

FREE!!
PLEASE TAKE ONE



YOUR DOCTOR



DECEMBER 2015

GLEN FORREST MEDICAL CENTRE



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- Dr Guido Hanly**
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- Dr Jackie Williams**
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- 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

XMAS / NEW YEAR HOURS:
Consultations are by appointment.
Christmas Day – Closed
Boxing Day – Closed
Monday, 28 December – Closed
New Year's Day – Closed
Saturday, 2 January 2016 – Open

GP After Hours are available at Swan Districts Hospital 9347 5244 6pm-10pm Mon-Frid, Sat noon-10pm, Sun 10.30-10pm and Mount Lawley 9370 4200 – open 7pm to 11pm.
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 surgerj 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.

TURN THE TV OFF FOR YOUR LIVER

The liver is a vital organ that carries out many important bodily functions like detoxification, regulation of blood glucose (sugar) and cholesterol levels, and the removal of excess fat from the blood.

Liver function can be reduced when faced with storing too much fat, which can also lead to liver damage and scarring.

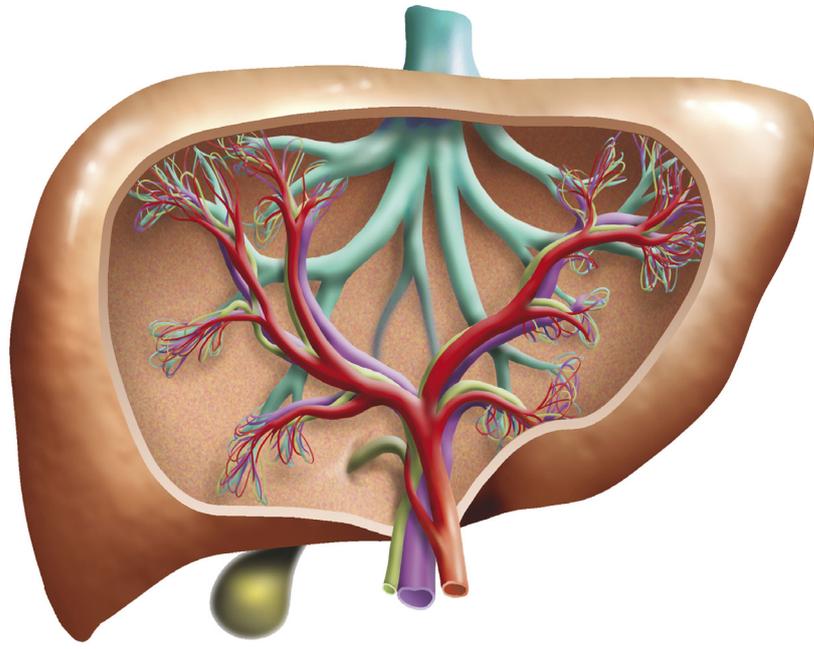
A fatty liver was traditionally considered a sign of excessive alcohol consumption, however this has shifted in recent years and liver disease is becoming more common in non-alcoholics. This is termed Non-Alcoholic Fatty Liver Disease (NAFLD) and signs of it are most common in people carrying excess weight. Being sedentary is also a risk factor for fatty liver.

Researchers looked at the effect of a popular sedentary behaviour, watching television, on the amount of fat in a person's liver.

They analysed the TV viewing habits of people aged 34 – 49 years and also measured the amount of fat in their livers. They found that the more TV a person watched, the fatter their liver was irrespective of gender, age or total level of body fatness. People who watched less than one hour of TV per day had the lowest level of liver fat.

These results can be extrapolated over a variety of sedentary behaviours. It's not the TV watching specifically, but rather sedentary lifestyles more broadly that relate to fatty liver. It's important to get up and get active and limit the time spent in front of screens and hunched over your desk at the office. For more of the beneficial effects of staying active, see this month's Did You Know?

For reference: Helajarvi, H et al. Television viewing and fatty liver in early midlife. The Cardiovascular risk of young Finns study. *Annals of Medicine* 2015; 47:519-26.





