

GLEN FORREST MEDICAL CENTRE

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CLINIC STAFF

Nursing: Sinead, Karen, Cheryl, Fiona and Roz

Reception: Colleen, Ellen, Janet, Virginia, Kirsten and Sue

Practice Manager: Maria

SURGERY HOURS AND SERVICES

Consultations are by appointment.

GP After Hours Clinic – Midland available at St John of God Midland Public Hospital
Ph 1300 706 922 Mon–Fri 6pm–10pm,
Sat noon–10pm
Sun and Pub Hols 10am–10pm

GP After Hours – Mount Lawley
Ph 9370 4200

Mon–Fri 7pm–11pm, Sat 2pm–10pm,
Sun and Pub Hols 10am–10pm

For all emergencies please present to St John of God Midland Public Hospital,
1 Clayton St, Midland Ph 9462 4000.

Urgent medical problems are always seen on the same day. For Home Visits, please telephone the surgery as early as possible after 8.15am. For After Hours emergency medical problems Monday–Saturday, please call 9298 8555 up until 11.00pm for the practice duty doctor.

YOUR DOCTOR

FREE!!
TAKE ME HOME



APRIL 2017

Is detoxification a myth?

For those of us that have indulged, the idea that you can delete all your high calorie and alcohol sins, basically with a magic wand certainly sounds tempting.

Still, you should not give in to the promises of detoxification that have become louder in the wellness industry recently. Before you squeeze out another drink from a couple of kilograms of fruits or you go to a clinic for bowel irrigation, you should know that the process of detoxification is being done by your body all on its own without any help while you are reading this.

The basic premise of these 'detoxification' promises is that you follow various diets, from fasting to consuming exclusively fruit, fruit juices, vegetables, and water. They also offer all kinds of herbs and supplements in addition to enemas to, in the advertisements' words, 'remove material dislodged in the colon.'

The reality is simple. If poisons and toxins were actually piling up in your body and could not be removed, you would be dead or in need of serious medical intervention. The liver, kidneys, skin and lungs all remove toxins naturally, every second of every day.

Most manufacturers and people that provide these supplements, diets and services do not state the exact toxins that detoxification gets rid of. If they did, you could easily get it measured before and after to see the efficacy of what they are offering.

So where is the evidence you might ask? Well, there actually is no concrete or particular data to support these services and diets. While some people claim to feel better after detoxification diets, that can be explained. In part it is because highly processed foods with sugar and solid foods are avoided.

Studies have shown that these diets lower the basal metabolic rate in your body to conserve energy. The weight loss achieved is from fluid loss from low carbohydrate intake and bowel movements that are more frequent in these diets. When you start a normal diet again, you will rapidly regain the weight lost. Detoxification diets that drastically reduce protein intake can cause fatigue. Mineral and vitamin deficiencies can also occur if you fast long term. If you use daily laxatives, this can lead to a disruption in native intestinal flora (the good guys) and even a misbalance in your body's acid-base, which can lead to serious health problems requiring urgent medical attention.

As for colon cleansing, faecal matter does not stick to your colon's walls as advertised. Furthermore, colon cleansing can cause bloating, nausea, cramping, vomiting, and in some rare cases even perforation if done inadequately and not by a doctor.

If you still want to consider detoxification, please consult your doctor before starting. Remember, the body defends itself efficiently on its own. You can simply achieve permanent results by eating a normal, healthy diet based on vegetables and fruits, lean sources of proteins and whole grains, along with proper fluid intake, a normal amount of sleep, regular exercise, and adhering to medical check-ups as recommended by your doctor.



Take me home and try our healthy RECIPE!

Sugar: wellness' new super villain

Sugar is the latest villain hindering our pursuit of healthier lifestyles thanks to its potential as a catalyst for obesity, diabetes and heart disease. An increasing number of health professionals are warning consumers of the potential risk posed to us by diets high in sugar.

Future health professionals and nutritionists may look back and agree sugar is the single worst ingredient in modern diets, thanks to its impact on our metabolism and contribution to a sharp spike in the incidence of certain diseases.

While some commentators contend sugar, like most foods, is fine in moderation, opponents are increasingly vocal about the health dangers posed by sugar and high-fructose corn syrup.

It's easy to forget sugar wasn't an ever-present part of Western diets until comparatively recently, thanks to the industrialisation of sugar cane farming. Sugar consumption rose with the increased availability of chocolate, ice cream and lollies in the mid-19th century and received a further boost when soft drinks appeared in the 1880's pioneered by Dr Pepper and Coca-Cola.



