

HEALTH HQ

“Quality Caring”

95 Nerang Street
Southport 4215

P: (07) 5526 4444

F: (07) 5531 3697

W: www.healthhq.com.au



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Health HQ



Dr Norman Hohl

MBBS, FRACGP, FAFPHM, DTM&H, CTH

Dr Simon Thatcher

MBBS, CTH

Dr Michael Read

MBBS

Dr Donna Armstrong

MBBS

Dr Neil Chorley

MBBS, FRACGP, FACCRM, FACSM

Dr Bill Cassimatis

MBBS

Dr Nora Cadman

MBBS, FRACGP, Cert FPA

Dr Sally Kervison

MBBS, MPH, GradDipFamMed, LLB

Dr Mark Byrne

BMed FACRRM Dip. EmergMed Post Dip(Skin Cancer)

PRACTICE STAFF

Nicky McClelland (**Practice Manager**)

Kim, Kris, Viv, Margie, Kim C, Emily and Marilyn (**RN**)

Brenda (**AIN**)

Dorothy, Rosalie, Heidi, Leanne, Kylie and Tina (**Reception**)

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

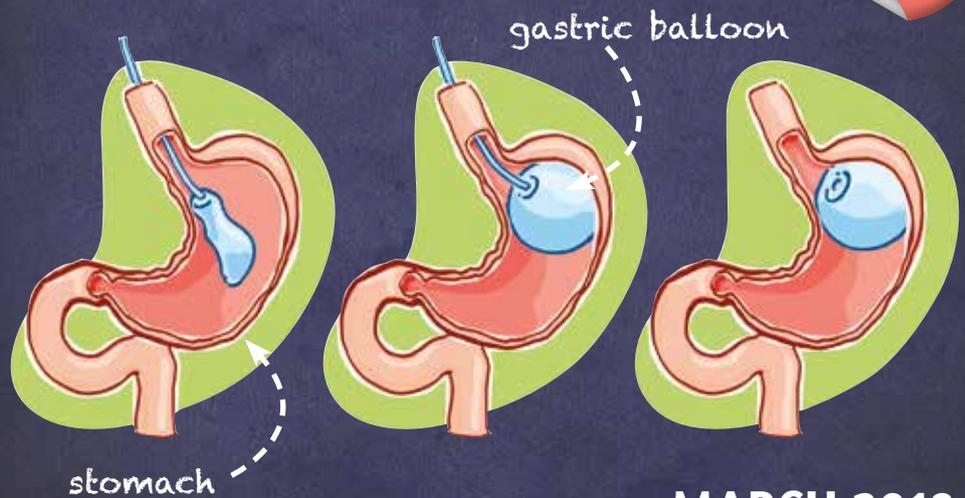
www.healthinsite.gov.au

Skin HQ would like to welcome our new skin doctor, **Doctor Mark Byrne**.

Doctor Mark Byrne has extensive experience in skin cancer diagnosis and management with post graduate training and diploma in Skin Cancer Surgery.

YOUR DOCTOR

FREE!!
TAKE ME HOME



MARCH 2018

A balloon could curb our obesity epidemic

With obesity and its associated medical problems on the rise in Australia, can a new type of gastric balloon help people change their eating habits?

The Australian Medical Association reports that over 60% of Australians are obese, making obesity the biggest public health challenge facing the country. But we're not alone - obesity is also a struggle for other developed nations such as the USA and the UK. In the UK, for example, 63% of adults are classed to be overweight or obese, and obesity-related health care is thought to have cost their National Health Service £6.1 billion between 2014 and 2015.

There are many treatments available to help with weight loss including simple strategies such as diet and exercise regimens right through to gastrointestinal surgery. Gastric balloons are usually recommended as a last resort for patients who have failed to lose weight through other means, and like any surgical procedure, it carries risks which must be weighed up against the potential benefits.

A new study suggests that emerging techniques are set to revolutionise how gastric ballooning is performed. In May 2017, a study conducted by Sapienza University in Italy was presented to the European Congress of Obesity demonstrating a new method for fitting patients with a gastric balloon. Instead of surgery, this procedure involves the patient swallowing a medically-designed balloon which makes its way into the stomach, where it is then filled with

liquid until it occupies a significant amount of space. The idea behind the treatment is that, with reduced stomach space, the patient feels fuller much more quickly and ends up eating less than usual. Over time, this results in weight loss.

