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# YOUR DOCTOR



**JUNE 2015**

## HEALTH HQ

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Dorothy, Rosalie, Heidi, Charlotte and Christina  
(**Reception**) Janet (**Financial Assistant**)

**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)

## HIGHER INTENSITY, BETTER RESULTS

Physical activity, in any form, is crucial for good health. Just 30 minutes of moderate intensity exercise each day can help reduce risk of a number of diseases including heart disease, cancer, type 2 diabetes and mental health issues like depression and anxiety.

Furthermore, sedentary behaviour is shown to increase the risk of various chronic diseases. Data shows that only 43% of Australian adults meet the minimum recommended guidelines for daily physical activity. Given the large percentage of inactive adults, health promotion tends to encourage people to take the minimum amount of exercise required for reasonable health, believing there is more likelihood to engage sedentary people on this level. While any level of physical activity is better than none, research has found that high intensity activity might have additional health benefits.

The study involved 300 sedentary adults, who were carrying too much weight around the abdomen – a major risk factor for diabetes and heart disease. They were assigned to one of three exercise programs that involved five sessions per week over six months. The first group did low-intensity exercise, around half an hour of slow walking each session; the second group did the

same level of walking as the first group but for one hour; and the third group did much higher intensity exercise, walking at a brisk pace for 40 minutes.

All groups lost weight after six months. Only the high intensity group, however, saw an improvement in blood sugar levels, that, if maintained long term, could reduce participants' risk of type 2 diabetes.

The results of this study reiterate the importance of exercise for improving health. It also shows that doing higher intensity exercise might give that added health boost.



**For reference:** Ross, R et al. Effects of exercise amount and intensity on abdominal obesity and glucose tolerance in obese adults: a randomised trial. *Annals of Internal Medicine* 2015; 162: 325-334.

## YOUR DOCTOR JUNE - INSIDE

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## KEEP IT SIMPLE

Society is saturated with dietary advice. Sifting through the huge number of diets that purport to be good for one's health can be overwhelming and the advice given by one group is often contradicted by another.

The amount of available information and seemingly conflicting messages may actually hold back people's health efforts so there may be some merit in keeping things simple.

Researchers tested this on a group of 240 adults who had metabolic syndrome (a pre diabetic condition). They were assigned to follow either the American Heart Association dietary recommendations (which includes choosing lean meats and poultry, eating fish at least twice per week, selecting low fat dairy products, and limiting saturated fat, salt and sugar intake) or were simply told to eat more fibre.

After one year, both groups had similar results. Both groups had a small amount of weight loss and improvements in insulin function and blood pressure.

These results show that eating well need not be complicated. Plant based foods are high in fibre and many other beneficial nutrients and are low in sugar and fat. People in the high fibre group were eating five grams more than usual each day at 12 months, a simple amount to manage on a regular basis. If you find yourself overwhelmed by all the dietary advice available keeping it simple might be the best option.



**For reference:** Ma, Y et al. Single-component versus multicomponent dietary goals for the metabolic syndrome. *Annals of Internal Medicine* 2015;162:248-257.

## GET YOUR HEAD IN THE GAME

**Improved sporting performance requires a healthy, fit body and a strong, determined mind.** Both of these require consistent and effective training. Positive thoughts can help improve performance whilst negativity, self doubt and a clouded head can reduce performance. Which thought strategy works best depends on the individual athlete and how well they apply the skills they learn. Researchers have outlined a number of strategies that may help people 'get their head in the game.'

### Association and dissociation

Association mind strategies focus on internal aspects of the activity, like breathing, and train people to focus solely on the task at hand thus preventing the waste of energy that results from focusing on something else.

Dissociation is the opposite, and involves focusing ones thoughts outside of the body to dissociate oneself from the pain or fatigue that is experienced.

Both of these strategies have been shown to help people however there is some danger in not concentrating on the task at hand when playing sport.

### Goal setting

Goal setting involves focusing on one aspect of the activity and doing it a little bit better each time. By repeating the exercise multiple times you can push yourself harder and also have an idea of what it feels like to be at your absolute maximum.

### Imagery

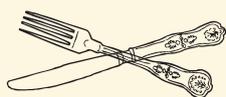
Imagining yourself performing at your absolute best can assist in pushing yourself that little bit harder each time you complete the activity and can become a consistent motivator to continue to improve.

### Motivational statements

Listening to motivational statements on a regular basis and repeating and internalising these can help people to push through the pain and fatigue when performing.

Each person is different and it may take some time to work out which strategy best motivates you to perform at your maximum potential. Optimal training and performance requires the strength of your mind as well as your body.

