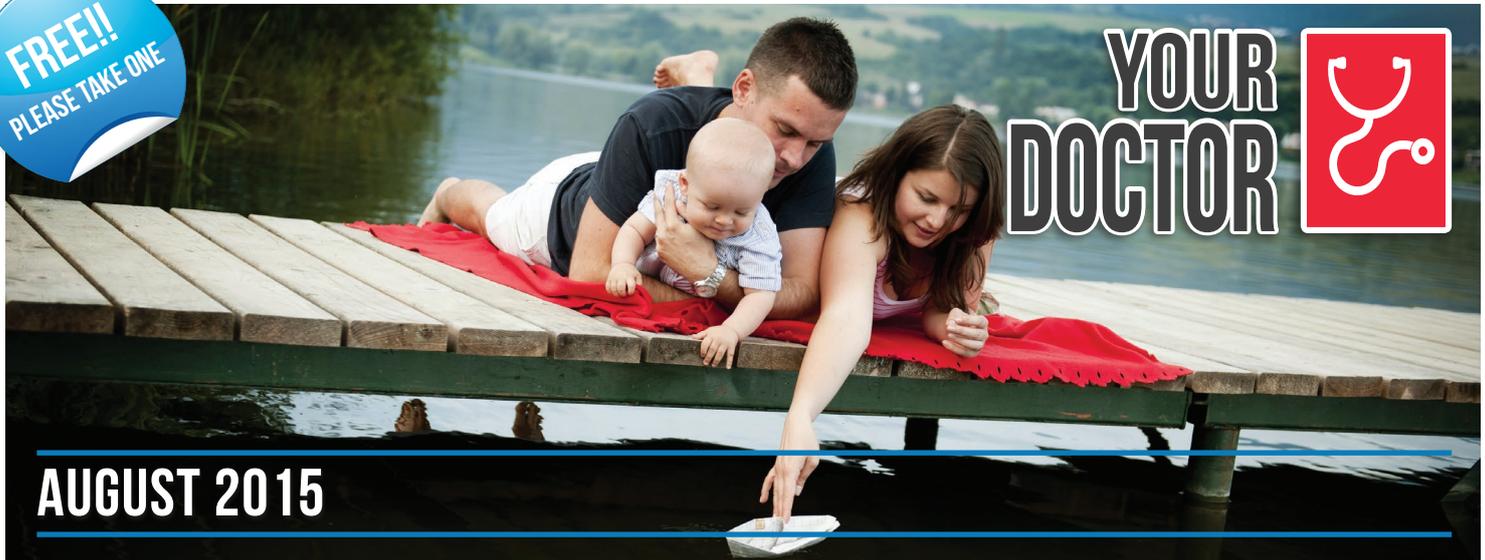


FREE!!
PLEASE TAKE ONE



YOUR DOCTOR



AUGUST 2015

GLEN FORREST MEDICAL CENTRE



4 Hardey Road
Glen Forrest 6071
P: 9298 8555
F: 9298 8030



- Dr Colin Broun**
MB BS (WA) FRACGP
- Dr Frank Kotai**
MB BS (WA)
- Dr Liz Wysocki**
MB BS (WA)
- Dr Carol McGrath**
MB BS (WA) FRACGP
- Dr Guido Hanly**
MB BS (WA)
- Dr Toni Law**
MB BS (WA) FRACGP MPH&TM DCH DRANZCOG
- Dr Jackie Williams**
MB BS (WA)
- Dr Juliette Buchanan**
MB MBS (WA) FRACGP FARGP
- Dr Laurence Vogler**
MB BS

CLINIC STAFF:
Nursing: Sinead, Karen, Lisa, Cheryl, Fiona and Ros
Reception: Colleen, Ellen, Janet, Virginia, Kirsten, Sue and Debbie
Practice Manager: Maria

SURGERY HOURS AND SERVICES:
Consultations are by appointment.
Monday to Thursday
9am-1pm 2pm-6pm
Friday
9am-1pm 2pm-5pm
Saturday
9am-12.00noon

GP After Hours are available at Swan Districts Hospital 9347 5244 6pm-10pm Mon-Frid, Sat noon-10pm, Sun 10.30-10pm and Mercy Hospital 9370-4200 from 7pm-10pm Mon-Frid Weekends 2pm-10pm

For all emergencies please present to Swan Districts Emergency Department Royal Perth Emergency Department or Princess Margaret Hospital for Children.

