

**FREE!!**  
PLEASE TAKE ONE

# YOUR DOCTOR



**MAY 2015**

## HEALTH HQ

**“Quality Caring”**

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### PRACTICE STAFF

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

www.healthinsite.gov.au



## CUT DOWN AT NIGHT

**How much we eat at different times of the day/night can influence our weight.**

Studies have found that people who consume a large portion of their daily calorie intake in the evening are more likely to be overweight. The reason is thought to be that the body will store more kilojoules as fat because of the low levels of physical activity that take place overnight.

To explore the association between meal timings and quantities, researchers looked at the weight and health of 1245 healthy adults over a six year period. They investigated the link between how much of a person's daily food intake was consumed at night and their subsequent health.

The results showed that those who had the highest energy intake at night had twice the risk of becoming obese and developing metabolic syndrome (a collection of disorders that occur together and can increase a person's risk of type 2 diabetes, stroke and

heart disease). These associations were still apparent after taking into account the quantity of food consumed over the entire day, how much physical activity the person took, and how much fibre and saturated fat was eaten.

Eating more food at night could indicate an unhealthier lifestyle overall, particularly if the extra food is being used to complement 'veg out' sessions in front of the TV or computer after work. There's more research to be done in the area to confirm links between our circadian (daily biological) rhythm and what and when we eat. Nevertheless, if you're trying to lose weight it might be useful to monitor portion sizes at dinner and avoid unnecessary snacking in the evening, particularly on foods that are high in saturated fat.

**For reference:** Bo, S et al. Consuming more of daily caloric intake at dinner predisposes to obesity. A 6-year population-based prospective cohort study. *PLOS ONE* 2014;9:e108467.

## INSIDE

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## TOMATOES: A SAUCY DISH FOR YOUR HEALTH

**Tomatoes are great for our health.** They contain a wide array of beneficial nutrients and antioxidants and are rich in vitamins A and C and folic acid. The beneficial mixture of phytochemicals found in tomatoes benefits heart health and may reduce the risk of some cancers. Researchers have also found that homemade tomato sauce, produced in the Mediterranean style with a dash of olive oil, may be especially good for us.

Traditional, homemade tomato sauce involves the peeling and pulping of large quantities of tomatoes, often cooked with olive oil. Researchers analysed the differences between raw and cooked tomato sauce as well as sauce cooked with the addition of olive oil. Participants consumed the different preparations and samples were taken to verify levels of phytochemicals in their blood and urine.

The highest levels of phytochemicals were observed when the sauce was extensively cooked and blended. In less well-processed preparations, the addition of olive oil increased these levels.

Tomatoes are a healthy addition to the diet in any form. This study suggests that cooking homemade tomato sauce well, with the addition of a dash of olive oil might give you an extra boost in absorption of healthy phytochemicals. Just make sure you're not adding salt!

**For reference:** Vallverdu-Queralt, A et al. Home cooking and phenolics: Effect of thermal treatment and addition of extra virgin olive oil on the phenolic profile of tomato sauces. *Journal of Agricultural and Food Chemistry* 2015;62:3314-3320.

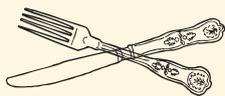
## INCREASED SCREEN TIME A THREAT TO TEENS

**We are living in an increasingly technological world.** Mobile phones, tablets, computers and televisions play a huge role in work, education and leisure time activities. These devices are useful in helping us to connect with the wider world and access education and information at the click of a button or the swipe of a screen. Too much screen time, however, is bad for our health.

Recent data from the National Secondary Students' Diet and Activity Survey (NaSSDA) has found that Australian teenagers are spending more time using electronic devices than they were just three years ago. The survey, created by Cancer Council Australia and the National Heart Foundation, was established to track the body weight, dietary and physical activity behaviour of Australian adolescents. Between 2010 and 2013 the percentage of young people spending two or more hours on electronic media on school days and on the weekend increased by 6%. Furthermore only 18% of young people took the minimum recommended amount of physical activity each day.

In 2012, over 25% of Australian children aged five to 17 years were overweight or obese and this number continues to grow. Obesity is one of the leading causes of chronic disease and physical inactivity is a huge contributor to this. The NaSSDA found that 58% of young people had at least three TVs in their home and 40% had a TV in their bedroom. These figures are astounding. Good health starts at home and long-term good health starts in childhood. It's time to switch off the electronic devices and encourage children to be active in their leisure time.

