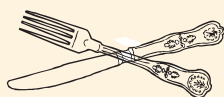
Entries must be received by 31/11/2012 to be in the running.

All entries received after the closing date will go into next edition's draw.

The winner of the competition in Your Doctor's September edition was **C. Scott of Tasmania**

\*By providing us with your email address, you agree to receive future marketing material.

**THAT'S IT! GOOD LUCK!**



## Good Health on the Menu

### GUACAMOLE WITH WHOLEGRAIN PITA CRISPS RECIPE

#### Ingredients

- 2-3 ripe avocados
- 1 lime, juiced
- 1/2 red onion, finely diced
- 1 large tomato, diced
- 1 finely chopped jalapeño pepper
- Handful fresh coriander leaves, roughly chopped
- 1 packet whole-wheat pitas or tortillas, sliced into triangles
- 1 teaspoon cumin mixed with 1 teaspoon salt
- 2 tablespoons olive oil

**Note:** This is a great recipe to share with friends at a BBQ – their heart will love you!

#### Method

1. Preheat oven to 200°C
2. Brush the cut up pita triangles with a little olive oil and sprinkle with cumin and salt mix, place in oven for 10 minutes or until crisp and golden, remove and allow to cool
3. Slice avocados in half, remove stone and skins and mash the green flesh in a bowl
4. Stir through lime juice, red onion, tomato, jalapeño and half the coriander
5. Garnish with remaining coriander leaves
6. Serve with cut up carrots and celery sticks for extra healthy dipping



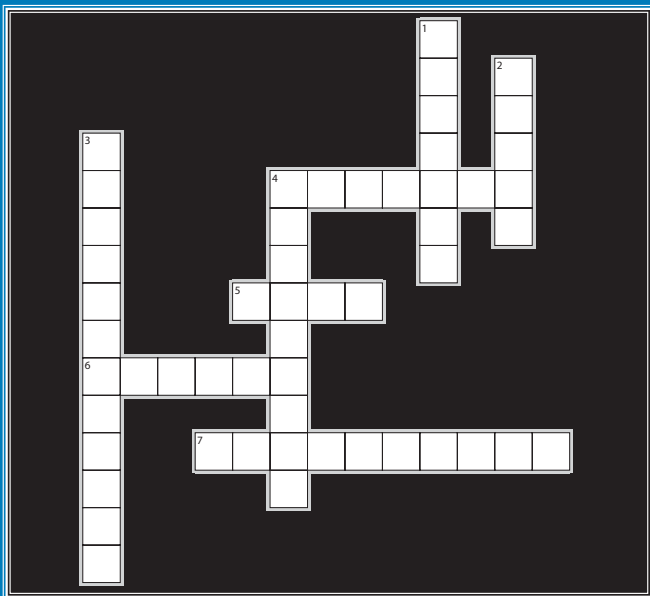
# Clever CROSSWORD

## Across:

- What control is important in maintaining a healthy weight?
- What is a skin problem that begins in the early teenage years?
- What do many people experience at work?
- Clean plates lead to \_\_\_\_\_ children.

## Down:

- What can cause an increased risk of heart attack?
- What spots can cause accidents?
- What can help reduce the risk of urinary tract infections in children?
- Bad fats come from what kind of foods?



EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF "YOUR DOCTOR". ANSWERS ARE SHOWN ON BOTTOM OF INNER LEFT PAGE.

## DID YOU KNOW? WORK CAN FIRE A HEALTHY HEART



Many people experience stress at work, but could it be increasing your risk of a heart attack? Research has found those with demanding jobs and limited freedom to make decisions were more likely to experience coronary heart disease than people in more flexible, relaxed careers.

The study surveyed 200,000 people across 13 countries looking at how hard they work, how much excess work they did outside of normal work hours and whether or not they experienced conflicting demands or insufficient time to complete tasks. They excluded anyone with lifestyle factors such as smoking that might contribute to an increased risk, and found over a period of two decades around 3.4% of heart attacks were attributed to job stress.

While this number is significant, it's much lower than the 36% of heart attacks linked to smoking and the 12% caused by lack of exercise. The study suggests that preventing high levels of job stress could decrease the risk of heart attack. It's important to adopt and maintain a balanced diet and regular exercise, including taking short breaks from your desk during the day to keep moving, and also doing everything in your power to keep your stress levels down.



## CLEAN PLATES CAN LEAD TO CHUBBY CHILDREN

**Did** your mother used to say that you weren't allowed to leave the table until you finished everything on your plate? Or maybe you're a mum now and say the same thing to your kids? You may not be doing them a favour. A new study suggests that mothers who insist on clean plates, could be raising children who are more likely to end up overweight or obese. As a result, childhood experts have recommended allowing children to self-regulate their eating to avoid developing unhealthy meal behaviours, since children usually stop eating when they're full – a trait many adults could do with adopting.

**The study** was conducted on women with children aged 15 months, with follow up at 24 and 36 months. The researchers filmed the mothers while their children ate, and the mums were told they could eat some

of the snack provided for their child, which included raisins, cheese, a small serving of cereal, crackers and a bottle of juice. The researchers studied what prompts mothers gave their children, as well as how assertive or intrusive they were and how frequently they made comments. At each follow up the children's height and weight were measured to calculate their Body Mass Index (BMI) to see if the child's weight had increased more than normal growth would have allowed for.

**61%** of mothers were assertive in prompting children to eat and 48% of mothers were intrusive (restricting the freedom of the child to make his or her own choices). These mothers were more likely to have overweight children, and low income mothers were more likely to prompt their children to eat. After each snack session, researchers asked the mothers

if they allowed their child to eat what they wanted at home. Those mothers who said 'definitely not' were also more likely to prompt their child to eat during the study.

**The study** concluded that although the effect was small, it was still significant as it could affect the way a child viewed food and the need to finish their meals later in life. So when your child says they're full, it might be a good idea to listen. If they're still hungry, they'll return to the table to finish their meal – but letting them decide when they're full may ensure they learn to self-regulate their appetite and help them to grow into healthier adults. As long as they're getting enough of the right foods they should be able to say when they've had enough, but if you're concerned, speak to your doctor.

HEAD TO THE YOUR DOCTOR WEBSITE  
[www.yourdoc.com.au](http://www.yourdoc.com.au)