

FREE!!
PLEASE TAKE ONE



YOUR DOCTOR



JUNE 2016

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“Quality Caring”

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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

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MIX AND STRETCH

Stretching is something that’s commonly undertaken before and/or after exercise, as it’s perceived to loosen muscles, which prepares them for a workout and reduces the risk of injury.

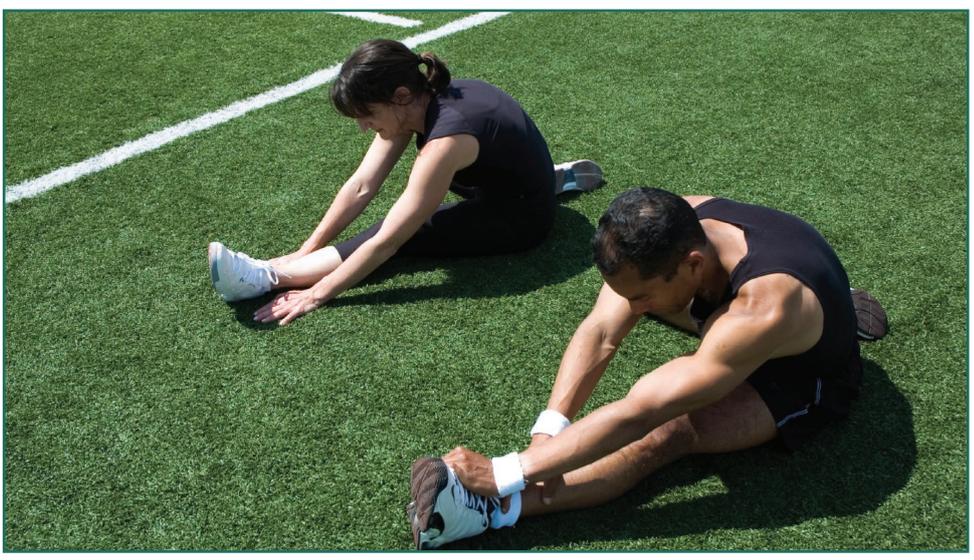
What may be less known is that there are multiple types of stretches that might have different effects on different muscles and therefore different outcomes. Static Stretching (SS) is the most common form and is where a muscle is held in a stretched position for 10 – 60 seconds. SS is perceived to improve the range of muscular motion and performance and reduce injury. Dynamic Stretching (DS) lengthens a muscle through motion, for example straight leg swinging to pull and lengthen hamstring muscles and tendons. Finally Proprioceptive Neuromuscular Facilitation (PNF), commonly used by sports scientists and physiotherapists, involves holding an SS, then contracting the muscle, then holding another SS. This type of stretching is thought to help release and lengthen muscles and allow a greater range of motion.

With various types of stretching available,

it’s difficult to know which one works best for specific outcomes. A group of sports scientists in Western Australia reviewed the current literature on stretching and came to a few conclusions. They found that all types of stretching improved muscular performance. It was difficult to ascertain which type of stretching was best as each type had different effects on various muscles. A consistent benefit found with all stretching was improvement in the Range Of Motion (ROM), which lasted during exercise and for at least half an hour after completion. No form of exercise was found to reduce the rate of injury.

While stretching wasn’t found to reduce injury rates in this study, the researchers concluded that it is possibly beneficial to include warm up and warm down SS and DS in your exercise regime. Stretching may be the best way to improve range of motion in joints prior to working out. Start slowly and gradually build up the intensity and duration of each hold as you progress.

Reference: Behm, DG et al. Acute effects of muscle stretching on physical performance, range of motion and injury incidence in healthy active individuals: a systematic review. *Applied Physiology, Nutrition and Metabolism* 2016;41:111.



HOW HEALTHY IS A VEGAN DIET?

A vegan diet is often publicised as being akin to good health and a natural lifestyle.

Many people who follow a vegan diet cite the importance of health as one of the motivating factors. Vegans are advised to ensure that they get adequate levels of many of the nutrients that are commonly found in animal-based food products like vitamin B12, vitamin D, riboflavin, calcium, iron, iodine, selenium and protein. There are limited studies looking into biological outcomes in vegans. Researchers measured the intake and biological measures of a number of micronutrients to understand the potential benefits and risks of a vegan diet.