Ironically, the post-war refrigeration boom enabled consumers to consume more soft drinks at home, while the invention of frozen fruit juice concentrate, with its hidden cargo of sugar, became a cornerstone of breakfast. Breakfast solidified its status as a health battlefield when marketers included sugar in breakfast cereal to tap into children's tastes. The debut of high-fructose corn syrup in the 1970s saw further increases in sugar consumption, coinciding with an inexorable rise in instances of diabetes (virtually unknown to hospitals in the 1950s) and obesity.

Sugar's 7 deadly sins

Anti-sugar campaigners point to seven major problems associated with powdered sugar and the less visible but even more wide-spread high-fructose corn syrup:

1. Sugar contains no essential nutrients and is bad for your teeth.
2. Sugar is high in fructose, which can overload your liver, triggering non-alcoholic fatty liver disease.
3. Sugar can cause insulin resistance paving the way for diabetes.
4. Sugar promotes fats in the body.

5. Sugar can be highly addictive due to its massive dopamine release in the brain.
6. Sugar is a leading contributor to obesity in children and adults.
7. Sugar raises your cholesterol and can lead to heart disease.

Part of the problem in managing our sugar intake is it turns up everywhere in our modern diet. A lurking, ever-present ingredient in foods we don't commonly associate with sugar; bread, breakfast cereal, yoghurt, fruit juice, smoothies, tomato and BBQ sauce, mayonnaise, and even in salad dressing.

A sweet menace

Scientists and nutritionists once considered sugar to be relatively benign. At worst, it was a source of 'empty calories' and contributed to tooth decay. Fast-forward and sugar has taken the mantle of modern-day health 'super villain' by storm. Opponents label it 'toxic' and if you haven't cut down on sugar yourself, you are sure to know someone who has. Unfortunately, sugar hasn't proven to be dangerous because of its calories, its problem lies deeper – in its biochemistry.

Please consult your doctor for advice on diet-related issues.

Electronic cigarettes are *stressing* your heart

New research suggests that e-cigarettes may significantly disrupt a smoker's heart rate and stress the immune system.

Electronic cigarette use is on the rise. More commonly referred to as *vaping*, e-cigarette smoking is promoted as a risk-free alternative to smoking tobacco. Although most physicians agree that inhaling water vapour is preferable over toxic smoke, the long-term health effects of e-cigarettes are still unknown.

It does appear that switching to an e-cigarette is effective in helping tobacco smokers quit. A 2016 Cochrane review of all available research determined that e-cigarette use was no better than using a nicotine patch. Although the authors of the review determined that e-cigarettes did not pose any threats to overall health short-term, they cautioned that long-term health risks were still unknown.

In order to explore the potential for long-term health risks, researchers are measuring subtle changes in the body's chemistry. Instead of waiting years to see if e-cigarettes are harmful, scientists are exploring all potential early warning signs.

Most recently, a team of researchers from the University of California, Los Angeles (UCLA) examined a group of healthy men and women aged 21 to 45. The study

compared 19 control participants to 16 individuals who smoked e-cigarettes at least once a day, every day, for over a year.

The researchers sought to determine whether e-cigarette smoking disrupted the heart's natural rhythm and/or caused damage to tissues and blood vessels. To examine whether e-cigarettes disrupted the heart's natural cadence, researchers calculated the Heart Rate Variability (HRV) of smoking and non-smoking participants.

Previous studies in tobacco research have concluded that tobacco can disrupt the body's heart rate. This disruption is important because it increases a person's potential for a heart attack. Worryingly, their findings suggest that e-cigarettes containing nicotine can also disrupt the body's ability to regulate heart rate, suggesting that use of e-cigarettes poses a significant risk to heart health.

To validate their findings, the researchers compared specific cholesterol proteins in the blood stream. They examined the cholesterol proteins for signs of stress. Although the tests were not specific for the effects of e-cigarette smoking, they are considered a good general indicator of stress.

After analysing results of the two groups, the researchers concluded that the e-cigarette group not only experienced greater heart rate variability, but also that their blood stream had an increased number of stress-induced proteins. These results mirror results from past studies of long-term tobacco use, and are therefore a short-term sign of long-term damage.

Although the size of the studied population suggests the study may not be generalisable, the findings add to the growing list of health risks posed by e-cigarette use. Until scientists investigate further, health officials suggest that e-cigarettes should be avoided whenever possible.

Your doctor can provide you with support and assistance if you are trying to quit smoking. Speak to one of our staff today.

