



Your Doctor



FREE!
Please
take one

OCTOBER 2012



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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

EAST ADELAIDE HEALTH CARE

Pumping iron for brain health

From improving muscle strength to increasing bone density to boosting your metabolism, we've heard plenty about the benefits of resistance or weight training. What we don't tend to think of are the mental benefits of pumping iron at the gym. Research shows that not only is resistance training beneficial for brain health, it can even decrease the risk of dementia in those who already have mild cognitive impairment.

Cognitive impairment is considered a risk factor of dementia, and with early intervention the chances of progressing to dementia can be decreased. Research in the past has shown that aerobic exercises like walking can combat cognitive decline and promote functional plasticity in the brain. But what about more strenuous exercise? Researchers took a group of senior women – some with healthy brains and some with mild cognitive decline and split them into three groups. The first group was instructed to do aerobic training involving walking; the second did resistance training with fitness instructors and the third performed exercises which included stretches, balancing exercises, toning exercises and relaxation. Repetitions and difficulty of the exercises increased throughout the study.

The researchers hoped to uncover which styles of exercise best contributed to improving cognitive function so they could combat (or at least slow down the rate of) cognitive decline in seniors already suffering mild cognitive impairment. They examined how the different exercise styles affected memory performance, everyday problem solving, regional patterns of functional brain plasticity and physical function over six months.



They also looked at how the women's general cardiovascular capacity improved during the trial period.

Compared to the balance and toning exercise group, the women who did resistance training showed the most cognitive improvement, including physical improvement in three regions of the brain. The aerobic training group improved the most in balance, mobility and cardiovascular capacity, but didn't show the same significant improvements in cognitive function that the resistance training group did.

Only a small number of women reported adverse effects, mostly shortness of breath and falls that didn't result in injury. The study was small but demonstrated the potential of weight training to slow down cognitive decline and benefit seniors, particularly women, who are at risk of dementia. There is scope for further research, but with all the other benefits of weight training, why not incorporate some strength training into your regime? Both your body and brain will thank you for it.

READERS!

Enter our competition
and **WIN!**
Details inside

Inside:

- Are eggs eggcellent?
- Having your nit wits
- Zucchini, ham and onion frittata
- Did you know?



Are eggs eggcellent?

Eggs are packed with protein, vitamins B12, A and E, iron and folate, and they're also one of the few food sources that naturally contain vitamin D.

Each egg contains a mix of around five grams of saturated and polyunsaturated fats so eggs aren't quite as bad for you as they've been made out to be and can be part of a balanced diet. The advice on how many eggs are safe to consume varies, and is largely dependent on your health. The Heart Foundation says it's okay to consume up to six eggs each week. However, those with high LDL or 'bad' cholesterol, cardiovascular disease or diabetes should limit their dietary cholesterol to less than 200mg a day. A large egg has around 186mg - all of which is found in the yolk. Egg whites on the other hand contain no cholesterol and can be used in many of the same ways as whole eggs. So they're

a better option for people watching their cholesterol and their waistline.

Foods like quiches, cakes and pasta carbonara all often use eggs but are also full of added cream, butter and pastry that are high in calories, low in nutrition and can clog your arteries. They're ok for a treat but shouldn't be consumed too often. There are many other ways to enjoy eggs that are full of flavour without unnecessary calories. Boiled eggs are yummy on their own but even better mixed into salads or sliced for sandwiches. Omelettes are great for breakfast or thinly sliced and tossed through stir fries, while frittatas packed with veggies keep well in the fridge and are a healthy addition to lunchboxes or for a high protein afternoon snack. Sunny side up, hard boiled or poached on toast, omlettin' you in on a little secret: eggs are eggstraordinary.



RECIPE: Take home with you! Zucchini, ham and caramelised onion frittata

Note: Frittata mix can also be baked into individual muffin tins for an easy lunchbox treat, just pop in the oven for around 15 minutes (or until set). And don't forget - you can use any vegetables you like (or have in the fridge).

