

## HEALTH HQ

“Quality Caring”

95 Nerang Street  
Southport 4215

P: (07) 5526 4444

F: (07) 5531 3697

W: [www.healthhq.com.au](http://www.healthhq.com.au)



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Health HQ



### Dr Norman Hohl

MBBS, FRACGP, FAFPHM, DTM&H, CTH

### Dr Simon Thatcher

MBBS, CTH

### Dr Michael Read

MBBS

### Dr Donna Armstrong

MBBS

### Dr Neil Chorley

MBBS, FRACGP, FACCRM, FACSM

### Dr Bill Cassimatis

MBBS

### Dr Nora Cadman

MBBS, FRACGP, Cert FPA

### Dr Sally Kervison

MBBS, MPH, GradDipFamMed, LLB

### Dr Mark Byrne

BMed FACRRM Dip. EmergMed Post Dip(Skin Cancer)

### PRACTICE STAFF

Nicky McClelland (**Practice Manager**)

Kim, Kris, Viv, Margie, Kim C, Emily and  
Marilyn (**RN**)

Brenda (**AIN**)

Dorothy, Rosalie, Heidi, Leanne, Kylie and  
Tina (**Reception**)

### HOURS AND SERVICES

Consultations by appointment.

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.

**Mon, Tue, Wed, Fri** 8:30am–5:00pm

**Thursday** 8:30am–6:00pm

**Saturday** 8:30am–12:30pm

### AFTER HOURS CARE

GP & Home Visits: Chevron After Hours  
(07) 5532 8666

Hospital: Pindara Emergency Centre  
(07) 5588 9000

In a serious emergency, call 000.

### VALUABLE WEBSITES

#### FOR QUALITY INFORMATION

[www.travelmedicine.com.au](http://www.travelmedicine.com.au)

[www.healthinsite.gov.au](http://www.healthinsite.gov.au)

Skin HQ would like to welcome our  
new skin doctor, **Doctor Mark Byrne**.

Doctor Mark Byrne has extensive  
experience in skin cancer diagnosis  
and management with  
post graduate training and  
diploma in Skin Cancer Surgery.

# YOUR DOCTOR

FREE!!  
TAKE ME HOME



MAY 2018

## Why giving up smoking can be hard

There's one thing that has over one billion smokers worldwide going back for more.

According to a 2013 National Drug Strategy Household Survey, 13.3 percent of Australian adults smoke. While that figure is dramatically less than it was 20 years ago, it does beg the question: why, when there is so much evidence of its harmful effects on health, do people still smoke?

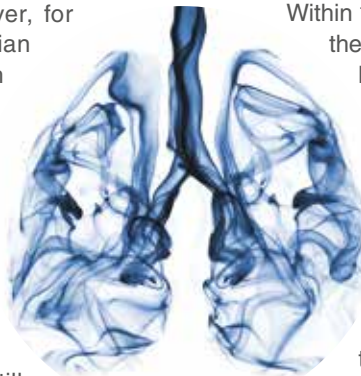
Body parts ravaged by the effects of smoking are plastered all over tobacco pouches and cigarette cartons, and the purchase price is through the roof. However, for the 13.3 percent of Australian adults who still smoke, such promotion of ill health and the effects on your pocket, is still not stamping out the habit. Even knowing that tobacco smoke contains more than 7,000 chemicals and 70 carcinogens, of which many are known to cause cancer, many people are still choosing to light up.

To a non-smoker, it would be clear-cut: smoking is bad for your health, so give it up. However, there's one thing that has smokers going back for more, and its grip is making the habit challenging to kick. It's the nicotine, and it has one billion people around the world firmly in its grasp.

Nicotine stimulates the pleasure centres in your brain, making it highly addictive. Acting as both a stimulant and a sedative, it provides users with a kick as it stimulates the adrenal glands, encouraging the release of adrenaline. By smoking tobacco containing nicotine, users experience a release of dopamine in the pleasure and motivation

area of the brain, as well. As a result, smokers feel immense pleasure, like they are treating their body to something it desperately needs.

Nicotine is not cancer-causing or particularly harmful on its own, but coupled with tobacco it becomes a highly addictive substance that is costing the health department billions of dollars each year. It has been proven harder to give up than heroin, and its psychosocial-behavioural hold can be just as challenging to overcome as a smoker's physical dependence on it.



Within 12 hours of giving up smoking, the majority of the nicotine in your body is gone. Within just five days, the by-products of it have disappeared as well. What's left however, are withdrawal symptoms, and a growing need to get that pleasure sensation.

Smokers who are trying to give up nicotine and tobacco can suffer from flu-like aches, persistent and intense cravings for cigarettes, irritability, insomnia, fatigue, concentration issues, headaches, sore throat, persistent cough, a sore mouth, and chest tightness. Symptoms can vary from person to person, but those looking to kick the nicotine habit can increase their chances of success by having a support network.