References

1. Moheimani RS, Bhetraratana M, Yin F, et al. Increased Cardiac Sympathetic Activity and Oxidative Stress in Habitual Electronic Cigarette Users: Implications for Cardiovascular Risk. *JAMA Cardiol*. Published online February 01, 2017. doi:10.1001/jamacardio.2016.5303
2. Hartmann-Boyce J, McRobbie H, Bullen C, et al. Electronic cigarettes for smoking cessation. *Cochrane Database of Systematic Reviews* 2016, Issue 9. Art. No.: CD010216. doi: 10.1002/14651858.CD010216.pub3.



WORD SEARCH

M E C I B O R E A V I H V V J O G S U O U Q G K
 P T X Q P Y U M A J B J I H B B L H D O P Q W Y
 Z N V J M C N C M T Q X X T O E Z C I L E W P N
 J V H S D I C Q O Z W B S N O S D I A B E T E S
 O P U P A I O X I U N S F E O I Y N D G O D S N
 V G W R N V I L L A I N O M G T T W H Y U G O N
 A N T A E N X N Q Q N B H T B Y L G T O K S I I
 C S T U Z S J T X L P E C A W C C P Z V I T Z S
 H I M J K B U Y R T S I M E H C X R X O O G B G
 O Q J T S H A P G A P P B R H K W W P B P V N N
 L O J J K F I H M Y E H O T E C F I A E F E I I
 E V F L W Y G Q C A K H P I R S O C Y F T I N K
 S Y S U R I V F J A C B A C B F C N L T A M F O
 T D W X S O A D E H Y O L W A O T F E D I S E M
 E X O M S S E N T I F W P H L F I R A U W F C S
 R X B M E T A B O L I S M P J O A A Y O R S T J
 O O K Z Q N I A R B T E I D I G I A N N C X I A
 L Z Y B U Z K C W O R T G K I H T U Q T Z J O D
 J I W E S O T C U R F F N C T N E I R T U N N I
 D X P T A Q Q L P V W W W E H Y S Z A C D G Q G

AEROBIC	DIET	HIPPOCAMPUS	POISON	TOXIN
BRAIN	EXERCISE	INFECTION	REMEDY	TREATMENT
CHEMISTRY	FITNESS	METABOLISM	SMOKING	VACCINATION
CHOLESTEROL	FRUCTOSE	NUTRIENT	STRAIN	VILLAIN
CIGARETTE	HEART	OBESITY	SUGAR	VIRUS
DIABETES	HERBAL	PLANT	TOBACCO	WORT

Brain benefits of exercise

Exercise is categorised as either aerobic or anaerobic and current research reveals benefits to the brain from aerobic exercise.

Aerobic exercise gets your heart pumping with the goal of improving your cardiovascular fitness. Aerobic exercise includes activities such as walking, jogging, biking, etc. Anaerobic exercise (resistance training) aims to increase your strength, power, and muscle mass by using short bursts of energy. Anaerobic exercise includes activities such as weightlifting and sprinting.

There are a wide variety of reasons to exercise, including improved fitness and weight control, as well as a reduced risk of heart disease, stroke, and diabetes. However, the benefits of exercise on the ageing brain has been gaining attention. Recently it has found that physical activity can also help protect your brain as you age.

Research has revealed that both types of exercise enhance cognitive performance and the ability to adapt to change in healthy, older adults by positively affecting the region of the brain called the hippocampus. The hippocampus is believed to be responsible for memory, emotion and spatial navigation. Age-related changes and damage to the hippocampus are often associated with dementia.

Studies have shown that aerobic training, specifically a three day per week walking program for 12 months, significantly increases hippocampal volume in healthy, older adults. Put another way, it reverses age-related volume loss to the hippocampus by approximately two years. Furthermore, another recent study shows that aerobic exercise of 120 minutes per week is also beneficial for increasing hippocampal volume in older adults that have started to show signs of mild cognitive impairment.

With an aging population, the number of people affected by dementia is expected to rise from an estimated 46.8 million in 2015 worldwide, to 131.5 million people by 2050. Exercise has been found to be a simple, low risk and cost effective way to help prevent mental decline associated with ageing, so it's important that you get up and active to protect your brain.

Speak to your doctor about specific aerobic exercises that may be suitable for you.

Reference

- ten Brinke LF, Bolandzadeh N, Nagamatsu LS, et al. Aerobic exercise increases hippocampal volume in older women with probable mild cognitive impairment: A 6-month randomised controlled trial. *British Journal of Sports Medicine*. 2014; 49(4): 248–254. doi:10.1136/bjsports-2013-093184.

≡ DID YOU KNOW? ≡

HPV: what you need to know . . .

Human papillomavirus, or HPV as it is more generally known, is a common virus that spreads easily through direct skin to skin contact and affects both males and females.

The virus has over 100 known strains. Most types of HPV are harmless: there are no symptoms and the virus disappears without you even knowing it was there to begin with. Other strains of HPV are the cause of warts that appear on your hands and feet.