Ingredients

- 2 onions, finely sliced
 - 2 tablespoons olive oil
 - 1 zucchini, grated
 - 100g lean ham, diced
 - Handful chopped parsley
 - 3 whole eggs
 - 4 additional egg whites
 - 3/4 cup skim milk
 - 3 tablespoons mustard
- (wholegrain or Dijon work best)

Method

1. Pre-heat your oven's grill to a medium heat. If you don't have a grill, pre-heat your oven to 180°C
2. Heat olive oil in a oven-safe, non-stick frypan over a low flame on stove top, add onions and sauté until soft and golden brown, stirring regularly as not to burn them (add small amounts of water if they begin to burn), then transfer to a bowl and set aside
3. Add zucchini, ham and parsley to the bowl and mix well with cooked onions
4. Whisk the eggs, egg whites and mustard with the milk in a jug or separate bowl
5. Combine egg mix with zucchini mix and stir until well combined
6. Over a medium flame, brush a small amount of olive oil over the base and add your frittata mixture
7. Cook until frittata begins to set, then move frypan to under the grill to continue cooking for a further 10 minutes or until golden brown on top. When you think it's ready, carefully shake the pan handle to see if the frittata wobbles - you're looking for it to be set and not runny
8. Serve with some fresh rocket or any greens of your choice

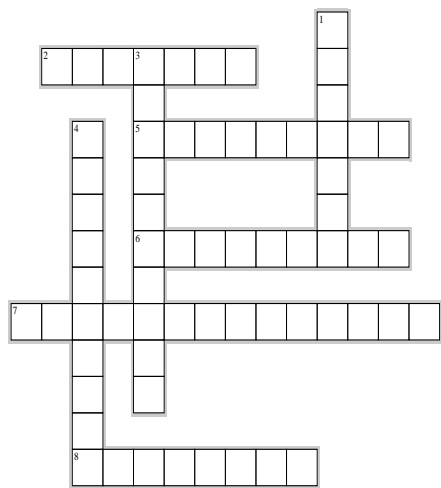
Clever CROSSWORD

Across:

2. Push-ups, dips & jogging are good for your _____
5. Quiches, cakes and pasta carbonara are high in calories and low in...
6. Artificial _____ play tricks on the brain.
7. Pumping iron improves your _____ capacity.
8. Weight _____ reduces the risk of diabetes.

Down:

1. Bad _____ is not a cause of Head Lice.
3. Milk doesn't create _____ and phlegm.
4. Cognitive _____ is considered a risk factor of dementia.



Each of the words can be found in this issue of "Your Doctor". Answers on bottom of last page.

Competition for our readers! WIN a \$50 shopping voucher

- 1) Just answer the following question:
Which article did you like best in this issue of Your Doctor?
- 2) Choose your preferred voucher from the list below:
Woolworths, Dymocks or JB Hi Fi.
- 4) Email* your answer, name, address and phone number to competition@yourdoc.com.au with the subject heading October Doc 2012
or go to www.yourdoc.com.au and fill in the online competition form.

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

THAT'S IT! GOOD LUCK!

Entries must be received by 31/10/2012 to be in the running



Having your nit wits



If you've got children you're probably aware of head lice. Head lice, or nits as they're commonly known, are parasitic insects that survive by living on the hair shaft of humans and sucking blood from the scalp. They're tiny - about a millimetre in length - and can cause itching if their host is allergic to their saliva.

Knowing if a child has lice calls for careful inspection of their hair. Lice prefer to live close to the scalp, are grey or brown in colour and move quickly when their nest is disturbed, so can be difficult to see. Eggs are easier to find, they tend to stick to the hair shaft and are almost always laid close to the scalp.

It's thought that lice jump from head to head (or home to home) but this isn't the case. Instead, they change hosts when one person's hair comes into contact with another, which makes children more susceptible. It's also widely thought that lice are a result of poor hygiene, but it's actually clean hair they prefer to nest in. Because they spread quickly, children need to be checked regularly and their school informed immediately if they have them, so others can be checked and treated if need be.

The best way to check for head lice is to comb a large quantity of hair conditioner through dry hair, which 'stuns' the nits and makes it more difficult for them to dash. Using a fine tooth comb (or a nit-specific comb) you can look for lice in the hair or in

the comb after combing through each section and wiping the comb on a tissue.

Treatment involves using a medicated mousse or shampoo product to kill the lice and their eggs. There are several products available at the pharmacy, and most require you to do two treatments. The first aims to kill the living lice and the second, usually done a week later, kills any eggs and lice that have hatched since. It's important to follow the instructions because treatments that aren't performed correctly won't kill the infestation. Children often complain about the odour of lice treatments, so ask them to hold a towel over their face to protect them and make them feel more comfortable.

