

FREE!
PLEASE TAKE ONE

YOUR
DOCTOR



OCTOBER 2014

HEALTH HQ

"Quality Caring"

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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

www.healthinsite.gov.au



WORDS AND WEIGHT LOSS

Language is a powerful tool and can be used to influence human behaviour. The age-old advice of 'choose your words wisely' is apt given that the psychological effects of words can be lasting. When it comes to our health, more specifically our weight, various forms of language are used to sell products and activities. Many workouts are labeled as 'fat burning', referring to their capacity to burn energy and result in weight loss. It's thought, however, that this label may actually be detrimental to people's weight loss efforts.

If people believe they've 'burnt fat', as opposed to simply 'exercised' they may be more inclined to reward themselves with unhealthy foods afterwards. It's called moral licensing – where doing something that boosts self-image may make an individual less concerned about engaging in unhealthy behaviours.

To test this idea, researchers had 96 volunteers complete a 20 minute exercise program. The participants were split into two groups – they both carried out the same

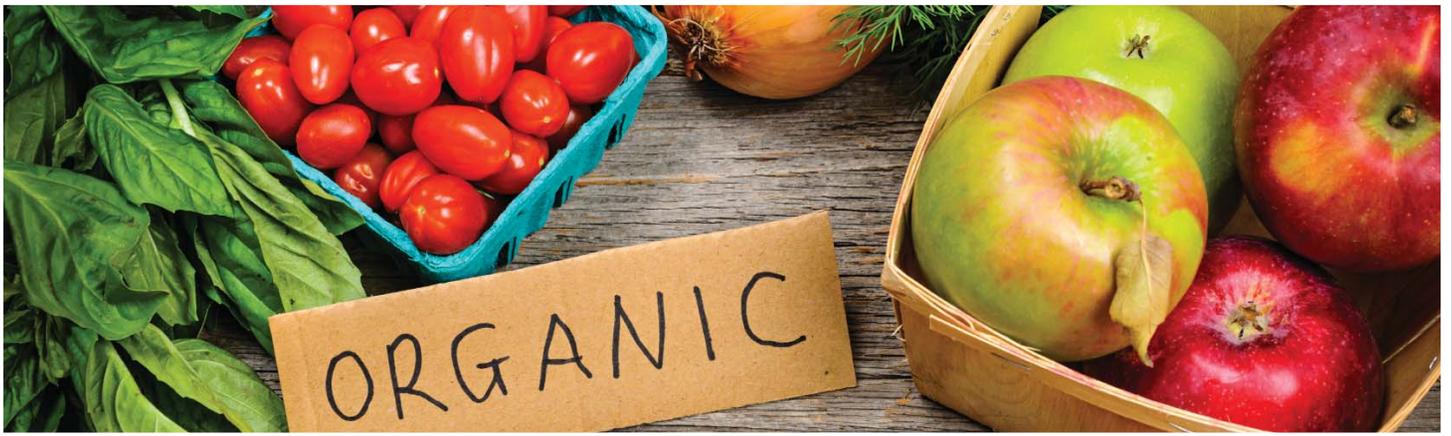
exercise however it was labeled as 'fat burning' for one group and 'endurance' for the other. After the session they were offered a variety of snacks and allowed to eat as much as they desired. People who were identified as having low levels of behavioural regulation (that is, who required a bigger push to do something) ate more food after 'fat burning' exercise than 'endurance exercise'. People in the 'fat burning' group also felt that they'd burnt more fat after the session.

Exercise is great for your health but shouldn't be viewed as a license to over indulge on junk food afterwards. In order to maintain a healthy weight and minimise risk of disease it's necessary to balance exercise with a healthy, calorie controlled diet.

For reference: Fenzl, N et al. Labeling exercise fat-burning increases post-exercise food consumption in self-imposed exercises. Appetite 2014;81:1-7.

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ORGANIC VEGETABLES FOR AN ANTIOXIDANT BOOST

There's a growing preference to purchase organic vegetables in response to concerns about the use of agrichemicals.

While 'organic' products are often viewed as being healthier, there's not much evidence comparing the composition of organic vegetables to conventionally grown vegetables.

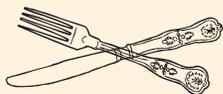
Organic crop production encompasses a variety of things, all of which involve the elimination or reduction of chemicals like pesticides, growth regulators and mineral fertilisers. Researchers analysed the existing literature on organic food composition, comparing it to conventionally grown items.

Organic crops may have higher antioxidant activity and contain higher levels of a range of beneficial antioxidants. When crops were switched from conventional to organic farming practices the average increase in a variety of beneficial plant oxidants was between 20 – 40%.