FEELING FULL YET?

The abundance of food available to us is one of the main drivers of weight gain and obesity, as it often leads to overeating.

Foods have different effects on our real and perceived feelings of fullness, contributed to by the diversity of energy density and macronutrients found in them. Researchers looked at objective and subjective measures of fullness in a group of people to attempt to reduce overeating.

Over 1000 people were surveyed online. They were asked their views on many factors associated with 100 different foods including perceived energy content, healthiness, macronutrient composition and cost.

Lower energy dense foods like broccoli, carrot, tomato, lettuce, cucumber and rice cakes were associated with filling people up the most, as were foods that had a lower fat percentage, higher protein and higher cost. Foods like chocolate, pastries, confectionary and ice-cream, ranked the lowest for causing people to feel full.

This is yet another positive outcome associated with eating lots of veggies and restricting the amount of junk food in our diet. Fruits and vegetables are the cornerstone of any good diet and help contribute to a healthier life.

For reference: Buckland, N J et al. Towards a satiety map of common foods: associations between perceived satiety value of 100 foods and their objective and subjective attributes. *Physiology and Behaviour* Epub online July 1, 2015. Doi: 10.1016/j.physbeh.2015.07.001.

POSITIVE PROGRESS FOR PREMATURE BABIES

In times gone by premature babies were at substantial risk of death soon after childbirth.

A premature (preterm) baby is one born before 37 weeks gestation. Each year in Australia around 8% of babies are preterm. Babies born before or around 22 weeks gestation are at high risk of death. However now due to advances in medical technology and knowledge, more babies born prematurely from 24 weeks gestation onwards will live.

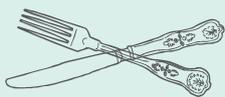
Common complications associated with preterm birth include (depending on the level of prematurity) lung disease, feeding difficulties, apnoea, jaundice and heightened susceptibility to infections. Some babies born prior to 24 weeks gestation will also be at increased risk of disabilities like cerebral palsy or blindness.

The advances that have increased odds of survival for premature babies include new technologies, careful hospital management, maintenance of highly sterile environments and actively treating the complications associated with premature birth in women at high risk including injecting steroid hormones to mature the baby's lungs rapidly and aggressively treating infections in the newborn if they arise.

As science continues to advance, so too do the more positive outcomes for babies born premature. All of the reasons for premature birth are not yet known but some maternal risk factors include diabetes, smoking, high blood pressure, twins or multiple pregnancy or having had a previous preterm birth. Talk to your doctor if you have any concerns.



For reference: Soll, R F et al. Progress in the care of extremely preterm infants. *Journal of the American Medical Association* 2015; 314:1007-1008.



Good Health on the Menu

VEGETARIAN PAD THAI

A vegetarian dish guaranteed to fill you up.

Ingredients:

- 2 tbsp vegetable oil
- 1 packet tofu, sliced into strips
- 2 eggs, whisked
- 2 cloves garlic, crushed
- 1 chilli, chopped
- 1cm cube ginger, sliced
- 2 cups bean sprouts
- 1 bunch bok choy, chopped
- 2 spring onions, chopped
- ¼ cup peanuts

Method

1. Follow instructions on noodle packet to prepare noodles for use, set aside for later.
2. To make sauce, combine fish sauce, lime juice, tamarind water, sesame oil and brown sugar in a bowl until sugar has dissolved – set aside.
3. Heat 1 tbsp oil in saucepan and make a thin omelette with the eggs – remove, slice into thin strips and set aside.

4. Heat remaining oil and sauté chilli, remaining garlic and ginger for two minutes.
5. Add tofu and fry for two minutes.
6. Add bean sprouts, bok choy, noodles, peanuts and fresh herbs.
7. Pour over sauce, cook for a further minute and serve topped with omelette strips.



Enjoy!