Urgent medical problems are always seen on the same day. For Home Visits, please telephone the surgerie as early as possible after 8.15am. For After Hours emergency medical problems Monday-Saturday, please call 92988 555 up until 9.00pm for the practice duty doctor.

MORE GUIDELINES, LESS CANCER

Cancer prevention guidelines are a set of health and lifestyle recommendations to minimise the risk of cancer.

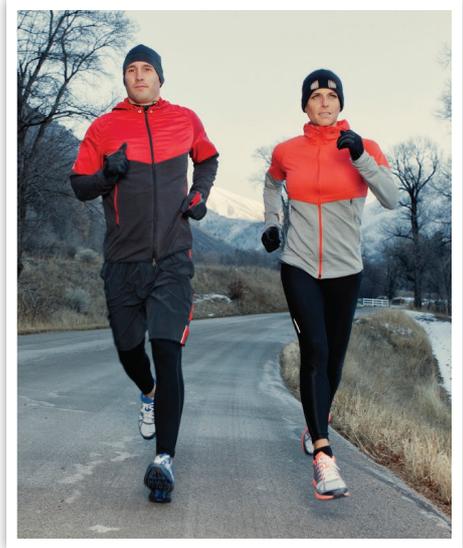
These have been developed by a range of health organisations and, while they differ slightly from group to group, the backbone advice remains the same: maintain a healthy weight, eat plenty of plant based foods, get lots of exercise, don't smoke, limit alcohol and red meat intake and cut back on salt consumption. Each of these recommendations is grounded in solid scientific research.

Researchers looked at exactly how much benefit people can gain from following these guidelines with regards to minimising risk of cancer. They followed the health and lifestyle outcomes of more than half a million adults for over a decade. Participants were scored based on how closely they met the American Cancer Society prevention guidelines.

Adhering to the guidelines was associated with a reduction in cancer incidence in both men and women. Furthermore, cancer death in men and women who adhered to most of the guidelines was reduced by 25% and 24% respectively compared to those who only met a few of the guidelines. Risk of early death

from all causes was also reduced in those who met more of the guidelines.

This research shows that small lifestyle changes can make a big difference to health outcomes. Eating a healthy diet, getting exercise on most days of the week and limiting unhealthy behaviours like smoking and excess alcohol consumption can help contribute to a long and healthy life.



For reference: Kabat, GC et al. Adherence to cancer prevention guidelines and cancer incidence, cancer mortality, and total mortality: a prospective cohort study. *American Journal of Clinical Nutrition* 2015;101:558-569.

YOUR DOCTOR AUGUST - INSIDE

- **LIFESTYLE FOR LOWER STROKE RISK IN WOMEN**
- **THE WONDERS OF WHOLEGRAIN**
- **MENU: BANANA PORRIDGE**
- **CLEVER CROSSWORD**
- **MYTH VS FACT: HEALTH BENEFITS OF TANNINS**
- **THE RIGHT SHOES FOR GOUT**
- **DR NORMAN SWAN: LOW CARBS MAY NOT BE OK**
- **DID YOU KNOW? TODDLER FOODS: A HAVEN FOR SALT AND SUGAR**
- **PRACTICE UPDATE**

LIFESTYLE FOR LOWER STROKE RISK IN WOMEN

Stroke is Australia's second biggest killer after heart problems. In Australia in 2012, one stroke occurred roughly every ten minutes. Lifestyle factors play a large role in risk of stroke with things like smoking, obesity, high cholesterol and blood pressure, inadequate exercise levels and alcohol intake all increasing the risk of stroke.

While the individual effect of each of these factors is well documented, the combined effects are less known.

Researchers looked at the health of more than 30,000 older Swedish women over a 10 year period. Those who had a healthy diet, drank only moderate levels of alcohol, didn't smoke, got adequate physical activity and had a healthy body weight were 54 percent less likely to have a stroke compared to those who followed none of these guidelines. The more guidelines the women followed, the greater the reduction in stroke risk.

A healthy diet was one that was in the top 50% of fruit, vegetable and other healthy food intake; moderate alcohol intake was defined as consuming between three and nine drinks per week; being active constituted walking and cycling at least 40 minutes per day and doing at least one hour of more vigorous exercise at least once per week; and healthy body weight was a body mass index below 25.