Whether that translates to health benefits and is therefore worth the extra money is unproven. Antioxidants are thought to prevent some of the damage caused by free radicals (chemicals that cause damage to tissues and are linked to diseases like heart disease and cancer). They are found in various foods including green, leafy vegetables, eggplant, beans and grapes.

The fact is that you're better off eating lots of vegetables regardless of whether they're organic. It's important to try and get the recommended five standard servings each day when possible. If you want to go the organic way that's not going to cause harm and one day, who knows, someone might prove it's worth it.

For reference: Baranski, M et al. Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses. British Journal of Nutrition. Epub online June 26 2014: doi 10.1017/S0007114514001366.



Good Health on the Menu

STUFFED CAPSICUM WITH COUSCOUS AND VEGETABLES

A great dish packed with the goodness of vegetables

Ingredients:

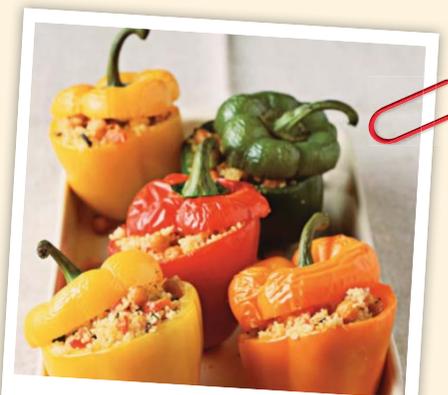
- 4 red capsicums, tops cut and seeds removed
- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 tbsp dried oregano
- ½ tsp cumin
- 2 tbsp tomato paste

- 2 tomatoes, seeded and diced
- 1 zucchini, diced
- 2 cups cooked couscous
- 1 tin chickpeas, drained
- ½ cup chopped parsley
- Feta for topping

Method

1. Preheat oven to 180 degrees Celsius
2. Slice tops and bottoms of capsicums so that they sit upright on the baking tray – clear out seeds
3. In a pan heat olive oil and cook onions until soft
4. Add garlic, oregano and cumin and stir for 2 minutes
5. Add tomato paste, tomatoes and zucchini

6. Add couscous, chickpeas and parsley and stir until combined – season with salt and pepper
7. Stuff capsicums
8. Sprinkle tops with feta and cover with lids
9. Bake in oven for 30 minutes



Enjoy!

MYTH VS FACT DO ACTIVE MUMS GIVE BIRTH TO LEANER INFANTS?

Physical activity is often recommended for women during pregnancy. Aside from the physical, emotional and social benefits it can offer, it may also minimise risk of complications like pre-eclampsia (high blood pressure and large amounts of protein in the urine).

Researchers explored the benefits of exercise during pregnancy further, investigating its effect on the health of the developing foetus. They found that the mothers who exercised regularly in the third trimester (week 28 to birth) had babies with 41 grams less body fat than newborns with less active mothers.

Exercise can reduce the amount of blood sugar that flows through the foetus, decreasing the risk of having a larger than normal baby. Pregnant women are typically advised to try and take 30 minutes of moderate activity most days of the week. Some good forms of physical activity for pregnant women include walking, swimming and yoga. It's important that you consult your doctor before starting any new exercise regime.

For reference: Harrod, CS et al. Physical activity in pregnancy and neonatal body composition: The Health Start Study. Obstetrics and Gynecology Epub online July 7, 2014 doi: 10.1097/AOG.0000000000000373

Clever CROSSWORD

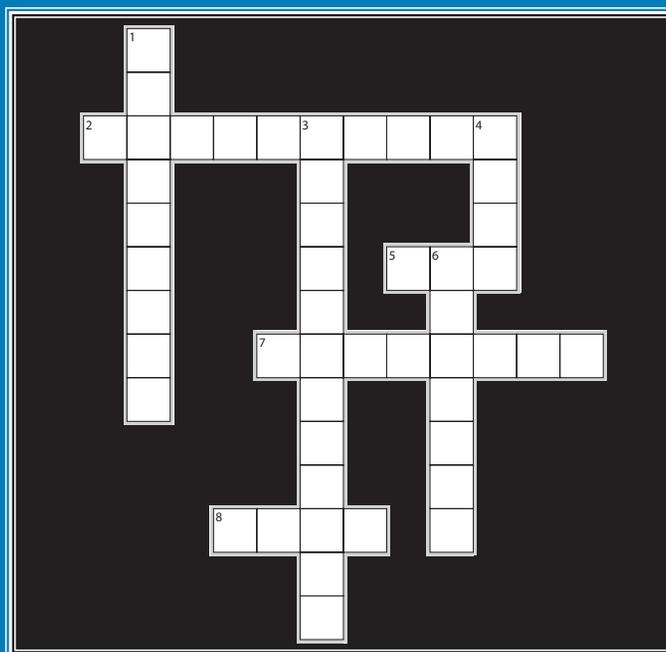
Down:

- Physical activity is often recommended for women during _____.
- Organic crops may contain higher levels of a range of what?
- Keep your _____ intake as low as possible.
- Regular, heavy consumption of what, can have a profound negative affect on our brains?