The study showed that this new type of balloon was safe and effective, and patients on the trial lost up to 15kg in four months. Despite this, participant numbers were limited (38), so more research is needed to look at a greater sample size over a longer period of time when considering the long-term outcomes of this treatment.

While the concept of gastric balloons isn't new, up until now they have had to be inserted or removed in a hospital setting, which carries a greater risk of complications such as infection. Swallowing the balloon instead of having it surgically inserted avoids many risks. The downside is that the balloon only lasts up to four months before it deflates naturally and the liquid is excreted. This means that the onus is on the patient to stick to the reduced meal sizes they have been consuming while the balloon was in place, or else they could simply regain any weight lost.

Although gastric ballooning is a temporary weight loss strategy, as opposed to gastric surgery which is long term, it could provide the impetus for obese people to lose the weight for good. It provides patients with a jump-start in weight loss which is hoped will motivate them towards long-term changes in their eating habits.

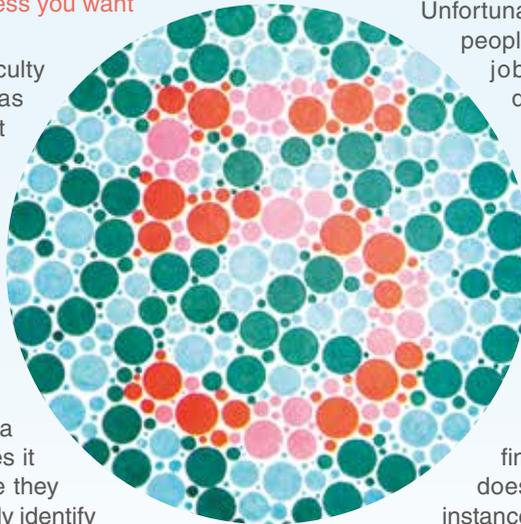
To try the latest RECIPE take me home...

Am I really seeing red?

Colour blindness can affect the way we perceive the world around us, but it needn't be a cause for concern unless you want to take to the skies.

People affected by colour blindness have difficulty distinguishing between colours as easily as the rest of the population. The colours that usually cause difficulty tend to be greens, yellows, oranges and reds. Significantly more men than women are affected (8% vs 0.4%), and in Australia and New Zealand it is estimated that around 4.5% of the population are colour blind, with red-green colour blindness being the most prevalent.

Colour blindness is generally an inherited disorder, though it can also occur as a result of trauma, illnesses such as diabetes, or as a side effect of certain medications. Sometimes it can be so mild that people don't even realise they are colour blind unless they have to specifically identify different shades of a colour. In other cases it can be that



someone can't see any colour at all, but this is exceptionally rare.

Unfortunately some professions are not suitable for people with significant colour blindness. Certain jobs may have a requirement for colour differentiation, like illustration or graphic design, and of course it is crucial for a pilot or policeman to have the ability to differentiate between coloured warning or traffic lights.

To find out if you or anyone in your family has any degree of colour blindness, you can visit your local ophthalmologist who will administer a specially designed test. If the results suggest a possible issue, further testing can reveal the exact nature and severity of the problem. Fortunately, most people who experience colour blindness find that the condition is easily manageable and doesn't interfere with their daily lives. In many instances, the ophthalmologist can provide solutions such as tinted lenses to help manage any deficit.

Breathe in the serenity



Did you know that something as simple as changing the way you breathe can positively affect your mood?

Most of us take breathing for granted. It's not something we really think about, and unless we're having respiratory issues such as asthma or a chest infection, we don't tend to notice changes in our breathing over the course of the day. If however, you find yourself feeling strung out, taking note of your breathing can be an effective way to help counteract stress.

Our minds and bodies are closely linked, meaning that mental stress leads to physical symptoms. For example, when we feel overwhelmed or threatened, our heart rate increases, muscles tense up and breathing becomes fast and shallower. This is part of what is known as the 'stress response', the body's built-in survival mechanism which allows us to remain alert and fight an imminent threat. The trouble is that this reaction is only meant to be temporary, and prolonged mental stress can cause a lasting, unwanted physical response.