Make an appointment with your GP if you're ready to remove nicotine and cigarettes from your life for good. They can provide you with the tools and support you need to make the necessary changes in your life. For helpful tips and advice on curbing the cravings and making healthier decisions, visit [www.quitnow.gov.au](http://www.quitnow.gov.au).

To try the latest RECIPE take me home...

# WORD SEARCH

ANTIBODIES  
 ASTHMA  
 AUTOIMMUNE  
 CANCER  
 CARCINOGEN  
 CIGARETTE  
 COLLAGEN  
 DRYNESS  
 FATIGUE  
 FLAVANOLS  
 HORMONE  
 HYPOTHYROIDISM  
 IMBALANCE  
 INFECTION  
 INSULIN  
 ITCHY  
 LUNGS  
 LUPUS  
 LYCOPENE  
 MOISTURISER  
 NICOTINE  
 OVERWEIGHT  
 PLAQUE  
 PSORIASIS  
 PUSTULAR  
 SMOKING  
 TOBACCO  
 VACCINE  
 WINTER  
 WRINKLES

R K M R A L U T S U P Y K P T E S L O N A V A L F  
 C N F H I A E P M U S X N W E K T D P M H A M U A  
 O G U D O V D G R P A N X H J X X K H O P U I F D  
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## Does hormonal imbalance cause weight gain?

If you're overweight and diet and exercise have offered no results, it might be time to see your GP. Did you know a hormonal imbalance can cause weight gain and stop you from losing weight?

When your car's timing is out, it doesn't run very well. Odd things start to happen, and, if it could talk, it would say it's not feeling well. When something goes wrong with your body, you can expect that not everything will run properly either. Your body secretes and circulates 50 hormones, and when they go topsy-turvy, also known as a hormonal imbalance, your body can start to behave in ways that are different to how it should. The problem is, you might not realise it.

The symptoms of hormonal imbalance are varied and vast, but hypothyroidism, an excess of insulin, and too much cortisol are just three of the many that, when imbalanced, can cause weight gain, or make weight loss difficult.

### Hypothyroidism

If your body does not have enough thyroid hormone, your body's processes begin to slow. You may feel tired, be slower to react,

have a poor memory, and even experience hair loss. Your doctor may ask you about your symptoms before recommending a thyroid function test.

### Excess cortisol

If you're under stress or are exhausted, anxious or depressed, your body may be producing too much cortisol. Excess amounts of this hormone can cause an increased appetite, muscle tissue loss, and excess belly fat.

### Excess insulin

Eating too many carbs, processed foods and sugars may put you at risk of having too much insulin in your body. You may suffer from irritability, weakness, anxiety, and fogginess, which your body reads as hunger. You then reach for more of the same foods, resulting in weight gain, and a potential risk of developing diabetes and heart disease.

Exercise and diet is part of a healthy lifestyle, but if you're gaining weight, or are struggling to lose it, it's crucial you see your GP. They will be able to rule out or diagnose any hormone imbalances.



## Winter: an asthma trigger

While asthma can occur at any time of the year, it can also be more prevalent in winter. What can you do, and what should you look out for?

One in nine Australians has asthma, a respiratory condition that resulted in 39,500 hospitalisations in 2014-2015 alone. Close to 97 percent of asthmatics surveyed by Asthma Australia said a virus or the flu triggered their asthma or made their symptoms worse. With a prevalence of such illnesses in winter, it's no wonder it can be the worst season for asthma attacks. In fact, the common cold is responsible for four out of five severe attacks.

With winter just around the corner, there's no time like the present to ensure you're as prepared as you can be for the colder months ahead.

The first step to take is in the direction of your GP for a lung check to ensure your lungs are healthy. By having a lung check before winter, you're also able to voice any concerns to your doctor, as well as make alterations to your medication, if necessary.

Your doctor can also help you to establish your asthma action plan – a symptom and

instruction guideline on how to recognise your symptoms, and actions to take in response to them. Updating it before winter may freshen your memory on how to stop a small attack from developing into a serious one.

One of the most critical aspects of treatment for asthma, particularly in winter, is taking note of how often you're having asthma symptoms, and how regularly you use your reliever puffer. If you notice you require it more than twice a week, or you're symptomatic at night, consult your doctor. They may suggest adjusting your medication or may introduce preventer medication if you don't already have it. At your appointment, it may also be helpful to brush up on correct inhaling techniques to ensure you're getting as much medicine as possible with each use.

If you are over 65, preparing for winter as an asthmatic is important, as well. Never ignore symptoms of a cold or flu, ask your doctor about the flu vaccine, and see your doctor before winter to ensure you're on the best medication for your needs.

