GLEN FORREST MEDICAL CENTRE

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Dr Carol McGrath
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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 BN(Hons) MRACGP

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 surgey 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.

COULD YOUR KIDS TEACH YOU ABOUT SALT?

Heart disease is the leading cause of death in Australia. It affects around one in six people and comes with a significant social and economic burden.

High blood pressure is a major risk factor for heart disease, so efforts to reduce blood pressure on a large scale could help reduce rates of heart disease. Salt over-consumption plays a substantial role in increasing blood pressure. The average Australian consumes around 9g of salt per day despite recommendations to limit intake to 5g or less. Evidence suggests that even a modest reduction in salt intake can lower blood pressure and reduce the risk of heart disease. Researchers in Northern China initiated a primary school education programme designed to educate children about reducing their own and their families' salt intake and analysed what effect this had on salt consumption and blood pressure.

The program taught children about the harmful effects of consuming too much salt and encouraged them to educate and support their families to reduce the amount of salt used at home. Children in grade five from primary schools in urban Changzhi were allocated to one of two groups. The intervention group received salt education and materials in addition to their typical health education classes, and received educational materials for their families to encourage them to use less salt when cooking. The control group received standard health education classes.

At the conclusion of the 3.5 month program, the students in the intervention group and their families had a 26% reduction in salt intake compared to the control group.

The results of this study are encouraging and, if maintained over time, could be effective in helping to lower the risk of heart disease. Education programs such as this can be applied on a large scale to have a large impact on the population. Furthermore, educating children from a young age can help to instil good health habits that will persist throughout their lives.

For reference: He, F J et al. School based education programme to reduce salt intake in children and their families (School-EduSalt): cluster randomised controlled trial. *BMJ* 2015;350:h770 doi=10.1136/bmj.h770

YOUR DOCTOR SEPTEMBER - INSIDE

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GO VEGO FOR WEIGHT LOSS

Research consistently links plant-based diets to good health including lower risk of chronic disease and living a longer, healthier life.

Vegetarian diets have also been linked to lower body weight. Studies linking plant-based diets with lower body weight often involve other positive lifestyle factors so it's difficult to ascertain just how much influence a vegetarian diet on its own has on weight loss. Researchers investigated this looking at how body weight is affected when people are prescribed a vegetarian diet.

The vegetarian diets were not energy restricted so people could choose what and how much food to eat.

Following a vegetarian diet resulted in an average weight loss of 3.4kg for those who maintained the diet for the full trial period. Greater weight loss was observed for heavier, older participants and in trials that ran for longer periods of time.

As well as potentially assisting with weight loss, plant-based foods help to reduce risk of a number of chronic diseases including heart disease, diabetes and some cancers. And you need not be completely vegetarian to see the benefits. Research suggests that replacing even one or two meat meals a week with a vegetarian option could pay off in substantial health dividends.

For reference: Barnard ND et al. A systematic review and meta-analysis of changes in body weight in clinical trials of vegetarian diets. *Journal of the Academy of Nutrition and Dietetics* 2015;115:954-969.

A BRAIN FULL OF BLACKCURRANTS

Berries are a rich source of antioxidants and contain anti-inflammatory properties. Antioxidants help the body fight oxidative stress caused by free radicals. Inflammation and oxidative damage are thought to contribute to ageing and the risk of a number of diseases including cancer and heart disease. Because of this, researchers have thought that berries might slow cognitive (thinking and memory) decline in ageing – a process that can be at least partly attributed to increasing damage on brain tissue by inflammation and oxidative driven damage.

To investigate this theory, researchers looked at the effect of blackcurrants on brain function in a group of volunteers. They were given either cold-press blackcurrant juice or a freeze-dried blackcurrant powder mixed with water in a 200ml drink, a dose equivalent to around 150g of fresh blackcurrants. An hour after consumption, the volunteers underwent two hours of tough brain function testing to measure memory, attention and focus.

Volunteers consuming the blackcurrant juice had better ability in focus, recall and attention-based mental tasks. Further research needs to be done to confirm this link but while the evidence is still mounting, it can't hurt to have a glass of blackcurrant juice to start the day – just make sure its not laden with added sugar.

For reference: Watson AW et al. Acute supplementation with blackcurrant extracts modulates cognitive functioning and inhibits monoamine oxidase-B in healthy young adults. *Journal of Functional Food* 2015; 17:524-539.

Good Health on the Menu

EGGPLANT RAGU

A vegetarian alternative to a classic dish for spring.

