

FREE!!
PLEASE TAKE ONE



SEPTEMBER 2015

YOUR DOCTOR



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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

www.healthinsite.gov.au

COULD YOUR KIDS TEACH YOU ABOUT SALT?

Heart disease is the leading cause of death in Australia. It affects around one in six people and comes with a significant social and economic burden.

High blood pressure is a major risk factor for heart disease, so efforts to reduce blood pressure on a large scale could help reduce rates of heart disease. Salt over-consumption plays a substantial role in increasing blood pressure. The average Australian consumes around 9g of salt per day despite recommendations to limit intake to 5g or less. Evidence suggests that even a modest reduction in salt intake can lower blood pressure and reduce the risk of heart disease. Researchers in Northern China initiated a primary school education programme designed to educate children about reducing their own and their families' salt intake and analysed what effect this had on salt consumption and blood pressure.

The program taught children about the harmful effects of consuming too much salt and encouraged them to educate and support their families to reduce the amount of salt used at home. Children in grade five from primary schools in urban Changzhi were allocated to one of two groups. The intervention group received salt education and materials in addition to their typical health education classes, and received

educational materials for their families to encourage them to use less salt when cooking. The control group received standard health education classes.

At the conclusion of the 3.5 month program, the students in the intervention group and their families had a 26% reduction in salt intake compared to the control group.

The results of this study are encouraging and, if maintained over time, could be effective in helping to lower the risk of heart disease. Education programs such as this can be applied on a large scale to have a large impact on the population. Furthermore, educating children from a young age can help to instil good health habits that will persist throughout their lives.



For reference: He, F J et al. School based education programme to reduce salt intake in children and their families (School-EduSalt): cluster randomised controlled trial. *BMJ* 2015;350:h770 doi=10.1136/bmj.h770

YOUR DOCTOR SEPTEMBER - INSIDE

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GO VEGO FOR WEIGHT LOSS

Research consistently links plant-based diets to good health including lower risk of chronic disease and living a longer, healthier life.

Vegetarian diets have also been linked to lower body weight. Studies linking plant-based diets with lower body weight often involve other positive lifestyle factors so it's difficult to ascertain just how much influence a vegetarian diet on its own has on weight loss. Researchers investigated this looking at how body weight is affected when people are prescribed a vegetarian diet.

The vegetarian diets were not energy restricted so people could choose what and how much food to eat.

Following a vegetarian diet resulted in an average weight loss of 3.4kg for those who maintained the diet for the full trial period. Greater weight loss was observed for heavier, older participants and in trials that ran for longer periods of time.

As well as potentially assisting with weight loss, plant-based foods help to reduce risk of a number of chronic diseases including heart disease, diabetes and some cancers. And you need not be completely vegetarian to see the benefits. Research suggests that replacing even one or two meat meals a week with a vegetarian option could pay off in substantial health dividends.



For reference: Barnard ND et al. A systematic review and meta-analysis of changes in body weight in clinical trials of vegetarian diets. *Journal of the Academy of Nutrition and Dietetics* 2015; 115:954-969.



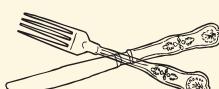
A BRAIN FULL OF BLACKCURRANTS

Berries are a rich source of antioxidants and contain anti-inflammatory properties. Antioxidants help the body fight oxidative stress caused by free radicals. Inflammation and oxidative damage are thought to contribute to ageing and the risk of a number of diseases including cancer and heart disease. Because of this, researchers have thought that berries might slow cognitive (thinking and memory) decline in ageing – a process that can be at least partly attributed to increasing damage on brain tissue by inflammation and oxidative driven damage.

To investigate this theory, researchers looked at the effect of blackcurrants on brain function in a group of volunteers. They were given either cold-press blackcurrant juice or a freeze-dried blackcurrant powder mixed with water in a 200ml drink, a dose equivalent to around 150g of fresh blackcurrants. An hour after consumption, the volunteers underwent two hours of tough brain function testing to measure memory, attention and focus.

Volunteers consuming the blackcurrant juice had better ability in focus, recall and attention-based mental tasks. Further research needs to be done to confirm this link but while the evidence is still mounting, it can't hurt to have a glass of blackcurrant juice to start the day – just make sure its not laden with added sugar.

For reference: Watson AW et al. Acute supplementation with blackcurrant extracts modulates cognitive functioning and inhibits monoamine oxidase-B in healthy young adults. *Journal of Functional Food* 2015; 17:524-539.



