



GLEN FORREST MEDICAL CENTRE

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MBBS (WA)

(on maternity leave until June 2019)

Dr Sarah Colby

MBBS(Hons), DRANZCOG

CLINIC STAFF

Nursing: Sinead, Karen, Cheryl, Fiona and Roz.

Reception: Ellen, Janet, Virginia, Kirsten, Sue, Julie and Michele.

Practice Manager: Maria

SURGERY HOURS AND SERVICES

Consultations are by appointment.

Monday to Thursday

8.00am-1pm 2pm-6pm

Friday

8.00am-1pm 2pm-5pm

Saturday

8.30am-11.30am

GP After Hours – Mount Lawley

Ph 9370 4200

Monday to Friday 7pm-11pm

Saturday 2pm-10pm

Sunday 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 11pm for the practice duty doctor.



FREE!!
TAKE ME HOME

YOUR DOCTOR

APRIL 2019

A healthy diet, according to science

The media, magazines, and many supposed experts release a flood of misinformation every day about a “healthy” diet. It’s time to cut through the fat to get to the meat of the matter.

Eat this, eat that, eat more of this, but less of that. The definition of a healthy diet can drive anyone crazy. The piles of misinformation can also make it challenging for anyone looking to improve their diet, especially as much of the “research” is contradictory. Fortunately, an abundance of accurate and reliable research now exists, so everyone can learn what it takes to lead a healthy lifestyle. It looks like this.

Know your fat

Good fats, bad fats, okay fats, aren’t all fats bad? Some diet books would lead you to believe that all fat is bad, but that’s not the case. Trans fat and saturated fat are not good for you, but moderate amounts of polyunsaturated and monounsaturated fat can be. If you eat more unsaturated fats than saturated, you can reduce your risk of diabetes and cardiovascular disease.

Consume less carbs

The “fat is bad” epidemic ended up promoting carbohydrates as the best thing to eat instead. The problem is, many of these carb-loaded foods contain sugar, or processed grains like white rice and flour. The refinement process of these grains means you lose out on healthy fats, vitamins, nutrients, and minerals, which could result in an increased risk of type 2 diabetes. It is recommended to replace refined grains with a variety of whole grains on a daily basis.

Five+ a day

The message behind fruit and vegetables has not changed all that much. Health

professionals still recommend eating at least five or more servings of them every day – with a preference leaning towards nine. Fruit and vegetables provide vitamins and minerals, fibre and slow-releasing carbohydrates. These could potentially reduce the risk of severe illnesses, so aim for a colourful and bright array of food on your plate.

Watch what you drink

When it comes to what you drink, water is the best option. Coffee and tea with minimal milk and sugar are also relatively healthy to consume in limited quantities. However, beware of sugar-sweetened drinks. Fizzy drinks can contain many teaspoons of sugar and empty calories. Daily consumption is connected to weight gain, and an increased risk of heart disease and type 2 diabetes.

Maintain your exercise and weight

Being healthy is a balancing act between being active and eating sensibly. You can reduce the risk of a range of health problems by maintaining a healthy body weight. Consume less sugar and trans and saturated fats, and try to eat fibre-rich food. Finally, exercise regularly and avoid extended periods of inactivity. The current guidelines recommend at least half an hour of physical activity most days of the week.

There is no “one size fits all” approach to a healthy diet and lifestyle. However, there are national guidelines and recommendations you can follow. If you are unsure how to make lifestyle changes safely, consult your GP.

To try the latest **RECIPE** take me home...