The results support lots of research that recognises lifestyle factors (especially smoking and blood pressure) as playing an important role in reducing chronic disease risk.

For reference: Larsson, SC et al. Healthy diet and lifestyle and risk of stroke in a prospective cohort of women. *Neurology* 2014;83:1-6.



THE WONDERS OF WHOLEGRAIN

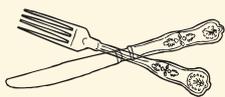
Wholegrain foods include wholemeal or wholegrain breads and cereals, brown rice, quinoa, couscous and oatmeal. Research has linked diets high in wholegrain to reduced risk of some chronic diseases and improved digestive health. There are various theories about why wholegrains are linked to good health. Wholegrains contain fibre that might improve gut function as well as phytochemicals that may have antioxidant and anti-inflammatory properties.

One study into wholegrains involved 80 healthy, overweight adults each of whom followed a diet containing a specified amount of wholegrain or refined wheat for eight weeks. Blood, urine and stool were measured regularly throughout the study looking for signs of unhealthy metabolism or immune function.

The people who consumed higher levels of wholegrains seemed to have less damaging inflammation than those consuming less. Furthermore, differences in gut bacteria population were observed between the two groups.

This study adds weight to the theory that wholegrain foods benefit health in a variety of ways. Wholegrains are a healthy and delicious addition to a balanced diet, provided you aren't intolerant to them!

For reference: Vitaglione, P et al. Whole-grain wheat consumption reduces inflammation in a randomized controlled trial on overweight and obese subjects with unhealthy dietary and lifestyle behaviours: role of polyphenols bound to cereal dietary fibre. *American Journal of Clinical Nutrition* 2015; 101: 251-261.



Good Health on the Menu

BANANA PORRIDGE

A delicious winter breakfast with a touch of wholegrain goodness.

Ingredients:

- 1 banana, sliced
- 1 cup blueberries
- 1 tbsp ground cinnamon
- 1 tsp grated nutmeg
- 2 cups organic rolled oats
- 4 cups low fat milk

- Honey
- Mixed unroasted walnuts and almonds

Method

1. In a small saucepan combine oats and milk and cook on a medium to low heat for 15 minutes or until most of the milk has been absorbed and the porridge is soft
2. Add banana, blueberries, cinnamon and nutmeg and turn off the heat, stir for one minute
3. Place porridge in a bowl and sprinkle with nuts
4. Drizzle with honey



Enjoy!

Clever CROSSWORD

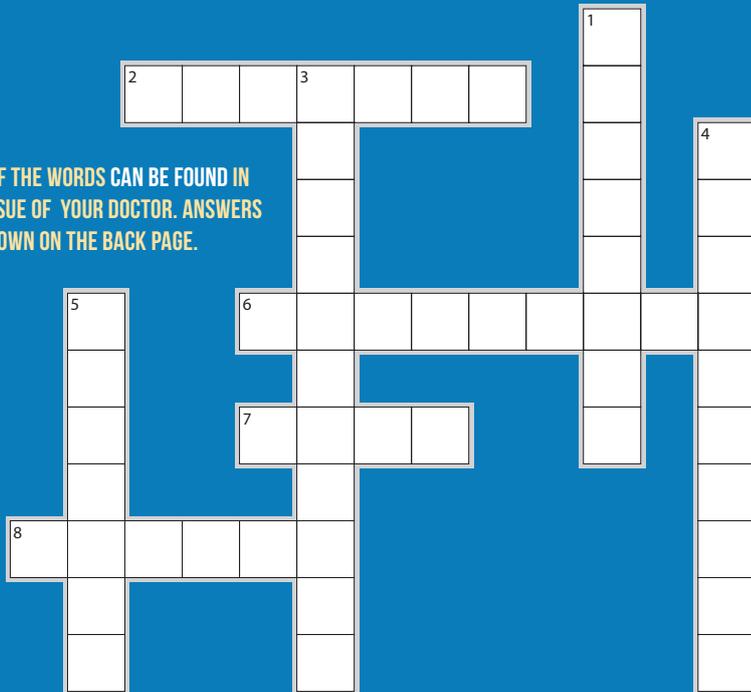
Down:

1. We need plenty of _____ to maintain good health.
3. Kids need plenty of what, to fuel their growth and development?
4. A lot of _____ are good in our diet.
5. In good physical and/or mental condition.