Good Health on the Menu

EGGPLANT RAGU

A vegetarian alternative to a classic dish for spring.

Ingredients:

- 4 eggplants, diced
- 1 onion, diced
- 3 cloves garlic, crushed
- 1 bay leaf
- 1 sprig rosemary
- 1 sprig oregano

- ½ cup basil
- 1 cup olives
- 2 tins crushed tomatoes
- 1 cup vegetable stock
- Wholemeal pasta
- Fresh parmesan cheese

Method

1. In a deep pan, heat olive oil and sauté onion and garlic until translucent
2. Add eggplants and cook for five minutes
3. Add bay leaf, herbs, olives, crushed tomatoes and stock
4. Simmer on low heat for 30 minutes until sauce thickens and eggplants turn soft
5. Serve with cooked pasta, fresh parmesan and basil

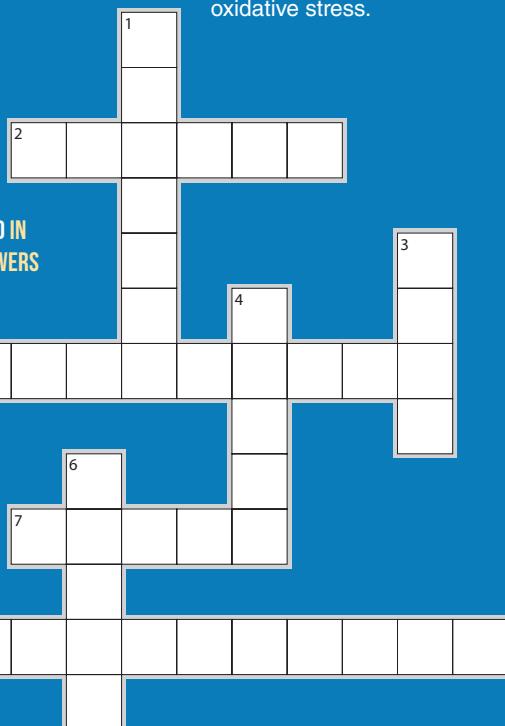


Enjoy!

Clever Crossword

Down:

1. _____ are a rich source of antioxidants.
3. Breast _____ has a wide range of nutrients that are extremely beneficial to babies.
4. _____ disease is the leading cause of death in Australia.
6. High _____ pressure is a major risk factor for heart disease?



Across:

2. What can occur when blood supply to the brain is suddenly interrupted?
5. When your _____ level is high, you're at increased risk of heart attack?
7. Research consistently links a _____ based diet with good health?
8. _____ help the body fight oxidative stress.

APPING THE RISK OF STROKE

A stroke occurs when the blood supply to the brain is suddenly interrupted, usually because of a blood clot.

Stroke is the second biggest killer in Australia after heart disease, with roughly one stroke occurring every ten minutes. A study called INTERSTROKE has combined the population data from 22 countries in an effort to understand the origins of stroke risk. The results suggest that efforts to reduce blood pressure, promote physical activity, smoking cessation and a healthy diet could have the greatest benefit.

It's important for people to know their risk of stroke early and therefore be able to alter their risk factors and hopefully prevent



stroke from occurring. Working alongside the World Health Organisation, researchers at the Auckland University of Technology have developed the Stroke Riskometer App. This App uses data from the INTERSTROKE study and integrated information from several other major population health studies to give people a personal risk score for future stroke. It also offers best evidence advice for dealing with stroke risk factors and gives information on how to recognise and respond in the event of a stroke.

The App is available on the web and downloadable on most smart phones. This is an easy and inexpensive way to monitor your health on an ongoing basis and allows you to act before something happens.

Links to the Apple and Android versions of the Stroke Riskometer App can be found at <http://www.world-stroke.org/education/stroke-riskometer>

For reference: For reference: Feigin VL et al. New Strategy to Reduce the Global Burden of Stroke. *Stroke* 2015;46:00-00. DOI: 10.1161/STROKEAHA.115.008222.

MYTH AND FACT EATING BEFORE A GROCERY SHOP

It's often thought to be bad idea to do your grocery shopping on an empty stomach. The reason being is that you may not make the best choices for your health when you are hungry and craving food. Researchers in the US investigated whether there was truth to this claim i.e. if a person's eating habits prior to grocery shopping actually influenced what they purchased.