Participants following a vegan diet completed food records and provided a blood sample from which researchers measured the intake and body stores of various micronutrients. Vegans had higher levels of circulating polyphenols in their blood than non-vegetarians, reflective of their increased intake of plant material. They also had higher than expected levels of blood fatty acids like EPA, which is an omega-3 fatty acid found mainly in fish. The vegans also had lower levels of vitamin D, iodine and selenium.

These results suggest that vegan dieters are generally healthy however there are some deficiencies in important nutrients associated with the restrictions inherent to

the vegan diet. In order to maintain good health whilst adhering to a vegan diet, you must think about food choices and ensure that the vital nutrients present in some meat and dairy products are consumed in other forms. It's important to eat a variety of whole grains, legumes, nuts and seeds for sources of protein and a range of fruits, vegetables and unsaturated fats. Researchers recommended that vegans pay particular attention to the benefit of consuming calcium-fortified drinks, and taking vitamin B12, vitamin D and iodine supplements to help boost levels of these in the body.

Reference: E-L et al. Food and nutrient intake and nutritional status of Finnish vegans and non-vegans. PLOS One 2016. doi: 10.1371/journal.pone.0148235.



SMALLER MEALS MORE OFTEN

Meal timings, quantity and type of food consumed at different times of the day can influence food intake and weight change.

The time of day at which we eat and how frequently we eat over the course of a day are two factors that are thought to affect weight loss efforts. Different diets propose different approaches to meal frequency and timings and there is some debate as to which approach is best for weight loss.

Researchers analysed data on the dietary habits of over 5000 people between the ages of 40 to 59 years, investigating the association between meal frequency and weight loss. The data included information on when and how often they ate and general dietary habits and food intake. The analysis showed that people who ate on at least six occasions over a 24 hour period consumed less total energy and had a diet containing more vitamins and minerals. Those who ate four or fewer times a day tended to be fatter and drank more alcohol at night.

As this was an observational study, the link between eating more frequently and weight loss cannot be confirmed. Healthier people in this study tended to eat more often, consume healthier foods and drink less alcohol of an evening. Eating small meals frequently may help promote feelings of fullness and make binge eating less likely. It may also help to control cravings and prevent huge amounts being eaten in a single meal.

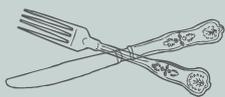
Reference: Aljuraiban, G S et al. The impact of eating frequency and time of intake on nutrient quality and body mass index: The INTERMAP study, a population-based study. Journal of the Academy of Nutrition and Dietetics 2015; 12: 528-536.

WHAT MAKES FOR A FUSSY EATER?

A healthy diet is essential for a growing child's mental and physical development.

Getting children to eat well, consume an adequate amount of fruits and vegetables and steer clear of junk food can be challenging. It's important to instill healthy eating habits in children from a young age as research has shown that unhealthy eating habits established in childhood might be more likely to persist into adulthood.

A number of factors influence what a child eats and is more likely to enjoy. These include what their parents eat and enjoy, the style of parenting they are brought up with and age of exposure to certain foods. Food neophobia also restricts the



Good Health on the Menu

SWEET POTATO FRIES (BAKED, NOT FRIED!)

A delicious way to introduce your children to vegetables in a form that they'll enjoy.

Ingredients:

- 4 x large sweet potatoes
- 1 tablespoon vegetable oil
- Salt and pepper

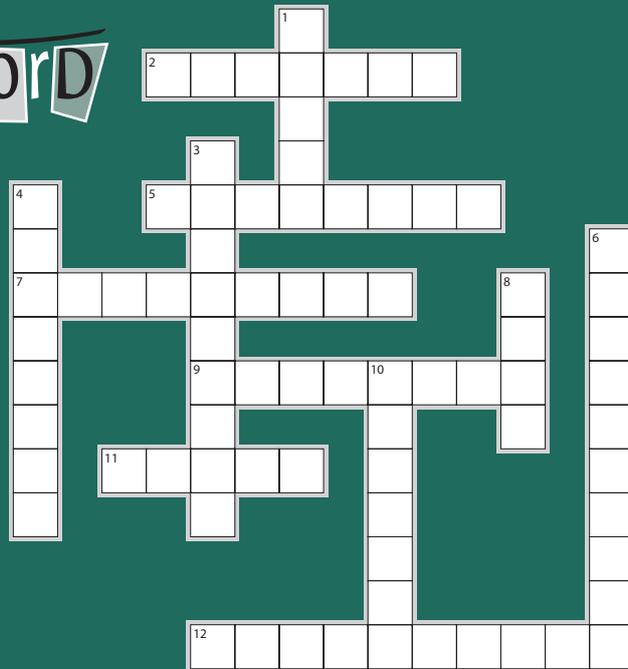
Method

1. Preheat oven to 200 degrees Celsius
2. Slice sweet potatoes into thick fries
3. Coat a baking tray with non-stick paper or non-stick cooking spray



4. Combine sweet potato, oil, salt and pepper in a bowl and toss well
5. Spread fries evenly in baking tray
6. Bake for 10 – 15 minutes on one side (until crisp)
7. Turn fries over (be careful not to burn yourself)
8. Bake for an additional 10 minutes (or until crispy)
9. Take out of oven and allow to cool before serving

Clever CROSSWORD



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

Down:

- Vitamin B12 may be lacking in which diet?
- Vegans need to ensure they get adequate levels of _____ found in animal based foods.
- A _____ is a common side-effect from taking antibiotics.
- Consuming plain water can aid in lowering the amount of _____ in our diet.
- A healthy _____ is essential for a growing child's development.
- _____ oil has around 90% saturated fat.

Across:

- A good way to loosen muscles is to what?
- Meal timings and _____ can effect weight change.
- Rash like lines or welts can be caused by what?
- Stretching is commonly undertaken before and/or after what?
- Drinking what, before a meal may help promote the feeling of fullness?
- Children need an adequate amount of fruits and what?

types of food a child enjoys eating. Food neophobia is the fear or dislike of new or unfamiliar foods. Researchers investigated the association between a variety of factors in a child's early life and what foods they subsequently liked later in childhood.

The study assessed the pre-natal and post-natal nutritional, environmental and social determinants of a child's health and development. Dietary factors relating to the children and their parents were recorded over the first four years of the child's life. The factors included maternal diet before pregnancy, infant feeding practices (feeding method, pattern and age of introduction to several food groups), parental feeding practices (including the level to which a parent allowed their child to choose what they ate), the child's diets (frequency of foods consumed) and food neophobia at ages one through to four years. The children had a face-to-face interview at aged five with a trained professional to assess the foods that they liked.

A child's level of food neophobia at age four was associated with their liking of all food groups at age five. Liking fruits and vegetables at age five was associated with intake of these foods at age three as well as maternal fruit and vegetable intake before pregnancy. Liking meat, fish

and eggs was associated with a longer breastfeeding period, later introduction of main meal components and use of homemade products.

The results of this study suggest that there might be environmental factors that influence the foods that a child likes eating. Some or all of these strategies can be implemented early in life to encourage children to adopt a positive attitude towards eating well. These can include introducing children to fruits and vegetables at an early age and encouraging them to eat healthy foods on a more frequent basis.

Reference: Yuan, W L et al. Early determinants of food liking among 5y-old children: a longitudinal study from the EDEN mother cohort. *International Journal of Behavioural Nutrition and Physical Activity* (2016) 13:20 DOI 10.1186/s12966-016-0342-5



== DID YOU KNOW? ==

WATER: THE BEST INGREDIENT FOR A DIET



There are many weird and wonderful diets that all claim to promote weight loss.

Very few fad diets however, deliver lasting weight loss or ensure good health. One weight loss aid that most of us wouldn't think of is plain water. Plain water (in this study) was defined as water out of a tap, water fountain or from a bottle. The ways in which plain water may affect food intake have not been well studied but it's thought consuming water before a meal may help promote feelings of fullness.

Researchers looked at the effect of water on food consumption in 18,000 adults. They found that for every one percent increase in plain water consumption, daily energy intake fell by about 36 kilojoules. Accompanying this energy fall was a fall in daily consumption of sugar, salt, saturated fat and cholesterol. On average, participants in the study were drinking around one litre of plain water each day.