**For reference:** McCormick, A et al. Psychological determinants of whole-body endurance. *Sports Medicine* 2015; DOI 10.1007/s40279-015-0319.6.



## Good Health on the Menu

### EGGPLANT INVOLTINI

#### Ingredients:

- 1 tbsp olive oil
- 1 onion, sliced
- 1 garlic clove, crushed
- 2 tbsp tomato paste
- 2 tins crushed tomatoes
- ½ cup fresh basil leaves
- Salt and pepper
- 1 large eggplant sliced lengthways into 6 thin steak sized pieces
- 1 tbsp dried oregano

- 1 cup sundried tomatoes
- 1 cup baby spinach leaves
- 1 bunch fresh basil
- Parmesan cheese

#### Method

1. To make sauce, sauté onions until translucent
2. Add garlic and cook for 1 minute
3. Add tomato paste and cook for 2 minutes
4. Add crushed tomatoes, basil, salt and pepper and allow to simmer whilst eggplant is prepared
5. Brush eggplant steaks with olive oil and season with oregano, salt and pepper
6. Sear in hot pan until just cooked
7. Remove from pan and lay each eggplant steak flat
8. Layer each with some spinach, 3 or 4 sundried tomatoes, a few basil leaves and shaved parmesan
9. Roll steaks to secure filling and secure with a toothpick
10. Place eggplant involtini in tomato sauce and cook covered on low heat for 15 minutes
11. Take off heat and serve with salt and pepper to taste



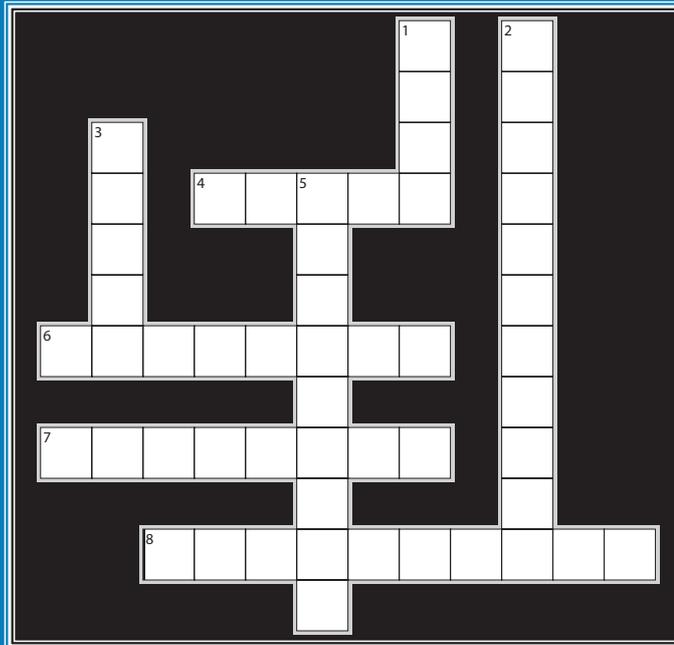
# Clever CROSSWORD

## Down:

1. For some people, Irritable Bowel Syndrome can be managed by a change in \_\_\_\_\_.
2. Most melanomas are caused by overexposure to what radiation from the sun?
3. Plant based foods are high in \_\_\_\_\_, and have many other beneficial nutrients.
5. Irritable Bowel Syndrome can cause what kind of pain?

## Across:

4. 30 minutes of moderate exercise daily can help reduce the risk of \_\_\_\_\_ disease.
6. What sun related cancer is one of the most common cancers in Australia?
7. \_\_\_\_\_ thoughts may help improve your sporting performance.
8. Plain packaged what, have been made compulsory in Australia?



EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF YOUR DOCTOR. ANSWERS ARE SHOWN ON THE TOP RIGHT OF THE BACK PAGE.

## COFFEE AND MELANOMA RISK

**Melanoma is one of the most common cancers in Australia.** The main preventable cause of melanoma is overexposure to ultraviolet (UV) radiation from the sun or sunbeds at a solarium. Researchers have looked into what other lifestyle factors may contribute to people's melanoma risk and have found that coffee consumption might actually reduce a person's risk of developing melanoma.

Researchers looked at the diet and health of over 400,000 people in the US for a decade. Participants were aged between 50 – 71 years and were included if classified as 'white' to remove the effect of dark skin on lowering melanoma risk. They found that those who drank the most coffee each day had lower melanoma risk. This is thought to be because chemicals in coffee can reduce UV-induced carcinogenesis, protect against oxidative stress and DNA damage, and reduce inflammation.

This study can't prove conclusively that coffee lowers melanoma risk and even if research confirms the protective effects of coffee, people should not rely on this to protect them against melanomas. Sun avoidance including sunscreen, long sleeved tops, hats, and not spending time outside in the peak heat of the day is the best melanoma prevention.