The study had three parts. In the first, 120 shoppers were given an apple, a biscuit or nothing to eat prior to grocery shopping and their purchases were analysed afterwards. Those given the apple bought 28% more fruits and vegetables than those who had the biscuit or nothing. In the second part, volunteers were given either the apple or biscuit and asked to do their grocery shopping online. They were presented with 20 sets of foods with one healthy and one less healthy choice for each food. Those who ate the apple were more likely to choose the healthier option than their peers who ate the biscuit. Lastly, volunteers were given a chocolate milk beverage to consume prior to doing an online grocery shop. Despite all drinks being exactly the same, some were labelled 'healthy' and some were labelled 'rich and indulgent'. Those who consumed the drink labelled healthy were more likely to choose healthier options when selecting the foods in their grocery shop.

The researchers cite the idea of 'priming'—that is, the idea that exposure to a stimulus encourages a conscious or subconscious mental thought or action. Priming oneself with healthy food prior to making food decisions or doing the grocery shop may be an easy and effective way to improve health outcomes.



For reference: Tal A and Wansink B. An apple a day brings more apples your way: healthy samples prime healthier choices. *Psychology Marketing* 2015;32: 575-584.



Dr Norman Swan

A MATTER OF HEALTH

CHOLESTEROL LEVELS WHEN YOU'RE YOUNG

When your doctor gets you to reduce your cholesterol level it's usually because you're at increased risk of a heart attack or stroke over the next five or ten years.

And that depends on more than your cholesterol levels: things like your age, your blood pressure and whether you smoke. Age though, is the big factor in your risk of heart disease so it tends to swamp cholesterol in the mathematical equations used by doctors and doesn't take into account people who may have had higher than normal levels since their 30s or 40s. These people may be exposed to slow and steady damage to their arteries, which could be slowed or prevented by more attention to their blood fat (cholesterol) levels.

A US study has looked at the effects of long-term prolonged exposure to high cholesterol early in life on your future risk of heart disease.

They took adults at the age of 55 and looked back 20 years to see how many years of raised cholesterol they had – defined as an LDL of about 3.4 millimoles per litre, which is reasonably high LDL but not astronomic. To put it in context, about one in three Americans will have an LDL above that cut-off. And, adjusting for the fact that people with high cholesterol for a long period of time had other risk factors, they found that every 10 years that somebody had elevated cholesterol before the age of 55, their risk of heart disease increased by 40%. That was cumulative, so after 20 years it was 80%.



DID YOU KNOW? BREASTFED BABIES AND LEUKAEMIA RISK

Breast milk has a wide range of nutrients that are extremely beneficial for babies. Breastfeeding is associated with lower risk of allergies, infections, sudden infant death syndrome (SIDS), diabetes and later life obesity.

Interestingly, an additional observation is that breastfed infants seem to have lower rates of leukaemia, which is the most common type of childhood cancer. A plausible explanation for this is that breastfeeding might provide an immune advantage.

Researchers further explored the link between breastfeeding and leukaemia reviewing 18 studies that included over

10,000 children with leukaemia and compared them to over 17,000 healthy children. They found that babies who were breastfed for at least six months had a 19% lower risk of developing childhood leukaemia than those who were breastfed for less than six months or not at all. Furthermore, children who were breastfed for any length of time had an 11% lower risk of leukaemia than those who were never breastfed.

The ability to draw cause and effect conclusions from this study is limited as there may have been many other factors influencing this link. Nevertheless, the results of this study further support the advice for women to try to exclusively breastfeed their infants for the first six months of life.

For reference: Amity EL and Keinan-Boker L. Breastfeeding and childhood leukemia incidence: a meta-analysis and systematic review. *JAMA Pediatrics* 2015;169:e151025.

That doesn't mean that someone with a high LDL who's aged 30 or 40 should be on a cholesterol-lowering drug. But it does mean they should fix up their diet and lifestyle to get things under control now. Talk to your doctor about it.

7. Plant; 8. Antioxidants.
Across: 2. Stroke; 5. Cholesterol;
4. Heart; 6. Blood.
Down: 1. Berries; 3. Milk;

ANSWERS TO CROSSWORD

PRACTICE UPDATE

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 if there is 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, please contact the Health Quality and Complaints Commission on 1800 077 308 or info@hqcc.qld.gov.au.

FEES

Consults \$60 gap. Welfare \$45 gap. Extra for Travel vaccines and medication. Skin Check for HCC/Pension card Holder's \$10 gap, New HCC/Pension patients one of \$20 gap. DVA bulk-billed. Scripts and referral letters \$20 (bulk-billed if collected by patient). Saturday: No concessions. 3% surcharge for American Express and Diners Club payments.

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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.

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