**For reference:**  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)  
[cancerCouncil.com.au](http://cancerCouncil.com.au)



### Good Health on the Menu

#### HOMEMADE TOMATO SAUCE

*A delicious garnish providing a healthy dose of nutrients and antioxidants*

##### Ingredients:

- 10 ripe tomatoes
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 4 cloves garlic, minced
- ½ cup chopped fresh basil
- ¼ cup red wine

- ¼ teaspoon oregano
- 1 bay leaf
- 2 stalks celery
- 2 tablespoons tomato paste

##### Method

1. Submerge whole tomatoes in boiling water for one minute or until skin begins to peel
2. Remove from boiling water and place in bowl of iced water to cool
3. Once cooled, remove peel and squeeze out seeds
4. Puree tomatoes in a blender or food processor
5. Place olive oil in large pot and cook onion, carrot and garlic for around five minutes or when onion starts to soften

6. Add pureed tomatoes, basil, oregano and wine, and stir
7. Add bay leaf, celery stalks and tomato paste and bring to a boil
8. Once boiling, reduce to low heat, cover and leave to simmer for around two hours (make sure you keep an eye on the sauce during this time to ensure that it does not simmer over etc)
9. Discard bay leaf and celery and serve



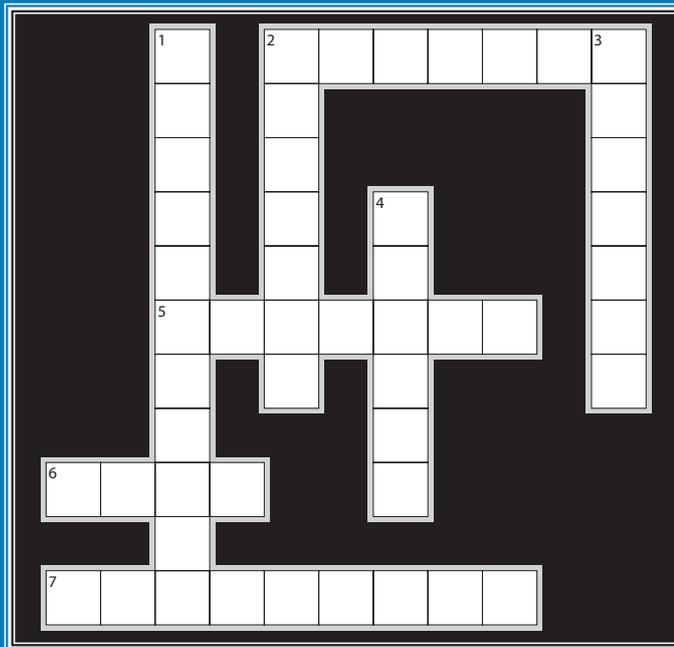
# Clever CROSSWORD

## Down:

1. Teenagers need 10 hours of sleep a night for their growth and what?
2. Australian teens are spending more time using electronic what, than they were three years ago?
3. People who consume a large portion of their daily calories in the what, are more likely to be overweight?
4. How much we eat at different times of the day / night, can influence our what?

## Across:

2. Instilling healthy behaviours in children from an early age, can reduce their risk of chronic \_\_\_\_\_.
5. Spending too much time each day on electronic devices can decrease physical activity levels, and contribute to \_\_\_\_\_.
6. Tomatoes are a healthy addition to your what?
7. Tomatoes contain a wide array of beneficial \_\_\_\_\_.



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

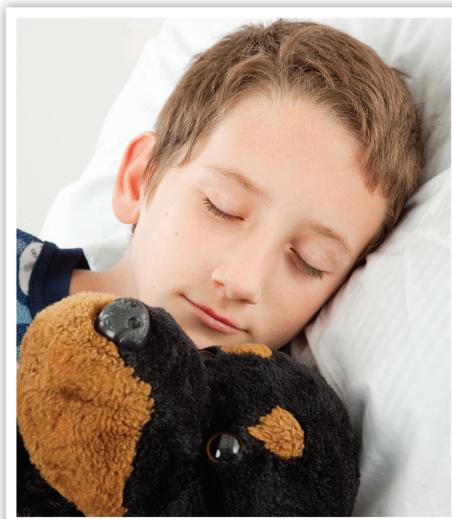
## MYTH VS. FACT: THE MYTH BEHIND 'HEALTHY OBESITY'

There's been a lot of debate around whether or not a person can be healthy and obese at the same time. Some studies have found that people with a body mass index (BMI) in the overweight (>25) and obese range (>30) have the same age of death risk as those with a BMI in the healthy range. This has led people to hypothesise that being obese might not necessarily mean you're unhealthy.

A recent study looked at this theory again, tracking the health of over 2000 British men and women over two decades. They found that over this period of time half of obese participants who were otherwise healthy developed risk factors for chronic disease. Furthermore, chronic disease risk in healthy obese people developed at eight times the rate of that in people who had a healthy weight to begin with.

