



YOUR DOCTOR



FEBRUARY 2014

HEALTH HQ

“Quality Caring”

95 Nerang Street
Southport 4215

P: (07) 5526 4444

F: (07) 5531 3697

W: www.healthhq.com.au

W: www.skinhq.com.au



Dr Norman Hohl

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MBBS CTHP

Dr Michael Read

MBBS

Dr Donna Armstrong

MBBS

Dr Neil Chorley

MBBS FRACGP FACCRM FACSM

Dr Bill Cassimatis

MBBS

Dr Danika Fietz

MBBS, FRACGP, M.Med (Skin Cancer)

Dr Craig Thompson

MBBS, FRACGP, FACRRM, MPHTM

Please visit our new and improved website for information on all our doctors and staff.

www.healthhq.com.au

PRACTICE STAFF:

Kathryn (**Practice Manager**)

Mirja, Kim, Kris, Viv, Margie, Jenny, Kim C and Lindsey (**RN**) Brenda (**AIN**)

Nicky, Ilana, Dorothy, Rosalie, Heidi, Charlotte and Christina (**Reception**) Janet (**Office**)

SURGERY HOURS AND SERVICES:

CONSULTATIONS by appointment.

(Refer to reception for each doctors' sessions)

Monday 8.30am–5.00pm

Tues, Wed, Frid 8.30am–5.00pm

Thursday 8.30am–6.00pm

Saturday 8.30am–12.30pm

If you need to be seen urgently or need a long consultation, please ask when you book. Home visits within 5km can be arranged if necessary. Please ask if you need to speak with a Doctor. On occasions it may be necessary to return your call later.



PROTEIN SNACKS SATISFY AFTERNOON HUNGER

The dreaded mid afternoon hunger pains hit most people at some point, particularly those stuck in an office all day. Hunger in the afternoon, especially when you're exhausted from a long day at work, can lead to careless, and often poor, dietary choices. Researchers have investigated what type of snacks may help to keep hunger at bay, even of an afternoon when your guard is down.

Protein benefits the body in a number of ways, one of which is by promoting satiety (the feeling of fullness). Satiety is the result of chemical and hormonal changes that keep the hunger centres of the brain under control. A study looked at the effect of protein rich yoghurt snacks on feelings of fullness.

Participants were given one of three yoghurts to eat at 3pm, each with a different level of protein. They had a low (five grams), medium (14 grams) or high (24 grams) protein content. Hunger levels in each person were recorded over a five-hour period and those who consumed the high protein yoghurt were satisfied until well after 6pm.

Mindless snacking on unhealthy foods can lead to unnecessary weight gain. This is most likely to occur at times of the day when you're tired and your usual caution is at a low ebb. A protein snack in the afternoon may be a safe and healthy option to prevent unwanted weight gain due to hunger cravings.

INSIDE:

- **HOLIDAY TIME IS NO VACATION FOR YOUR WAISTLINE**
- **RESISTANCE TRAINING FOR CANCER SURVIVORS**
- **MYTH VS. FACT**
- **DR NORMAN SWAN - A MATTER OF HEALTH**



HOLIDAY TIME IS NO VACATION FOR YOUR WAISTLINE

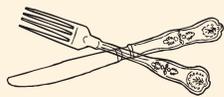
There's no doubt that the holiday season is a great time of year. It's characterised by fun in the sun and time spent with loved ones. Much of the holiday social calendar is focused on food and booze, with an abundance of lunches, dinners and parties. While these events are a great way to bring family and friends together, the prolonged festivities can often wreck havoc on our waistline. In other words you're probably now paying the penalty.

New research has identified the holiday season as a danger period of the year for

long term weight gain. The American study measured changes in body weight and health markers from Thanksgiving in late November through to New Year's Day. The 148 people in the study gained an average of 0.78 kgs each over the holiday period. With the weight gain came a rise in blood pressure for the participants, with systolic (peak) and diastolic pressure increasing by 2.3 mmHg and 1.8 mmHg respectively. Those who had a high body weight to start with were more likely to gain weight, and obese participants had a 1.6% increase in body fat percentage.