Ingredients:

- **4 eggplants, diced**
- **1 onion, diced**
- **3 cloves garlic, crushed**
- **1 bay leaf**
- **1 sprig rosemary**
- **1 sprig oregano**
- **½ cup basil**
- **1 cup olives**
- **2 tins crushed tomatoes**
- **1 cup vegetable stock**
- **Wholemeal pasta**
- **Fresh parmesan cheese**

Method

1. In a deep pan, heat olive oil and sauté onion and garlic until translucent
2. Add eggplants and cook for five minutes
3. Add bay leaf, herbs, olives, crushed tomatoes and stock
4. Simmer on low heat for 30 minutes until sauce thickens and eggplants turn soft
5. Serve with cooked pasta, fresh parmesan and basil

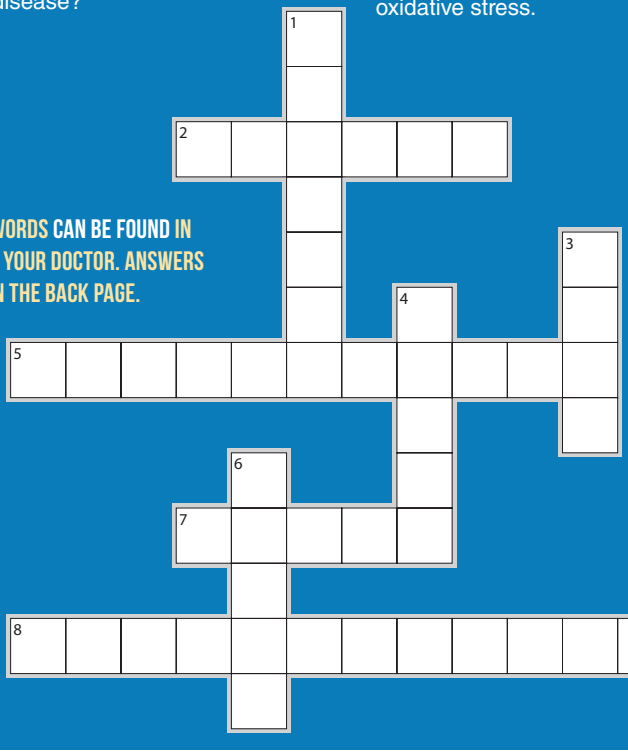
Clever CROSSWORD

Down:

1. _ _ _ _ _ _ _ are a rich source of antioxidants.
3. Breast _ _ _ _ has a wide range of nutrients that are extremely beneficial to babies.
4. _ _ _ _ _ disease is the leading cause of death in Australia.
6. High what pressure is a major risk factor for heart disease?

Across:

2. What can occur when blood supply to the brain is suddenly interrupted?
5. When your what level is high, you're at increased risk of heart attack?
7. Research consistently links a what based diet with good health?
8. _ _ _ _ _ _ _ _ _ _ _ _ _ help the body fight oxidative stress.



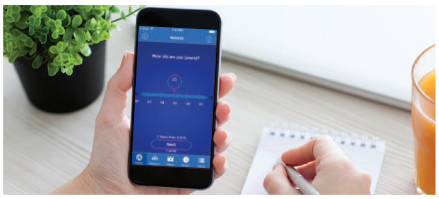
EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF YOUR DOCTOR. ANSWERS ARE SHOWN ON THE BACK PAGE.

APPING THE RISK OF STROKE

A stroke occurs when the blood supply to the brain is suddenly interrupted, usually because of a blood clot.

Stroke is the second biggest killer in Australia after heart disease, with roughly one stroke occurring every ten minutes. A study called INTERSTROKE has combined the population data from 22 countries in an effort to understand the origins of stroke risk. The results suggest that efforts to reduce blood pressure, promote physical activity, smoking cessation and a healthy diet could have the greatest benefit.

It's important for people to know their risk of stroke early and therefore be able to alter their risk factors and hopefully prevent stroke from occurring. Working alongside the World Health Organisation, researchers at the Auckland University of Technology have developed the Stroke Riskometer App. This App uses data from the INTERSTROKE study and integrated information from several other major population health studies to give people a personal risk score for future stroke. It also offers best evidence advice for dealing with stroke risk factors and gives information on how to recognise and respond in the event of a stroke.



The App is available on the web and downloadable on most smart phones. This is an easy and inexpensive way to monitor your health on an ongoing basis and allows you to act before something happens.

Links to the Apple and Android versions of the Stroke Riskometer App can be found at **http://www.world-stroke.org/education/stroke-riskometer**

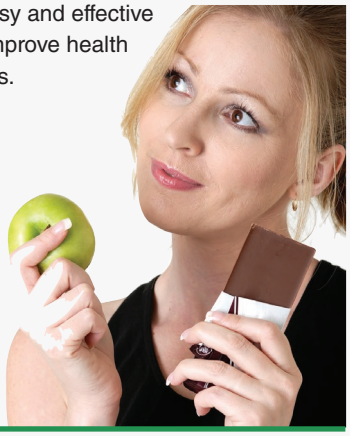
For reference: For reference: Feigin VL et al. New Strategy to Reduce the Global Burden of Stroke. *Stroke* 2015;46:00-00. DOI: 10.1161 STROKEAHA. 115.008222.