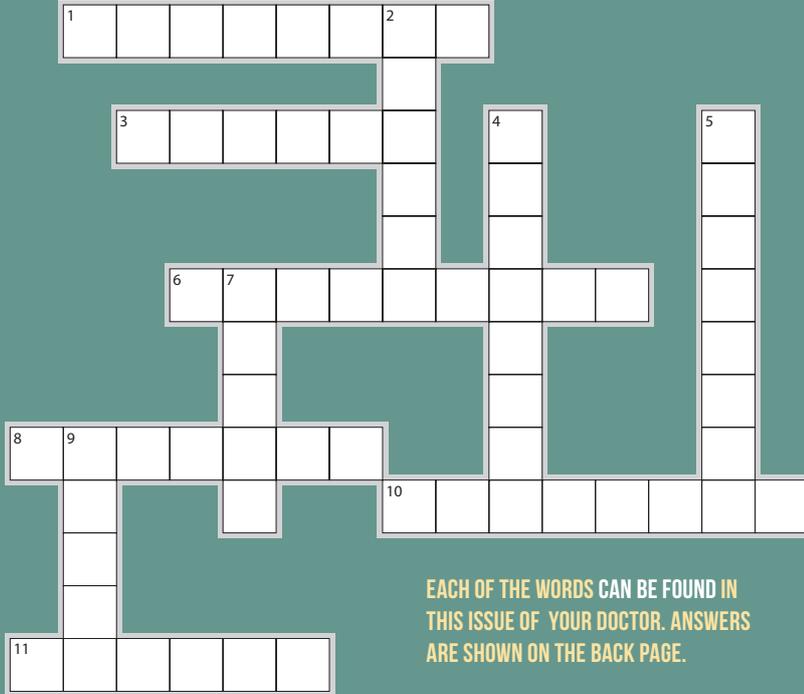
Clever CROSSWORD

Down:

- Given name of our medical professional.
- A hormone that regulates motivation levels.
- Clinical _____ ensure you get the right care at the right time.
- Percentage of babies born preterm each year.
- A key function of this organ is detoxification.
- For any health related concern, who should you visit?
- Being _____ is also a risk factor for fatty liver.
- A standard drink contains roughly 10g of what?
- Doing this has many benefits.

Across:

- When consumed, what stimulant acts on the brain and central nervous system?
- Which type of cancer has been found to be the most common alcohol related cancer in women?



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

DRINKING AND CANCER RISK

Heavy consumption of alcohol is associated with various risks like impaired ability to make decisions, increased propensity to engage in risky behaviour and increased risk of heart disease, diabetes, brain and liver damage and mental health issues.

Heavy drinking is also associated with risk of some cancers like cancers of the mouth, bowel (in men) and breast (in women). There's no doubt that heavy drinking is bad for our health but what about light and moderate alcohol intake?

A large group of people in the US completed questionnaires over a number of years that looked at many aspects of their health and lifestyle. This included ongoing alcohol consumption (frequency and level), smoking status and development of diseases including cancer. Light to moderate drinking was defined as less than 15g/day for women and less than 30g/day for men. A standard drink in Australia is one that contains roughly 10g of alcohol.

Alcohol consumption was associated with increased risk of some cancers in people

who smoked but the degree depended on gender, with risk being higher for women. Light to moderate drinking was associated with risk of alcohol related cancers in women, regardless of whether or not they smoked, however this was not the case for men who didn't smoke. Breast cancer was the most common alcohol related cancer in women, and colorectal cancer in men.

The results show that light to moderate drinking is associated with increased risk of alcohol related cancer in women, particularly breast cancer. Regardless of gender, alcohol consumption combined with smoking significantly increases a person's risk of cancer. This reiterates the potent affect that smoking has on our health and the importance of quitting or not taking up the habit. When it comes to alcohol it's important to limit your intake to recommended levels and be aware of what constitutes a standard drink so you don't inadvertently go overboard.

For reference: Cao, Y et al. Light to moderate intake of alcohol, drinking patterns, and risk of cancer: results from two prospective US cohort studies. *BMJ* 2015; 351: h4238 doi:10.1136/bmj.h4238.