Across:

2. A group of chemical compounds found in french oak.
6. Wholegrains may help improve your _____ health.
7. Sneaker, boot or loafer are types of what.
8. Smoking increases your risk of having a _____.

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



THE RIGHT SHOES FOR GOUT

Gout is a form of arthritis caused by the build up of uric acid, a waste product, in the blood stream that goes on to settle in the joints.



It causes pain and inflammation most commonly in the feet, knees and ankles. A gout attack often comes on suddenly and can be debilitating. Particularly bad flare-ups can make walking difficult. Given that many gout sufferers have ongoing foot problems, researchers looked at the effect of good footwear on gout outcomes.

Researchers investigated the benefits of good quality shoes on reducing the impact of walking in people with gout. Interestingly, the majority of gout sufferers who participated

in this study wore bad footwear to the laboratory. When provided with a high quality pair of shoes, the forces applied to the bones in the toe reduced significantly. Good shoes had gel padding in the heel and forefoot and a higher arch and sole structure. These features enabled a smoother transition of forces from the heel to the toe.

The pain of gout can compromise quality of life. A good pair of shoes may assist in reducing the stress placed on the foot and therefore make walking easier. Alcohol, overeating, crash dieting or fasting, and dehydration are other factors that can also trigger a gout attack. As such it's important to monitor your lifestyle habits including maintaining a healthy body weight, cutting down alcohol consumption, keeping hydrated and exercising regularly. Talk to your doctor for advice.

For reference: Stewart, S et al. The effect of good and poor walking shoe characteristics on plantar pressure and gait in people with gout. *Clinical Biomechanics* 2014; 29: 1158 – 1163.

MYTH AND FACT HEALTH BENEFITS OF TANNINS: IS IT IN THE FRENCH OAK BARRELS?

Modest intake of red wine is thought to be beneficial for heart health.

Generations of winemakers have used French oak barrels in the maturation of wine. Oak is used to help vary the colour, flavour, tannin profile and texture of wine. Tannins, which are found in French oak, are a group of diverse chemical compounds that influence the colour, ageing ability and texture of the wine. Roburins are a class of tannin that are particularly abundant in French oak. Researchers investigated the biological effects of roburins and whether they have similar health properties to the wider range of polyphenols found in wine.

Participants took capsules containing a French oak extract. Researchers measured roburin metabolite levels in the blood and treated cells in a culture dish with small amounts of the volunteers' blood to screen the biological activity of the chemicals.

After a week of taking the capsules, the roburin metabolite levels in participants' blood had increased. Furthermore, the blood containing roburins was found to change cellular activity, with increased activation of cellular protection mechanisms.

The results of this study suggest that French oak may be a source of tannins that, like the wider array of polyphenols found in wine, have beneficial effects on our health. However, before you reach for that wine bottle there are far better and richer sources of polyphenols than wine including plant foods, seeds, vegetables and fruits.



For reference: Natella, F et al. Absorption, metabolism, and effects at transcriptome level of a standardised French oak wood extract, Robuvit, in healthy volunteers: Pilot study. *Journal of Agricultural and Food Chemistry* 2014; 62:443-453.



Dr Norman Swan

A MATTER OF HEALTH

LOW CARBS MAY NOT BE OK

Over the last few years there have been huge changes in what people eat.

We've tried low fat diets but they tend to increase our carbohydrates (bread, sugar, pasta, rice and so on). Then people said that carbs were making us fat and giving us diabetes, so we reduced carbs and increased our protein (diets like the CSIRO and Atkins). And it's true that increasing protein (meat, fish, legumes etc) helps you to control calories because protein helps to satisfy your appetite.

But new research from Sydney University is suggesting that if what you want is to live longer with better health, a high protein, low carb diet may not be the best.

The researchers designed diets for mice which varied the ratios of fat, protein and carbs and found that the longest living mice in the best metabolic health, were the ones eating more carbohydrates and less fat and protein. The shortest lived mice were either on a low protein, low carb, high fat diet or a high protein, high fat, low carb diet (a bit like

the original Atkins). They were the leanest mice but looking like the rodent equivalent of Brad Pitt didn't get them as far as the plumper, higher carb eating mice who, in fact, lived 30% longer.