MYTH AND FACT
EATING BEFORE A GROCERY SHOP

It's often thought to be bad idea to do your grocery shopping on an empty stomach. The reason being is that you may not make the best choices for your health when you are hungry and craving food. Researchers in the US investigated whether there was truth to this claim i.e. if a person's eating habits prior to grocery shopping actually influenced what they purchased.

The study had three parts. In the first, 120 shoppers were given an apple, a biscuit or nothing to eat prior to grocery shopping and their purchases were analysed afterwards. Those given the apple bought 28% more fruits and vegetables than those who had the biscuit or nothing. In the second part, volunteers were given either the apple or biscuit and asked to do their grocery shopping online. They were presented with 20 sets of foods with one healthy and one less healthy choice for each food. Those who ate the apple were more likely to choose the healthier option than their peers who ate the biscuit. Lastly, volunteers were given a chocolate milk beverage to consume prior to doing an online grocery shop. Despite all drinks being exactly the same, some were labelled 'healthy' and some were labelled 'rich and indulgent'. Those who consumed the drink labelled healthy were more likely to choose healthier options when selecting the foods in their grocery shop.

The researchers cite the idea of 'priming'– that is, the idea that exposure to a stimulus encourages a conscious or subconscious mental thought or action. Priming oneself with healthy food prior to making food decisions or doing the grocery shop may be an easy and effective way to improve health outcomes.



For reference: Tal A and Wansink B. An apple a day brings more apples your way: healthy samples prime healthier choices. *Psychology Marketing* 2015;32: 575-584.

Dr Norman Swan

A MATTER OF HEALTH

CHOLESTEROL LEVELS WHEN YOU'RE YOUNG

When your doctor gets you to reduce your cholesterol level it's usually because you're at increased risk of a heart attack or stroke over the next five or ten years.

And that depends on more than your cholesterol levels: things like your age, your blood pressure and whether you smoke. Age though, is the big factor in your risk of heart disease so it tends to swamp cholesterol in the mathematical equations used by doctors and doesn't take into account people who may have had higher than normal levels since their 30s or 40s. These people may be exposed to slow and steady damage to their arteries, which could be slowed or prevented by more attention to their blood fat (cholesterol) levels.

A US study has looked at the effects of long-term prolonged exposure to high cholesterol early in life on your future risk of heart disease.

They took adults at the age of 55 and looked back 20 years to see how many years of raised cholesterol they had – defined as an LDL of about 3.4 millimoles per litre, which is reasonably high LDL but not astronomic. To put it in context, about one in three Americans will have an LDL above that cut-off. And, adjusting for the fact that people with high cholesterol for a long period of time had other risk factors, they found that every 10 years that somebody had elevated cholesterol before the age of 55, their risk of heart disease increased by 40%. That was cumulative, so after 20 years it was 80%.

That doesn't mean that someone with a high LDL who's aged 30 or 40 should be on a cholesterol-lowering drug. But it does mean they should fix up their diet and lifestyle to get things under control now. Talk to your doctor about it.

DID YOU KNOW? BREASTFED BABIES AND LEUKAEMIA RISK

Breast milk has a wide range of nutrients that are extremely beneficial for babies. Breastfeeding is associated with lower risk of allergies, infections, sudden infant death syndrome (SIDS), diabetes and later life obesity.

Interestingly, an additional observation is that breastfed infants seem to have lower rates of leukaemia, which is the most common type of childhood cancer. A plausible explanation for this is that breastfeeding might provide an immune advantage.

Researchers further explored the link between breastfeeding and leukaemia reviewing 18 studies that included over 10,000 children with leukaemia and compared them to over 17,000 healthy children. They found that babies who were breastfed for at least six months had a 19% lower risk of developing childhood leukaemia than those who were breastfed for less than six months or not at all. Furthermore, children who were breastfed for any length of time had an 11% lower risk of leukaemia than those who were never breastfed.

The ability to draw cause and effect conclusions from this study is limited as there may have been many other factors influencing this link. Nevertheless, the results of this study further support the advice for women to try to exclusively breastfeed their infants for the first six months of life.

For reference: Amity EL and Keinan-Boker L. Breastfeeding and childhood leukemia incidence: a meta-analysis and systematic review. *JAMA Pediatrics* 2015;169:e151025.

ANSWERS TO CROSSWORD

Down: 1. Berries **3.** Milk; **4.** Heart; **6.** Blood.

Across: 2. Stroke; **5.** Cholesterol; **7.** Plant; **8.** Antioxidants.

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 informations is only available to authorised members of staff.