Most importantly, take preventative measures to make winter as comfortable for you as possible. Stay away from people with cold and flu viruses, wash your hands regularly, and limit breathing in cold air if it triggers your asthma.

If you have asthma and you're struggling with symptoms due to winter conditions or illnesses, refer to your asthma plan, stay on top of your medication, and consult your GP.

## Quinoa carrot cake



*A delicious treat with a quinoa twist*

### CAKE

- 1 ½ cups self-raising flour
- ¾ cup vegetable oil
- 4 eggs
- 1 teaspoon grated orange zest
- ½ cup brown unrefined sugar
- 2 cups grated carrot
- 1/3 cup dried, pitted chopped dates
- 1 teaspoon cinnamon
- 1 cup quinoa (cooked according to packet instructions)
- 1 teaspoon vanilla extract

### ICING

- 125g reduced fat cream cheese
- 25g unsalted butter, softened
- 1 teaspoon grated orange zest
- ¾ cup sifted icing sugar

### METHOD

- Preheat oven to 170° Celsius
- Grease a baking tin well
- Add flour, cinnamon, orange zest, sugar, quinoa, carrots and dates in a bowl and combine well
- In a separate bowl, whisk eggs, oil and vanilla essence
- Add the two mixtures together and stir well
- Spoon the batter into the baking tin and bake in oven for 50 – 60 minutes
- Remove from oven and allow to cool
- For icing: beat the cream cheese, butter and orange zest together until smooth. Add icing sugar and beat until well combined
- Spread evenly over cake

## The lowdown on lupus

**A disease that can be life-altering and fatal, but what is it?**

May 10 is World Lupus Day, a day to recognise and raise awareness of the autoimmune disease that affects more than 20,000 people throughout Australia and New Zealand, of which nearly 90% are women.

According to Julian Lennon, the Lupus Foundation of America Global Ambassador, lupus is an unpredictable and misunderstood disease that deserves support and understanding. It knows no boundaries – affecting men, women, and children of all races and nationalities, and is life-changing for both sufferers and their families.

In a healthy human, the immune system's role is to fight anything that intends to do your body harm – such as mould, bacteria, and viruses. However, in someone with lupus, the immune system can't differentiate between what is bad and what is good. As a result, it produces antibodies that attack the body's healthy tissue – causing tissue damage, inflammation and a substantial amount of pain for the sufferer.

Both environmental and genetic factors cause the antibodies that lead to lupus, and while there are varying degrees

of severity, many things can trigger a flare-up such as hormones, diet, stress, pregnancy, infections, medication, chemicals, and UV light exposure.

Sufferers can experience swelling and pain in their joints, skin rashes, fever, weight loss, fatigue, weakness, loss of appetite, and lethargy. Symptoms are often varied, and people living with lupus are highly unlikely to suffer from identical symptoms. They also vary in severity, but approximately half of those living with lupus will experience joint pain and swelling.

There is no cure for lupus. The goal of treatment is to relieve the sufferer of symptoms, protect organs, and decrease inflammation. Five primary drugs are prescribed to help achieve this and once a balance is reached, the outlook for people living with lupus is positive. When detected early and combatted with effective treatment methods, most sufferers go on to lead a normal life.

World Lupus Day 2018 marks the 15th annual observance, and people around the world are invited to participate. Become informed, sign the petition to help make lupus a priority for the World Health Organisation, and help countries to become better equipped to help sufferers of this often-invisible condition.



# Seasonal psoriasis

Are you one of the 1.6 million Australians with psoriasis? These tips may help to reduce flare-ups this winter.

Psoriasis is a skin condition that causes red, itchy, and scaly patches. There are five types of the condition – plaque, guttate, inverse, pustular, and erythrodermic. Plaque psoriasis is the most common form, affecting around 80 percent of those with psoriasis, while erythrodermic is the rarer form – affecting about three percent. Those with erythrodermic psoriasis may also be affected by plaque psoriasis at the same time.

Psoriasis can't be cured. It can flare up, or lay dormant, but it will never entirely disappear. Stress, skin injuries, sunburn, medication, and wintry weather can all contribute to a flare-up, and managing your triggers can make all the difference in the severity of them.

As winter approaches, some people with psoriasis may find their skin is becoming irritated already. If you want to get a head start and keep on top of a potential winter flare-up, consider the following tips:

## 1. See your GP

You will no doubt be experimenting with different treatment methods as requested by your doctor. However, how long has it been since you've followed up on your progress? Before the cold conditions creep in, see a medical professional. It might be time to re-evaluate your treatment plan.

## 2. Shorten your showers

When the temperature outside is cold, it may be best to avoid a long, hot shower. Stepping from the warmth of a shower box to the freshness of a bathroom can make your body itch, irritating your skin in the process. It may also be a good idea to avoid scrubbing, and instead, opt for gentle soaps and body washes recommended for sensitive skin.