**For reference:** McCormick, A et al. Psychological determinants of whole-body endurance. *Sports Medicine* 2015; DOI 10.1007/s40279-015-0319.6.



## MYTH VS. FACT: PLAIN PACKAGING POLICY AND SMOKING RATES

**In 2012, Australia introduced compulsory plain packaging for cigarettes.** This means that all cigarettes supplied in Australia are required to be in plain, dark brown packets and have graphic health warnings covering a certain proportion of the front and back covers. This measure aims to minimise the appeal of cigarettes and increase awareness of the health dangers related to smoking tobacco.

Researchers looked at the effectiveness of plain packaging soon after its introduction, comparing those who smoked cigarettes from plain packets and those still smoking from branded packets. They found that those who smoked from plain packages viewed their cigarettes as being lower in quality, less satisfying than they were a year earlier and were more likely to have thought about quitting in the past week.

These results show that plain packaging is a positive step in the right direction for reducing the preventable disease and death caused by smoking. Smoking increases risk of a huge range of diseases and contributes to early death and quitting at any age will lead to improved health. Talk to your doctor or call Quitline on 13 7848 for free, confidential and individually tailored advice to assist you with quitting smoking.



**For reference:** Wakefield MA, Hayes L, Durkin S, et al. Introduction effects of the Australian plain packaging policy on adult smokers: a cross-sectional study. *BMJ Open* 2013; 3:e003175. doi: 10.1136/bmjopen-2013-003175



**Dr Norman Swan**

## A MATTER OF HEALTH

There's been a lot of publicity given to the concerns that some people have that wind farms cause ill health.

So you might be wondering what the evidence is? The symptoms people complain about include fatigue, mental foginess, insomnia, headaches and nausea. It's even been given medical sounding names: wind farm syndrome and vibroacoustic disease based on an unproven theory that wind farms produce 'infrasound' – low frequency sound waves at or below our hearing threshold – which can travel long distances and exert significant pressure, causing biological damage.

The trouble is that this set of symptoms is very common, often without an identifiable cause despite your doctor doing lots of tests.

## DID YOU KNOW? AN IRRITABLE BOWEL MIGHT CALL FOR SUBTLE DIETARY CHANGES

Irritable bowel syndrome (IBS) is a gastrointestinal condition that causes abdominal pain, bloating, constipation and diarrhoea.

The causes are unknown and there is currently no cure. It's common and can make daily life uncomfortable.

Prevention and management of the symptoms of IBS generally involve people making changes to their diet. Often, this will mean the elimination of specific foods or whole food groups. An example of nutrients commonly excluded by IBS sufferers are carbohydrates that can't be digested in the small intestine - a collection of compounds called FODMAPS, found in foods such as legumes, onions and beans. While these solutions improve symptoms for some people who have IBS, they do not work for all.

The evidence for cutting out foods and food groups is limited, with research suggesting that it's rather likely to be a whole range of food compounds that can trigger IBS symptoms. The concern with eliminating whole food groups is that the overall quality of the diet will diminish and then lack

The science though shows that wind farm syndrome fails what you might call the cause and effect test. When it comes to biology – the way the body works – you can't explain these symptoms from what's known about the physical effects of infrasound. There's also no dose effect. If something causes a disease or illness then almost always, the more you're exposed, the higher the risk, and that runs true for smoking, blood pressure, obesity and radiation and other carcinogens. Wind farm syndrome is almost non-existent in farm families who are being paid to have turbines on their land and who live closest to them.

There's an explanation but it's not one that people find palatable.

We have to start accepting that the brains and minds are part of our bodies. The same chemicals that make our brains tick, exist throughout the body. Anger and loss of power are miserable feelings and can make you feel ill. Allowing a conversation with your doctor (once the right tests have been done) which opens up this possibility opens up the chance for effective help.

important elements. Health professionals are now focusing on manipulating food components rather than cutting out whole foods groups to help people with IBS. Subtle dietary changes, paying careful attention to the nutritional value of the whole diet, might be best.



For reference: Gibson, PR et al. Food components and irritable bowel syndrome. *Gastroenterology* 2015. Doi: 10.1053/j.gastro.2015.02.005.

7. Positive; 8. Cigarettes.  
Across: 4. Heart; 6. Melanoma;  
3. Fibre; 5. Abdominal.  
Down: 1. Diet; 2. Ultraviolet;

## TO CROSSWORD ANSWERS

## 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](mailto: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.

### 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 and volume enhancement treatments are also available.

### VASECTOMY VENUE

Gold Coast Circumcisions  
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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

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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.

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MID APRIL**