The results from this study suggest that even if an obese person is healthy now, poor health most likely awaits them in the future. One third of obese participants in this study had no risk factors for chronic disease at the beginning of the research suggesting that even normal cholesterol, blood sugar and insulin levels today do not guarantee good health tomorrow. Similarly, this does not mean that all thin people are healthy. Regardless of weight, people need to follow the recommended guidelines for good diet and physical activity in order to ensure that they maintain good health for life.

**For reference:** Bo, S et al. The natural course of obesity over 20 years. *Journal of the American College of Cardiology* 2015;65:101-102.



## MORE SLEEP FOR TEENS

**Sleep is essential for the developing mind and body.** Sleep research suggests that teenagers need between nine and 10 hours of sleep every night to fuel their growth and development. Sleep deprivation can affect a teenager's performance at school, their weight and mental health.

A survey looked at the sleep patterns of 272,077 teenagers in the US. They observed that, from ages 13 – 17 years, only 32% of participants got more than seven hours sleep on a regular basis. Furthermore, over the past 20 years, the percentage of teenagers who regularly get more than seven hours sleep a night has fallen by seven to 9% at each age sampled.

In the modern world, teenagers are sleeping less. It's essential to develop good sleeping habits in adolescence to help fuel the growing body and mind, and to ensure that good sleep persists throughout life.

There are many factors that play a role in compromising teenagers' sleep, including increased screen time particularly just before bed.

**For reference:** Keyes, KM et al. The great sleep recession: Changes in sleep duration among US adolescents, 1991-2012. *Pediatrics* 2015 Epub online Feb 16, 2015 doi: 10.1542/peds.2014-2707.





**Dr Norman Swan**

## A MATTER OF HEALTH

### EATING AND THE MIND

**They say you are what you eat.** But there's growing evidence that your mood and whether you suffer from mental health issues may have something to do with your diet. This used to be thought of as alternative medicine but it's becoming much more mainstream as the scientific evidence rolls in.

I'm not talking about supplements so much as your whole diet – your dietary pattern. A group of international colleagues have brought together the available evidence in a leading medical journal.



## DID YOU KNOW? ACT GOVERNMENT: GREEN FOR GOOD HEALTH

**In an effort to encourage healthy habits from a young age, the ACT Government has recently launched the ACT Public School Food and Drink Policy.** The policy encourages schools to embrace healthy foods and beverages as a whole in order to minimise risk of overweight and obesity and improve overall health. This entails instilling healthy behaviours in children from an early age, increasing their likelihood of maintaining good health throughout life and reducing their risk of chronic disease.

The policy includes encouraging schools to adopt a 'traffic light system' at the tuckshop

They mostly looked at healthy versus unhealthy dietary patterns, and found that healthy diets (lots of veg, fruit, and low in saturated fat and refined carbs like sugar) are related to a lower risk for depression and unhealthy diets are related to increased risk. And this is in adults, older people, children and young people. It also applies to what pregnant women eat and behavioural problems in their offspring. The researchers adjusted for other factors that might have made a difference such as educational level and income and still, diet came out as an influence all on its own. It also looks as though this might apply to other problems such as bipolar disorder and schizophrenia.

The reason for this effect may be that diet is changing the way the immune system works in the brain, which can affect whether you develop one of these disorders. So eat for your brain as well as your heart!

to promote good food choices and flag foods that are high in salt, sugar and saturated fat. Children are encouraged to avoid 'red' foods and drinks, which are low in nutritional value, being high in salt, sugar and/or saturated fat. 'Amber' foods and drinks are those with some nutritional value but still contain moderate amounts of saturated fat, salt and/or sugar. These are to be selected carefully and only consumed in moderation. Green foods are promoted as the best choices and tuckshops are encouraged to make these readily available and displayed in prominent areas. They offer a wide range of nutrients and are typically low in unhealthy components.

Other initiatives introduced in the policy include a ban on food and drink vending machines, food and nutrition education being taught as part of the curriculum and schools not using food and drinks as rewards for students.

The ACT Public School Food and Drink Policy is a great step in the right direction for decreasing obesity rates and encouraging healthy habits from a young age. Health and education are inextricably linked and by providing children with a good foundation of health knowledge, they'll be better equipped to make positive decisions about their wellbeing in future. The ACT Government leads by example and will hopefully encourage other state governments to follow suit and improve the health of their future generations.

**For reference:** <http://www.act.gov.au>

Across: 2. Disease; 5. Obesity; 6. Diet; 7. Nutrients;  
Down: 1. Development; 2. Devices; 3. Evening; 4. Weight;

## 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 change 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.

#### 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**  
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.

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GOVERNMENT FLU VACCINES DUE MID APRIL**