Now these were mice, not humans, so there's a limit to how far you can extrapolate but in fact the best macronutrient balance was pretty close to what we think of as the Mediterranean diet.

But let's get back to living longer because if you want to increase lifespan by 30% – at least in animals – you restrict their calories by 30-40%. A pretty tough ask compared to just changing your diet, so they compared the higher carbohydrate, lower fat and protein diet to calorie restriction, again in mice.

The results showed that the higher carb mice lived similarly longer lifespans as those on 40% calorie restriction.

The carbohydrates in the diet, by the way, contained little or no sugar or highly processed carbs and the fat was low by human standards at 20%.

So what might be explaining all this? Well there could be beneficial changes in our gut microbiome (the bugs in our bowels) and there's some tantalising evidence that what may matter in protein is the amino acid content. Amino acids are the building blocks of proteins and it could be that some can cause harm in excess.

mixes, dry cereals and snacks. Of the foods examined, only two were low in salt (defined as less than 140 mg of salt per serve) and the majority of items contained added sugar.

It's important to note that this study was carried out in the US, where the food regulatory and health guidelines differ from Australia. Nevertheless, given the wide array of commercial toddler food on the market today, it's important to be aware of the content of food items that you buy from the supermarket. Parents should always check food labels, seeking out things that state 'low sodium', 'low salt', and 'no added sugar' and, if in doubt, talk to your doctor about what is best suited to your child.

For reference: Cogswell, M E et al. Sodium and sugar in complementary infant and toddler foods sold in the United States. *Pediatric Epub* online Feb 2, 2015 doi: 10.1542/peds.2014-3251.

What does it mean for you and me? Well it reinforces the fact that a Mediterranean type diet is best with lots of vegetables, unprocessed carbs and not much red meat or animal fat. (See Wonders of Wholegrain story in this edition).

Down: 1. Exercise 3. Nourishment
4. Vegetables; 5. Healthy
Across: 2. Tannins; 6. Digestive;
7. Shoe; 8. Stroke.

ANSWERS TO CROSSWORD

PRACTICE UPDATE

REPEAT SCRIPTS

Repeat prescriptions will not be issued without a prior consultation. Patients seeking repeat prescriptions must see their doctor. This is to ensure proper management.

REFERRALS

A re-referral may be requested by telephone. New referrals require that the patient be seen by the doctor. Referrals cannot be back-dated. Referrals have a currency of twelve months, please check with your specialist to see if your referral is still current.

ETHICS

This practice abides by the AMA Code of Ethics at all times. A copy of the code is available on request.

LONG CONSULTATIONS

Long consultations are available on request for all Doctors if required. We recommend the following, **Dr C McGrath** requires 30 mins for a "Well Woman's Check." **Dr F Kotai** requires 60 mins for an Aviation medical. All Health Assessments require 30 mins. Failure to attend appointments will attract a fee of \$30.00.

BILLING

From April 2013 this practice will be privately billing all patients. Discount is given for payment of account on the day. We can claim your rebate from Medicare which will be deposited into your bank account within 48 hrs. Questions related to fees can be dealt with by the receptionist. If you have difficulty paying your account, please feel free to discuss this matter with your doctor.

FEEDBACK

We would like to know of any concerns you may have about the care you receive.

Please feel free to talk to the doctor or our Practice Manager. However, if you feel there is a matter you wish to take up outside, you can contact the Health and Disability Services Complaints Office (HaDSCO):

GPO Box B61, Perth WA 6838.

Tel: 9323 0600.

PHONES CALLS

Doctors in this practice may be contacted by phone during surgery hours. A message will be taken if the doctor is with another patient.

MISSED APPOINTMENTS

If you miss an appointment and fail to advise us at least 2 hours beforehand you will be charged a Failure to Attend Fee. This fee applies to everyone and cannot be claimed back at Medicare.

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 members of staff.

DID YOU KNOW?

TODDLER FOODS: A HAVEN FOR SALT AND SUGAR

Kids undergo vital development in their first few years of life. It's important that they have a healthy, nourishing diet to fuel this growth and development. Furthermore, learning healthy habits early on in life will help establish good behaviours for the years ahead.

There's a huge range of toddler foods available in supermarkets and it can often be confusing as to which are best, or worst, for toddlers' health.

A study in the US looked at the content of toddler foods available in supermarkets. They analysed over 600 types of toddler foods including dinners, vegetable and fruit