Both exercisers and non-exercisers were found to gain similar amounts of weight during this time.

Your next holiday time should be enjoyed but the phrase 'everything in moderation' reigns true. Sustained over-indulgence can contribute to lasting weight gain. It's important to practice portion control, drink in moderation, and maintain your regular exercise regime over this time of year to ensure that your body will be as relaxed as your mind come January 1st, 2015.



Good Health on the Menu

CITRUS CHICKEN SALAD

A high protein meal guaranteed to satisfy your hunger.

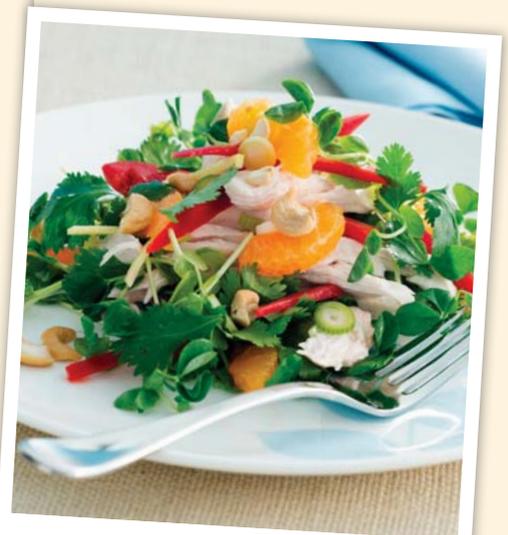
Ingredients:

- 6 slices of rye bread – cut into small squares
- Olive oil cooking spray
- 450g of skinless chicken breasts – sliced
- 2 oranges, peeled and sliced
- ¼ cup of pine nuts – roasted
- 300g mixed salad leaves
- 1 x lemon (for rind)
- Balsamic vinegar
- Extra virgin olive oil

Method

1. Preheat oven to 180 degrees Celsius
2. Place bread squares on a baking tray and spray lightly with cooking spray. Bake for 15 minutes or until crisp
3. Spray a pan with cooking spray and cook chicken breasts over medium heat until cooked through
4. Grate lemon skin and collect the rind
5. Combine orange slices, pine nuts, mixed leaves and bread in a bowl
6. Top with chicken
7. Drizzle olive oil, balsamic vinegar and sprinkle lemon rind on top

Recipe serves 4



Enjoy!

MYTH VS. FACT DOES EXERCISE MAKE YOU HUNGRIER?

There are plenty of anecdotal reports

about people consuming huge amounts of food after a workout, but does exercise really increase hunger? Being active may cause a short-term increase in hunger soon after a workout but in the long term it results in lower hunger levels and more energy burned. There is also speculation as to whether regular exercise affects our desire for certain foods.

Researchers analysed 37 healthy adults, who engaged in varying levels of exercise. They were shown pictures of different types of high and low kilojoule foods while undergoing brain scans. People with the highest level of exercise participation showed lower responsiveness to high kilojoule foods and their day-to-day desire for these foods was lower than in less active people.

While this study only presents data on a small number of people, it gives yet another incentive to get up off your bottom and start exercising. Exercise benefits everything from our brains, to our bones, to our blood so get active now and make sure you consult your doctor before starting any new activity.



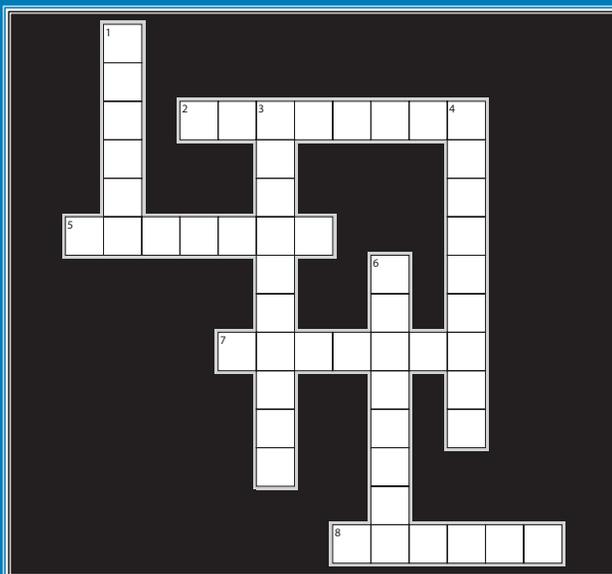
Clever CROSSWORD

Down:

1. The result of long-term workouts is more energy burned and lower what levels?
3. What kind of training has been found to benefit lower and upper limb muscle strength in adult cancer survivors?
4. Some religions' strict rules can actually help foster a healthy what?
6. What could be of benefit to people with cancer during and after treatment?

Across:

2. Summertime can help decrease levels of a stress hormone called what?
5. Snacks high in what, are a great way to prevent unwanted hunger cravings?
7. The feeling of fullness is otherwise known as what?
8. The holiday season is a particularly important time to watch your what?



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



RESISTANCE TRAINING FOR CANCER SURVIVORS

People undergoing potentially lifesaving cancer treatment can experience a number of unpleasant side effects that leave them feeling fatigued and generally unwell. Issues like muscle wasting and reduced physical function may result in people with cancer decreasing their levels of physical activity in lieu of some much needed rest and relaxation. While rest is important, exercise is known to benefit people with cancer, both during and after treatment, and a lack of physical activity can actually intensify the unwanted side effects. Various types of exercises are recommended but exactly

what the best program is to follow is not quite clear. Resistance training (RT) is one type of exercise studied in the context of improving the side effects of cancer treatment.

A study analysed the existing literature on RT and its effects on muscle function, body composition, and fatigue during and after cancer treatment. The studies involved adults with cancer, and compared RT to a control group. The duration of the RT intervention ranged between 12 weeks and one year, and involved two or three training sessions per week. The programs consisted of bench press, chest cross, shoulder press,

pulldowns, bicep curls, tricep extensions, leg press and sit ups.

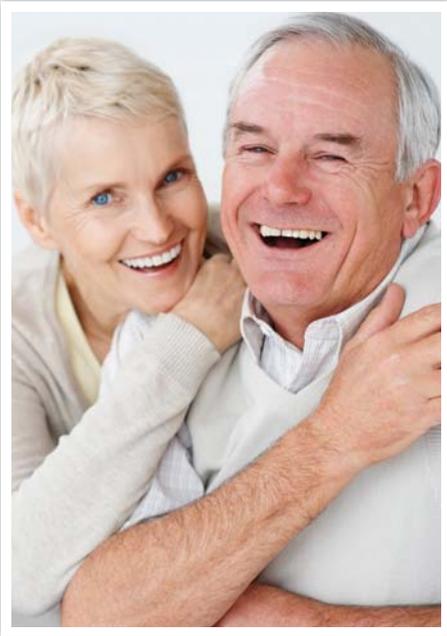
Resistance training was found to benefit lower and upper limb muscle strength in adult cancer survivors. This was both for those currently having treatment and those who'd completed their course. RT may be a beneficial addition to exercise regimes for people with cancer and may assist in improving quality of life as well as getting back to a new normal more quickly after treatment concludes. As with any new exercise regime, it's important to consult your doctor to make sure the program is right for you.



Dr Norman Swan

A MATTER OF HEALTH

A HAPPY SPIRIT



A fascinating study has shown that religion can improve your health but not necessarily because of faith. It's probably because of the religion's rules. It also shows the power of a healthy lifestyle. Danish researchers monitored the health of thousands of Seventh-day Adventists over many years and found they had significantly lower than average risks of heart disease and cancer and lived eight or nine years longer than other Danes.

The thing is that Seventh Day Adventists don't smoke or eat meat and generally adhere strongly to a healthy lifestyle. They do even better than non-Adventist vegetarians probably because their religion says they must. They probably lapse less. Adventists are also less likely to have a fatal car accident so their behaviour transcends more than eating.