MYTH VS FACT



Drinking coffee or other caffeinated beverages late in the day causes some people to struggle to get to sleep at a reasonable hour.

This is because caffeine is a stimulant, acting on the brain and central nervous system when consumed.

People are governed by a daily cycle, a body clock, called the circadian rhythm. Our circadian rhythm regulates the times that we feel alert and sleepy throughout the day and is involved in dictating the secretion of hormones including melatonin. Melatonin is a hormone produced by the body that helps to control a person's sleep and wake cycle.

Researchers looked at the effect of caffeine on people's circadian rhythm paying particular attention to their melatonin levels. Participants were given a caffeine capsule equivalent to a medium sized cup of coffee three hours prior to their regular bedtime. This moderate dose was found to delay the normal surge in participants' melatonin, which happens just before the onset of sleep, by around 40 minutes.

Caffeine has different effects on different people. For those particularly sensitive to it, it can increase heart rate and cause difficulty in getting to sleep or staying deeply asleep. If you're prone to bad sleep, probably best you avoid caffeine in the lead up to bedtime.

For reference: Burke, TM et al. Effects of caffeine on the human circadian clock in vivo and in vitro. *Science Translation Medicine* 2015; 7(305):305ra146. Doi:10.1126/scitranslmed.aac5125



Dr Norman Swan

A MATTER OF HEALTH

YOUR PATH TO HEALTH

There's an important concept that you've probably never heard of but is vitally important to your healthcare.

It's called the clinical pathway and is obvious when you do think about it: the idea that for many medical conditions you are sent for diagnosis, assessment, medications or procedures or both and then hopefully returned back to health.

These pathways are becoming more and more important as the patterns of disease change around the world. In the old days – well just four or five decades ago – when you got cancer or had heart disease, you died

long before your time because there wasn't much that could be done. There were no effective cholesterol lowering drugs, blood pressure medications had pretty awful side effects, early cancer detection and therapy weren't as advanced, smoking was common and there were no morning joggers or 24/7 gyms on each corner.

But the nature of disease has changed. No longer do you become sick and die. You develop heart disease or cancer or diabetes and receive good care which keeps you in reasonable health. Trouble is, they're not cures. You'll have these so called chronic conditions for the rest of your life. The aim in high quality care now is to prevent you getting worse.

Clinical pathways are the ways through the system that ensure you get the right care from the right health professional at the right time. Showing your doctor that you understand this and partner with them to make it happen in the way that suits your

goals best, and fully utilising the My Health record, will make the path easier and more effective for both you and your doctor.



DID YOU KNOW? EXERCISE TO MOTIVATE



Exercise has many wonderful side effects including lowering the risk of a number of chronic diseases, promoting healthy ageing and weight loss.

Exercise is also thought to increase a person's motivation. Motivation is regulated by a range of hormones in the brain, one of which is dopamine. The dopamine pathway in the brain is regulated by a number of appetite hormones including leptin, which is made by fat cells. Leptin assists with controlling feelings of fullness. Researchers have found that low leptin levels trigger dopamine, the neurotransmitter involved with motivation, meaning we may be more motivated when we are hungry. Exercise has the same effect. With any sustained exercise leptin levels fall, dopamine rises and therefore motivation may increase.

Exercise is good for our physical and mental wellbeing. Try and take the recommended 20 minutes of moderate intensity physical activity each day and your mind and body will remain healthy and motivated.

For reference: Fernandes, MFA et al. Leptin suppresses the rewarding effects of running via STAT3 signaling in dopamine neurons. *Cell metabolism* 2015. doi: j.cmet.2015.08.003

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.

Across: 1. Caffeine 3. Doctor 6. Sedentary 8. Alcohol 10. Exercise 11. Breast

Down: 2. Norman 4. Dopamine 5. Pathways 7. Eight 9. Liver

ANSWERS TO
CROSSWORD