Across:

- You're better off eating lots of what, regardless of whether they're organic?
- Young males have an increased ability to burn what, during their growth period and when they're physically active.
- To maintain a healthy weight and minimise disease, you need a balance of a healthy diet and _____.
- Exercise shouldn't be viewed as a license to over indulge on _____ food.

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



ALCOHOL RELATED BRAIN DAMAGE

Regular, heavy consumption of alcohol can have a profoundly negative affect on our brains. Binge drinking or heavy drinking over a long period of time may lead to brain injury, which encompasses a wide range of psychological and thinking problems.

Alcohol related brain injury (ABRI) typically begins to affect people in their 40s and 50s. However, women, who are at greater risk, may experience problems in their 30s. The risk of ABRI is increased in women who consume, on average, 35 or more standard drinks per week, and in men who consume 50 or more standard drinks per week. To give

you an idea of the quantity it takes to achieve these levels, an average bottle of wine contains around eight standard drinks.

High levels of alcohol intake can cause impaired learning and decision-making, increased memory lapses and physical problems like loss in motor skills. It can also contribute to mental health issues like anxiety and depression, and is often accompanied by a reduction in brain weight.

Left unchecked, ABRI can have a devastating affect on a person's life. More than 2500 Australians are treated for ABRI annually

and it's thought that around 200,000 cases are currently undiagnosed. Research also shows the deleterious effect that alcohol has on developing brains, reiterating the importance of minimising binge drinking sessions in adolescence. It's important to drink responsibly and in moderation if you want your brain to age healthily.

For reference: Alcohol and brain damage in adults: with reference to high-risk groups. May 2014. (www.rcpsych.ac.uk/usetfulresources/publications/collegereports/cr/cr185.aspx)



Dr Norman Swan

A MATTER OF HEALTH

SALTY ENOUGH ALREADY?

A few weeks ago the media were full of stories which, if you saw them, might have confused you about salt.

They were covering research released in the prestigious New England Journal of Medicine. One paper wasn't controversial at all. It was a worldwide study of salt intake and found that with our current levels of salt consumption and the consequent effects on blood pressure and strokes in particular, that each year over 1.5 million people die prematurely. And that doesn't include the many millions more who survive but are disabled for life thanks to salt.

The other paper was the one that attracted the attention.

It found that people who ate a lot of salt in their diet were at increased risk and that

curiously, those who consumed very little salt were also at risk and that moderate consumption was best.

These findings about the low salt group are almost certainly wrong.

Firstly there's no biological reason for it but most importantly when this has been said of other risk factors like alcohol, researchers have found that those in the low group are not healthy people. They're in the low intake group because they had a health scare and have begun to look after themselves. So they were at greater risk to start with.

The message is, keep your salt intake as low as you can. Preparing your own meals and avoiding processed food is a good start.



DID YOU KNOW? BOYS RUN BETTER ON CARBOHYDRATES

Adolescent boys are often on the move and, despite a seemingly ravenous appetite and consumption of high fat food, they never seem to gain much weight. Young males have an increased ability to burn fat during this period of growth and development when they're physically active. While consumption of high fat foods may not often lead to excess weight gain in teenagers, it may affect performance in sport, for example.

Researchers investigated the effect of fat and carbohydrates on athletic performance in a group of 15 year old males. The boys were asked to eat either a high fat diet or high carbohydrate and low fat diet for two days. They were then asked to run in a 10,000 metre race.

After just two days on the high carbohydrate and lower fat diet, the boys were able to reduce their usual times by around one minute. This adds further weight to the benefit of a healthy, balanced diet particularly in adolescence, when lifestyle habits can shape future behaviours. For a hungry, growing boy, carbohydrates, in conjunction with a nutritious diet, may be the best bet – at least for athletic performance.

For reference: Couto PG et al. Effect of fat and carbohydrate rich diets on metabolism and running performance in trained adolescent boys. Journal of Pediatric Gastroenterology and Nutrition. Epub online May 5 2014: doi 10.1097/MPG.000000000000427

ANSWERS TO CROSSWORD

Down: 1. Pregnancy; 3. Antioxidants; 4. Salt; 6. Alcohol; **Across:** 2. Vegetables; 5. Fat; 7. Exercise; 8. Junk.

READER COMPETITION: WINNER!

Thank you to all those who took the time to enter our **August** competition. We had a record number of entries! The lucky winner was **Rebecca Calverley**, congratulations!!

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 \$55 gap. Welfare \$40 gap. Skin Checks \$35 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
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
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

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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.

Dr Danika Fietz is now taking appointments for skin checks on Saturday mornings.