It's important to remember that head lice, while a nuisance, are not dangerous or life threatening. However, they do need to be treated soon after discovery to avoid passing them onto others. There is also no need to go on a cleaning rampage: lice can't survive away from the warm environment of the hair, so only pillow cases and hairbrushes need disinfecting.

All head lice treatments in Australia that have been approved by the Therapeutic Goods Administration (TGA) carry an 'Aust L' or 'Aust R' identification number, but each infestation is different and may be resistant to the active ingredient in the product you choose. You can check by running a fine tooth or nit-specific comb through the hair after treatment and wiping onto a tissue. If the lice are still moving, try a product with a different active ingredient - your pharmacist can suggest which is best.

Unfortunately there's no way to prevent head lice, but it is possible to reduce the likelihood of transmission by tying back long hair, reducing head to head contact between children and checking hair regularly. Head lice are lousy, so keep an eye on your child's hair and make sure you inform their school as soon as you spot them so other parents can check their kids too.

Did You Know?

Diet soft drinks play sweet tricks on brain

Many people opt for diet soft drinks over their full-sugar counterparts because the artificial sweeteners aren't as calorific as real sugar - but research suggests that sugar substitutes may cause unnecessary feelings of hunger because of the way they affect the brain.

The researchers studied the way different brains react to both artificial and real sugar flavours and found that sweet flavours are processed differently depending on how frequently you consume them. The brains of people who don't regularly consume sweet foods aren't as able to easily distinguish between artificial sweeteners and real sugar in the same way as those who frequently have sweets and soft drinks.

For those who DID frequently consume diet soft drinks, the area of the brain associated with food deprivation responded when they drank one, making them think they were hungry when they weren't and making them more likely to overeat. So, using diet soft drinks as a tool for trying to lose weight may actually have the opposite effect.

The study was small and there is need for further research with a larger group. In the mean time, the rule of thumb is still that if you're going to have a soft drink you're better off going for the sugar free version, but it's best to treat diet soft drinks like full-sugar ones - keep them for special occasions only.





Important new research that effects us all



Dr Norman Swan
A matter of health

In this issue we cover some recent research into exercise. The benefits of exercise have been underestimated for many years, but the evidence is now strong in several areas. Let's take being overweight or obese. It's been shown that being fit can get rid of the serious risks from being fat, even if you stay fat. No-one's suggesting that's a reason for not losing weight because being obese can cause all sorts of other problems such as arthritis of the knees. But the fact is that if



you take enough exercise, you can be fit and fat and reduce your chances of a heart attack. There are limits to this of course because the severely obese find it hard to take enough exercise because they are so heavy that even just standing becomes a chore. There's also increased interest in weight training – even in the extremely old and frail. Progressive weight training reduces the risk of diabetes and can get people back on their feet and in need of less care. 'Progressive' means you have to steadily increase the load over time as you become stronger. Loss of muscle occurs with ageing and needs a bit of work to prevent it. One study into men with high blood pressure showed that the stronger men were, the longer they lived, and there's a lot of evidence that if you exercise you're less likely to develop cancer, and if you have cancer already, you'll do better. The recommendations are for at least 150 minutes of moderate exercise a week where you mix aerobic exercise such as walking or jogging – depending on your level of fitness – along with muscle strengthening which could be push ups, dips and abdominals, or weights in the gym.

Myth or Fact?

The great phlegm myth

Phlegm is thick mucus that sticks to the back of our throat when you're unwell; it's unpleasant and can cause what's known as a 'wet cough'. Often it lingers for a few days after a cold has passed and can affect the way your voice sounds. It's widely thought that consuming dairy products makes you worse. This myth is often perpetuated by the music industry, where actors and singers are told to avoid dairy products to protect their vocal chords. A study into the relationship between milk intake and mucus production found it's not true: milk doesn't create more phlegm. The study did suggest there may be a psychological aspect though, with people who believed milk caused phlegm reporting more significant

cough and congestion symptoms despite tests suggesting otherwise. While milk doesn't create phlegm per se, if it makes you feel worse when you have a cold then it's best avoided, at least until you're healthy again.



EAST ADELAIDE HEALTH CARE

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

Answers to crossword:
Across: 2. Muscles; 5. Nutrition; 6. Sweeteners; 7. Cardiovascular; 8. Training.
Down: 1. Hygiene; 3. Congestion; 4. Impairment.