The same researchers have also looked at our psychological state and the risk of cancer – things like depression and stress. They found – as others have as well – that being depressed or stressed doesn't, in its own right, increase our chances of developing cancer. That's good news because it should stop some people with cancer feeling guilty because they or their relatives think the person with cancer is to blame because of their mental attitude.

READER COMPETITION: BE IN TO WIN A \$50 SHOPPING VOUCHER

Choose from either **Woolworths**, **JB Hi Fi** or **Dymocks Book Stores**.

Simply answer the crossword question below, from our crossword puzzle, found inside.

Across 5.

Email your answer, name, address, phone number and the clinic you attend to: cliniccompetition@gmail.com with the subject heading 'February Doc 2014'.

Entries must be received by 31/02/2014.

THAT'S IT! GOOD LUCK!

PRACTICE UPDATE

Valuable websites of quality information

www.travelmedicine.com.au
www.healthinsite.gov.au
www.blackdoginstitute.com.au
www.uptodate.com/patients
www.beyondblue.org.au

Remember to have your Skin Check with Skin HQ. Also ask about our Laser, IPL and PDT treatments.

FEE POLICY

Consults \$55 gap. **Welfare** \$40 gap DVA bulk billed. **Home Visits** \$75 gap. **Skin operations** \$125 gap, **Welfare** Bulk Billed. **Scripts and Referral Letters**, \$20.

If collected by patient bulk billed.

SATURDAY: No Concessions.

A \$5 cancellation fee will be charged if 24 hours notice isn't given to cancel your appointment. \$55 fee for procedural appointments.

Amex & Diners Club payments will now attract a 3% surcharge.

FEEDBACK

Our goal is to provide a quality, caring service. Therefore if you have any concerns or suggestions, please phone or write. We genuinely wish to hear from you. If we appear not to have satisfied your concerns, please write to the Health Quality and Complaints Commission, on 1800 077 308.

SERVICE

Quality caring means we do everything possible to see you on time and provide a service that listens to and meets your personal needs.

PRIVACY POLICY

Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times, and to ensure that this information is only available to authorised staff members.

VASECTOMY VENUE Phone (07) 5531 1170
www.vasectomyvenue.com.au
www.gccircumcisions.com.au

Vasectomies: See our websites or ask at Reception for a brochure on Vasectomies. Are you aware Dr Read performs CIRCUMCISIONS on boys and men as well as babies?

TRAVEL HEALTH

The Travel Health Doctors is a member of the Travel Medicine Alliance. Daily updates from worldwide sources mean we can advise you accurately and personally for your trips. We carry almost all vaccines and other travel requirements. We will send a detailed report back to your personal GP.

Our Travel Medicine Service exists to assist your GP in caring for you in a specific area. We encourage you to continue a strong relationship with your GP.

After Hours Care: Phone Chevron After Hours on 5532 8666 after 6pm or Pindara Emergency Centre on 5588 9000.

If you require a home visit call Chevron After Hours. In a serious emergency Call 000.

Health HQ welcomes Dr Craig Thompson. Dr Thompson comes with extensive medical experience both in Aus and overseas.



DID YOU KNOW? SUN SOOTHES STRESS

Summertime is full of sun, surf and smiles with people enjoying time spent outdoors with their family and friends. While enjoying ourselves in the sun with loved ones is bound to improve moods, research is showing there may be more to the positive affects of sunshine than meets the eye.

Cortisol is a stress hormone released by the adrenal glands. It circulates in the blood where it plays an important role as a stress regulator. People who experience chronic stress tend to have high levels of cortisol in

their blood. Researchers in Western Australia analysed blood samples taken from people over a 13-year period, looking into how the different seasons affect cortisol levels. Summer was associated with lower cortisol levels. There was close to 5% decrease in morning cortisol levels observed for every hour earlier that the sun rose.

Enjoying some rest and relaxation in the sun during summer may be the perfect stress antidote but remember to slip, slop, slap and cover up before you head out.

ANSWERS TO CROSSWORD

Down: 1. Hunger; 3. Resistance; 4. Lifestyle; 6. Exercise

Across: 2. Cortisol; 5. * 7. Satiety; 8. Weight.

*Blanked out for competition, see upper right for details.