This study suggests that consuming plain water could aid in lowering the amount of kilojoules consumed. It's important to note that this research found an association between water drinking and food intake so does not confirm that drinking water will always lead to fewer kilojoules consumed. Nevertheless, drinking plain water is important for various aspects of our health and could also replace the consumption of sugar-sweetened beverages, which are notoriously bad for health and promote weight gain.

Reference: An, R and McCaffrey, J. Plain water consumption in relation to energy intake and diet quality among US adults, 2005-2012. *Journal of Human Nutrition and Dietetics* Epub online Feb 22, 2016. Doi: 10.1111/jhn.12368.



Dr Norman Swan **A MATTER OF HEALTH**

ARE YOU ALLERGIC TO ANTIBIOTICS?

It's a common question doctors ask before they write out an antibiotic script. A lot of people say yes, but according to research from the University of Melbourne, many may not be and as a result are unnecessarily exposed to more expensive antibiotics that should really be held back for people who have resistant bugs.

There are two main groups of people who report problems after taking an antibiotic. The first group is those who have what are really drug side-effects, things like nausea, an upset tummy, a headache, feeling lousy

or maybe a very mild rash due in reality to a virus. It's not an allergy - just something in the drug.

The other group is those with true allergies, who have had a bad rash like hives or welts or trouble with swollen lips or breathing.

The Melbourne study looked at all older patients admitted to two hospitals over a fortnight and investigated those who were labelled as allergic to antibiotics. What they found was that people were often incorrectly labelled.

A few may have had more serious allergies than they thought, but most - around 60% - were either not allergic at all or had had such a mild set of symptoms that it was probably safe to be challenged with an antibiotic that they were allegedly allergic to. Sometimes if the symptoms are allergic, that might mean doing the challenge under expert supervision. So it's definitely not something to try on your own. But if you have in the past been labelled as allergic



MYTH VS FACT: WORTH HOLDING COCONUT OIL CLOSE TO THE HEART?

Coconut, in various forms, has become popular over the past few years and is promoted as having a wide range of health benefits.

For instance, coconut oil is often promoted as a healthy oil and one that should be chosen over other supposedly more harmful oils. Coconut oil has around 90% saturated fat. A further claim made is that the type of saturated fat in coconut oil is healthier than other types of saturated fat so doesn't pose a risk to the heart.

Looking at populations that consume coconut oil as part of their traditional lifestyles, one might at first sight support this contention. However this often fails to take into account the other lifestyle factors adopted by these communities that might be promoting good health, such as high consumption of omega-3 fats from fish and limited consumption of highly refined carbohydrates and sugar - both of which are of benefit to one's health. Researchers conducted a review of the available evidence on coconut oil and its effect on health. Mind you, most of these largely tropical populations these days have very bad diets and are getting high rates of heart disease and diabetes.

Twenty-one studies were reviewed and the findings did show that coconut oil raised the LDL cholesterol levels (the 'bad' cholesterol) to a larger extent than other types of plant oils. Butter, however, was found to raise LDL cholesterol to a larger degree than coconut oil. The review did not uncover any association between coconut oil consumption and good heart health.

We need to be skeptical of any fad foods promoted as being miracle solutions for various health ailments. When it comes to coconut oil, this review suggests that it should not be viewed as substantially different to other sources of saturated fat. When cooking, it's best to use monounsaturated or polyunsaturated oils.



Reference: Eyres, L et al. Coconut oil consumption and cardiovascular risk factors in humans. *Nutrition Reviews* Epib online March 5, 2016. Doi: 10.1093/nutrit/nuw002

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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FLU SEASON IS HERE. REMEMBER TO GET YOUR FLU VACCINE TODAY! ASK ABOUT THE NEW INFLUENZA FLU QUADRI VACCINE.

Down: 1. Vegan 3. Nutrients 4. Headache 6. Kilojoules
8. Diet 10. Coconut
Across: 2. Stretch 5. Quantity 7. Allergies 9. Exercise
11. Water 12. Vegetables

ANSWERS TO CROSSWORD