Another forty varieties affect the genital region and are classified as Sexually Transmitted Infections (STIs). Genital HPV types are classified either as high or low risk. High risk types can cause certain types of cancers in the genital region, such as cervical or anal cancer, whereas low-risk types are the cause of genital warts.

Infection typically occurs after the first sexual encounter and anyone who has engaged in any type of activity involving genital contact could get genital HPV. Infection rates vary considerably between population groups and geographic regions; however it is estimated that up to 80% of the general population will be infected with at least one type of genital HPV at some point during their life.

It took more than twenty years, from the time it was first proposed that strains of HPV were associated with cervical cancer, for scientists to create a safe and effective vaccine that protects against the wart and cancer causing strains of HPV.



To prevent infection occurring in the first place, the HPV vaccination is provided free of charge, and delivered through schools in Australia, to all males and females aged 12–13 years. The vaccine is given as three injections over a period of six months and it is important to complete the full course – to ensure the best possible protection.

In 2008, the man who first proposed the link between HPV and cervical cancer was awarded the Nobel Prize in Physiology and Medicine. Medical professionals believe the vaccine has prevented hundreds of thousands of cases of cervical and oral cancer worldwide, saving countless lives.

Your doctor can advise you further about the virus, symptoms, prevention and treatment. Speak with one of our staff about making an appointment.

Nature's little helper: St John's Wort

St John's Wort (*Hypericum perforatum*) has graced the shelves of herbalists worldwide for centuries.

This useful little plant, with its jaunty yellow flowers has proven to be a mainstay in herbal medicine. It is used for treating complaints as diverse as depression, anxiety, abdominal pains, alcoholism, earaches, menopause and insomnia. The key to its healing reputation lies with two key active ingredients; hypericin and hyperforin. Both have antibiotic properties while hypericin is also thought to increase dopamine levels.

Today St John's Wort is one of our best-know herbal remedies and is widely available in the health supplement and vitamin sections of pharmacies and health food outlets.

While the herbal community has embraced St John's Wort, its adoption by mainstream medicine has been hindered by a lack of clarity around the correct dosage level and ongoing uncertainty as to how it interacts with other drug treatments.

While St John's Wort can be a useful little plant when taken in moderation, studies

have identified three areas where its active ingredients may pose issues for patients:

- When swapping to prescription antidepressants: to avoid the risk of serotonin toxicity (tremors, sweating, agitation, confusion, muscle spasms and diarrhea), withdraw slowly and stop St John's Wort entirely for one-week before commencing prescribed medication.
- When taking the oral contraceptive pill: St John's Wort can stimulate the break down of the pills' oestrogen and progesterone components, increasing risks of an unplanned pregnancy.
- When taking prescription antidepressants: St John's Wort shares a common activation mechanism with many antidepressants. Taken in conjunction can increase the risk of serotonin toxicity.

As always, please consult your GP before taking any unprescribed medication as it may produce side effects if taken in combination with other medication.



SPINACH AND RICOTTA ROLLS



Ingredients

- 1 tbsp olive oil
- 1 clove garlic, crushed
- 1 egg
- 1 onion, diced
- 2 large bunches spinach, leaves chopped (ends discarded)
- 250g tub low fat ricotta cheese
- 8 sheets filo pastry
- 1 tsp grated nutmeg
- 1 tbsp dried oregano
- 1 egg, whisked (for brushing)
- Poppy or sesame seeds

A salt-less savoury treat

Method

1. Preheat oven to 200 degrees Celsius.
2. In a saucepan, heat two tbsp water and add onion, garlic and spinach – cover with lid and cook for five minutes until spinach has wilted. Remove from heat until cooled.
3. In a mixing bowl combine spinach mixture, ricotta cheese, nutmeg, oregano and egg – mix well until all combined.
4. Work with four sheets of pastry at a time. Spread out two sheets of pastry on the bench and brush lightly with olive oil. Top with another two sheets of pastry and brush with oil again.
5. Spoon spinach mixture along length of pastry and roll up to create one long pastry roll. Repeat with remaining four sheets.
6. Brush lightly with egg mixture and sprinkle with poppy or sesame seeds.
7. Cut into individual mini rolls and place on lined baking tray.
8. Bake for 15 minutes or until crisp.

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.

ONLINE APPOINTMENTS

Online appointments can be made any time of the day at www.gfmc.com.au click on "Make a booking".

BILLING

We are a private practice and payment is made on the day. A discount of \$5.00 is given for payment on the day. We can claim your rebate immediately from Medicare using Easyclaim onto your cheque or savings card or Online Claiming where Medicare deposits direct to 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.