Continuing to breathe in a fast and shallow manner can actually prolong and even worsen anxiety, which in turn can lead to additional problems such as insomnia. Fortunately, you can take action by being conscious of your breathing.

The next time you are feeling stressed or anxious, take a moment to try the following:

1. Begin by placing one hand on your chest and the other on your abdomen so that you can become more aware of your body as you breathe.
2. Use your diaphragm (the muscle below your ribs) to breathe, rather than your upper chest, and inhale slowly through your nose until you can't breathe in any more.
3. Hold for a count of three.
4. Exhale slowly through your mouth until you have emptied your lungs.
5. Repeat up to three times, and then resume breathing normally.

You can repeat this sequence as often as you need, but stop if you start to feel faint or dizzy.

To take things a step further, Reachout.com, an online mental health organisation, has devised an app to help people track and change their breathing habits. ReachOut Breathe provides breathing instructions, and measures your heart rate before and after completing the relaxation exercise. It is a great idea for those who prefer a guided exercise, and who want to be able to visualise the calming effects on their body.

If you slowly change your breathing patterns over the course of time, you can begin to prevent anxiety from happening in the first place, or at least stop it in its tracks in the first few moments. Just like meditation, regular practice can help you remain calm in stressful situations, and better manage both the mental and physical symptoms of stress.

EASY CHICKEN IN LEMON + GARLIC

Ingredients

- 4 skinless chicken breasts, cut into strips
- Oil for frying
- 1 onion (or spring onion), finely chopped
- 6 garlic cloves, crushed
- Grated rind and juice of 2 lemons, extra for serving
- Optional: vegetables of choice, chopped or sliced e.g. broccoli, beans, capsicums, pineapple pieces
- Salt and pepper

Method

In a large frying pan heat oil to medium. Add onion and fry for approx five minutes, until soft. Add garlic and cook for one minute.

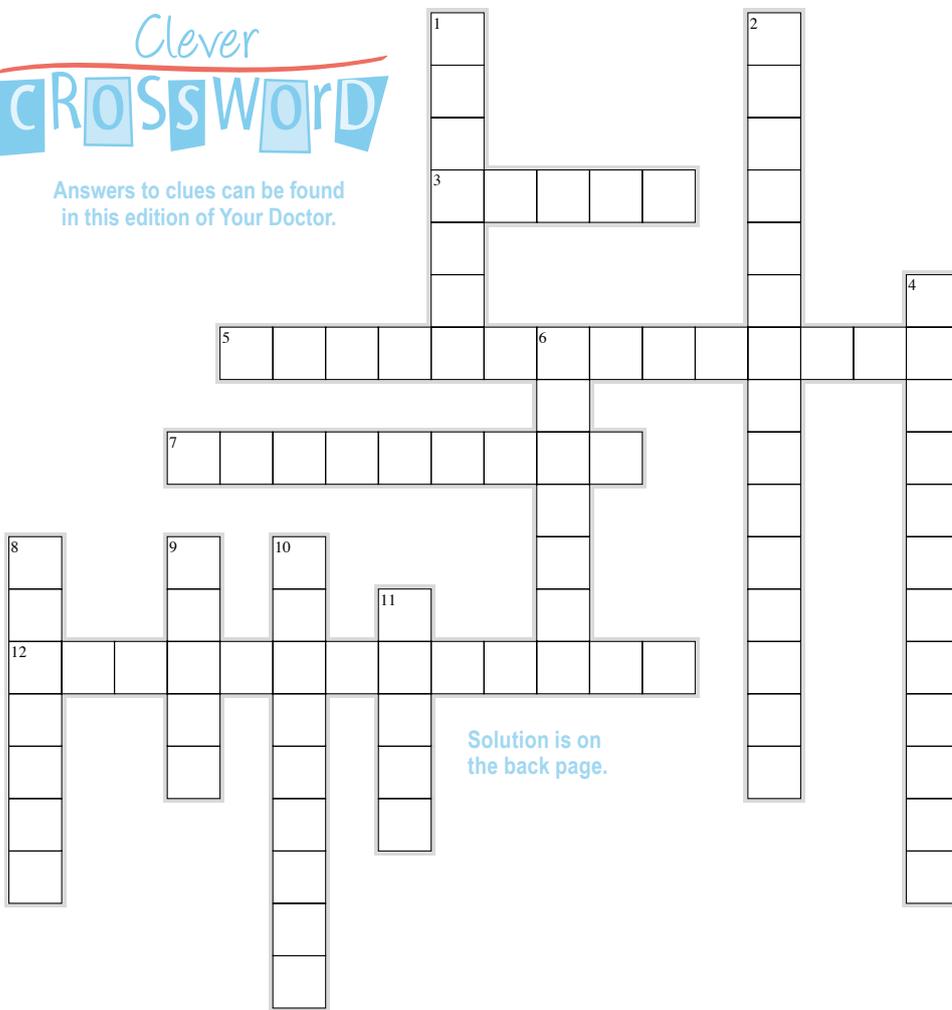
Add chicken and cook for 5-10 minutes. Add your choice of optional extras and cook for a further three minutes.