## 3. Don't let your skin dry out

The air in winter can often be dry, and dry skin can be a source of irritation for many people. Moisturiser can help keep your skin moist throughout the day, so it may be beneficial to apply lotions at least three times, if not more, per day.

## 4. Consider light therapy

Phototherapy, or light therapy, is a beneficial form of treatment that utilises ultraviolet wavelengths to affect immunoregulatory functions. It is used as an effective treatment method for a range of skin diseases and dates back to as far as Egyptian times. If you're planning on receiving light therapy to slow down the growth of skin cells, it's important to consider it long term. Light treatment makes the most significant difference when it's carried out in multiple sessions, and is most effective after 30 sessions.

A psoriasis flare-up can happen at any time, but wintry conditions can certainly contribute. Consider the tips above, and see your medical professional if you have any questions or concerns.

## SERVICE

Our mission is to provide the highest quality care and service using evidence based medicine to ensure the health of our patients. "Quality caring" means we excel in our work, products, and environment and show concern for and interest in our patients' needs. Further information about our practice policies can be obtained by asking one of our friendly receptionists.

## PRIVACY

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. You can make a request in writing for a copy of your records to be transferred to another GP.

## COMMUNICATION

Information regarding appointments, investigations, results, scripts, referrals may be shared with your consent as required for your care. Patient requests requiring action are attended to promptly, based on level of urgency. You will be notified of any charge for the service.

## FOLLOW-UP OF RESULTS

Your doctor will decide with you how to inform you of test results (e.g., phone call, follow-up appointment, etc.). All results are reviewed by the ordering doctor. For any results requiring urgent action, you will be phoned. If you have not been contacted regarding your results, call and ask.

## FEEDBACK

Our goal is to provide a quality, caring service. If you have any concerns or suggestions, please let us know. We genuinely wish to hear from you. If we have not satisfied your concerns, you may contact the Health Quality and Complaints Commission on 1800 077 308 or [www.oho.qld.gov.au](http://www.oho.qld.gov.au).

## FEES

Consults \$70 gap. Welfare \$55 gap. Extra for Travel vaccines and medication. Skin checks for HCC/Pension card holders \$17 gap. New HCC/Pension Patients \$30 gap. DVA bulk-billed. Scripts and referral letters \$20 (bulk-billed if collected by patient). Saturday: No concessions. 3% surcharge for American Express & Diners Club.

## SKIN HQ

P: (07) 5591 4844 • [www.skinhq.com.au](http://www.skinhq.com.au)  
Remember to book your next skin check with Skin HQ. Ask about our laser, IPL and PDT treatments. Anti-wrinkle & volume enhancement treatments also available.

## VASECTOMY VENUE

### Gold Coast Circumcisions

P: (07) 5531 1170  
[www.vasectomyvenue.com.au](http://www.vasectomyvenue.com.au)  
[www.gccircumcisions.com.au](http://www.gccircumcisions.com.au)

Dr Michael Read provides "no scalpel" vasectomies as permanent contraception for men. He also performs circumcisions for boys and men, as well as babies.

## TRAVEL HEALTH DOCTORS

P: (07) 5526 4444 • [www.healthhq.com.au](http://www.healthhq.com.au)  
A member of the Travel Medicine Alliance, The Travel Health Doctors at Health HQ receive daily updates from worldwide sources to give you accurate, personalised advice based on your itinerary. We carry almost all vaccines and other travel requirements. We work with your GP in caring for you in a specific area.

# Can a pill reduce fine lines and skin roughness?

Wintry weather can cause skin dryness, irritation and fine lines, but what if you could swap your regular skin regime for a straightforward pill?

When your skin is exposed to dry and cold weather conditions, it can lead to a change in your skin's texture, elasticity, and thickness. The result of which is visible aging.

Perfectil, containing bio-marine collagen, pine bark flavanols, grapeseed extracts, lycopene, and alpha lipoic acid, works by protecting your skin's structure; preventing noticeable skin deterioration; and reducing the volume of winter-related fine lines.

In a 2013, a randomised controlled trial was completed on the efficacy of micronutrient supplementation on skin aging and seasonal variation, involving 80 women. It was determined that Perfectil, a daily pill



with micro-nutrients, may be able to protect your skin against fine lines and roughness caused by wintry conditions.

In the study, women who took Perfectil benefited from this protection, while women in the controlled group receiving a placebo did not. Instead, their skin had more noticeable winter deterioration and had two and a half times more volume of fine lines than the group who received the pill.

With winter upon us and many people changing up their skin regime to counteract skin roughness, dryness, and irritation, many women might just be asking whether Perfectil is right for them.

If you have any questions or concerns regarding Perfectil and its use, talk it over with your GP or other health professional before making any decisions. There may be alternative options available.

Take me home to complete our **PUZZLE** – check inside!