Add lemon rind and juice, and let it bubble for a minute. Stir the bottom of the pan to deglaze and mix the juice through.

Remove from the heat and season with salt and pepper. Serve with rice or crusty bread, and extra lemon slices.

refreshing & simple!





Across

3. Red-_____ colour blindness is the most prevalent. (5)
5. Device used to reduce stomach space and cause weight loss? (7, 7)
7. When we feel overwhelmed or threatened, our heart rate does what? (9)
12. Medical device used to inject adrenaline into the muscle. (10,3)

Down

1. The first thing you should do if you suspect someone is experiencing an anaphylactic reaction? Remove the _____. (7)
2. What type of specialist can test you for colour blindness? (15)
4. Difficulty or noisy breathing can be a sign of what type of reaction? (12)
6. What you should go to the GP for before starting on a new exercise program. (5,2)
8. Fast and _____ breathing can prolong and worsen anxiety. (7)
9. Over 60% of Australians are this. (5)
10. Use your _____ to breathe and calm down rather than your upper chest. (9)
11. Job not suitable for a person with colour blindness? (5)

Is worrying about your health making you sick?



It's well-known that a negative mindset can affect physical health, but sometimes those thoughts can be overwhelming and difficult to control. For those struggling to keep their worries in check, help is at hand.

At some point you may have joked that someone you know is a 'hypochondriac' because they are always worried about their health, or are convinced that every slight ache or pain is something serious. For some this is simply an exaggerated response to a real or potential illness, but for others, this worrying can become pathological and disabling.

Illness anxiety disorder, as hypochondria is now more commonly known, refers to a condition characterised by excessive worry about health or bodily functions to the extent where it interferes with the ability to perform daily tasks. The condition can be debilitating and impact upon many facets of a person's life.

Illness anxiety disorder can manifest in multiple ways: it could be that the person has a diagnosed illness, but that the worry over the illness is disproportionate to its severity; or that the person is constantly preoccupied with a fear of developing a

serious disease in the future. In the mind of someone with this disorder, every headache could be the result of a tumour and a minor blemish on the skin could mean cancer. This type of anxiety can even occur in the absence of any physical symptoms.

Constant worrying of this nature can be pervasive and lead to new problems, such as insomnia or depression. It can also strain relationships with family and friends, or cause problems at work if, for example, excess leave is taken for unnecessary visits to the GP. For sufferers, the feeling of reassurance following an all-clear from the doctor is usually short-lived, and the anxiety soon reappears.

A diagnosis of illness anxiety disorder will require specific treatment from a GP and other health professionals. Currently, antidepressants are the standard of care, along with a referral for psychological therapy. A psychologist can engage in a meaningful discussion about the illness, and assist with strategies to address the thought patterns and beliefs contributing to the disorder. A combination of both treatments can help with getting back on track to a happier, more worry-free life.

If you find that concern over your health is impacting on your peace of mind, be sure to mention it to your doctor.

Dust off your runners and go!

If your exercise routine has gone out the window over the holidays, there's no time like the present to get moving again.

It's not unusual for exercise to be put on the back burner over the Christmas and New Year period, with parties on every weekend for some, and the chance to catch up on sleep for others. Whether your runners have been gathering dust in the corner, or have just been temporarily replaced by thongs for days spent lying on the beach, now is a great time to get back on track.

For anyone struggling to find the motivation to get back into exercise after a break, here are some top tips:

1. Ensure your general health is in check before you start. Having a check-up with your GP is recommended before beginning a new exercise program, and your doctor can ensure that your fitness goals are safe and achievable.
2. Ease your way back into a regular routine, rather than going from zero to hero –

overdoing it can lead to injury and cause a major setback to your regimen.

3. Setting goals is a great way to stay motivated. Draw up a schedule for the next few weeks and stick to it. Having a plan to follow will make it much easier to get out the door.
4. Choose exercise that you love. Maintaining motivation for something you enjoy will be far easier than forcing yourself to don the lycra and go to a spin class if you hate cycling.
5. Don't worry about what everyone else is doing. Sure, your neighbour might have just completed their tenth marathon and you're only just removing the price tag from your trackies - comparisons aren't important. Simply find an exercise routine that's best for you, and get moving.

Following these simple tips should help to avoid procrastination, and kick start your fitness goals. It's always the first time that's the biggest hurdle, so once you've started the hard part is over. Good luck!

Anaphylaxis can kill: do you know how to help?

Anaphylactic shock is a serious medical emergency. Knowing how to recognise the signs and administer first aid could be the difference between life and death.

Anaphylactic shock is a severe, potentially life-threatening allergic reaction. It typically affects more than one system of the body and usually occurs within 20 minutes of exposure to the allergen, which can be a food, insect bite, medicine or other idiopathic cause.

There are various signs to look out for that may indicate someone is having an anaphylactic reaction. These can include difficult or noisy breathing; swelling of the face, lips or tongue; appearance of a rash; and dizziness or collapse. The affected person may also experience nausea and vomiting; tightness in the throat or chest; increased heart rate; and an altered mental state, such as confusion or anxiety.

This type of allergic reaction requires immediate medical treatment and will usually result in hospitalisation. The symptoms tend to come on suddenly and can get worse quite rapidly, so it's important to treat any symptoms seriously.

If you think someone is experiencing an anaphylactic reaction, here's a guide on what you should do:

1. Remove the trigger of the reaction if you can, such as a bee sting.

2. Stay with the person and call an ambulance.
3. Lie the person flat on the floor unless doing so makes them more uncomfortable, otherwise allow them to sit.
4. Find out whether the person is carrying an adrenaline pen. This is a medical device that is used to inject adrenaline into the muscle, and people with known severe allergies should carry one with them. Even in doubt, it is always recommended to administer adrenaline, as withholding treatment can result in a rapid deterioration in the patient's condition. It is important to read the instructions on the device to ensure it's injected correctly.
5. If there is no change in the patient's condition within five minutes, inject another dose of adrenaline if it's available.
6. Be sure to wait with the person and keep them comfortable and safe until emergency help arrives.
7. If at any time the person becomes unresponsive and is not breathing, CPR should commence at once.

Hopefully you will never find yourself needing to administer emergency anaphylaxis treatment, but if you do, these steps could help save someone's life.

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 of 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, you may contact the Health Quality and Complaints Commission on 1800 077 308 or www.oho.qld.gov.au.

FEES

Consults \$70 gap. Welfare \$55 gap. Extra for Travel vaccines and medication. Skin checks for HCC/Pension card holders \$17 gap. New HCC/Pension Patients \$30 gap. DVA bulk-billed. Scripts and referral letters \$20 (bulk-billed if collected by patient). Saturday: No concessions. 3% surcharge for American Express & Diners Club.

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 & volume enhancement treatments 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

P: (07) 5526 4444 • 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.

ACROSS 3. GREEN 5. GASTRIC BALLOON 7. INCREASES
DOWN 1. TRIGGER 2. OPHTHALMOLOGIST 4. ANAPHYLACTIC
12. ADRENALINE PEN
8. SHALLOW 9. OBESE 10. DIAPHRAGM 11. PILOT
6. CHECK UP

CROSSWORD SOLUTION

Take me home to complete our PUZZLE – check inside!