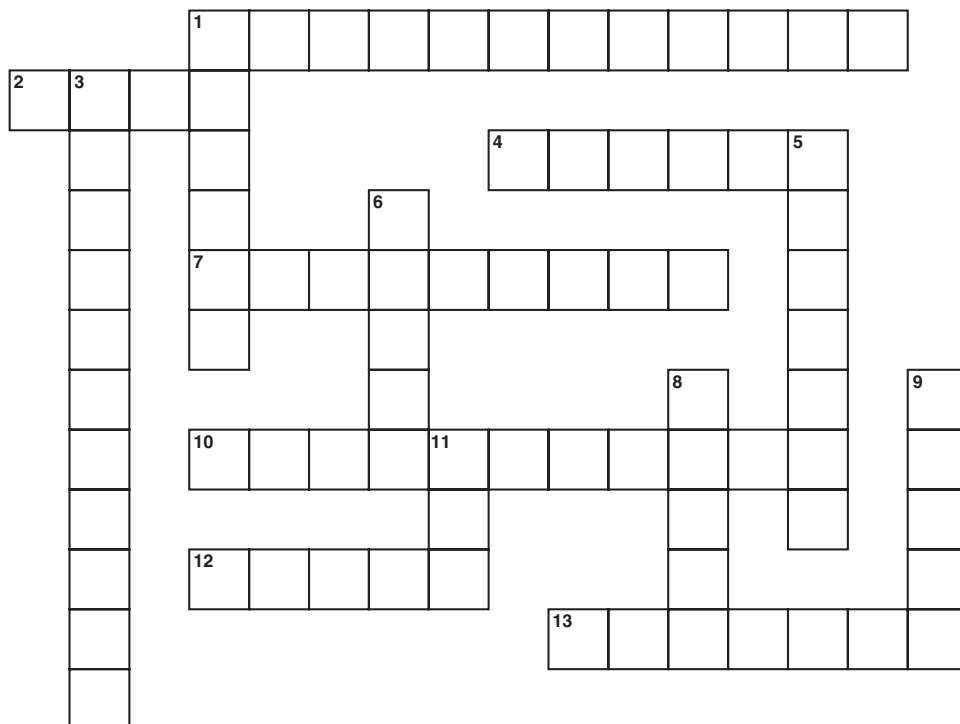
ACROSS

- 1. A nutrient in broccoli that may lower risk of lung & colon cancer
- 2. The type of food you usually eat
- 4. An extreme fear of something
- 7. Sitting, not active
- 10. A specialist who treats bone, nerve and muscle conditions
- 12. An infection or disease
- 13. Being overweight

DOWN

- 1. Mental or emotional strain
- 3. Difficulty and pain when digesting food
- 5. A feeling of unease and worry
- 6. Microorganisms that can cause disease
- 8. Fruits, vegetables, nuts and wholegrains provide this
- 9. Being unsteady and losing balance
- 11. Irritable bowel syndrome

Answers can be found in this edition of Your Doctor.



Solution is on the back page.

The 30-foot road to digestive health

If you were to remove your gastrointestinal tract from your body, you would have to walk 30 feet to reach the end of it. At such a length, there is a lot of room for problems. Learn how to manage your digestive health below.

The road to digestion begins with you consuming food, and ends with a trip to the bathroom. However, the tricky parts happen in the middle. After eating food, your body breaks it down, absorbing the nutrients for repairs, energy, and growth. Depending on your gut health, body build, family history, and stress levels, the ease of this process can vary.

For millions of Australians, it's not a smooth road, with many suffering from digestive diseases such as irritable bowel syndrome (IBS), and gastroesophageal reflux disease (GERD). IBS may include uncomfortable bowel movements and changes, bloating, and abdominal pain; while GERD causes severe heartburn and indigestion.

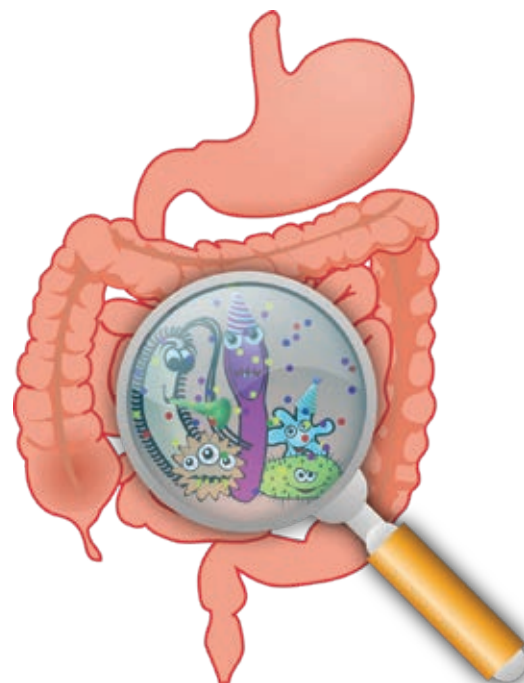
While some of these conditions are caused by genetics and family history, some are also due to your lifestyle.

Unfortunately, there is no quick fix for gastrointestinal discomfort, but there are ways you can reduce the risk of it occurring, while improving your overall gut health at the same time.

To potentially relieve digestive discomfort or reduce the risk of experiencing it, eat a healthy diet, follow a routine schedule, exercise, and sleep well. If you lead a stressful lifestyle, consider confiding in someone about this, as stress can increase the likelihood of developing IBS, while sharing your troubles can decrease it.

You can also do your body a favour by including at least 20 or 30 grams of fibre in your diet daily, as well as eating fruits, vegetables, nuts, and whole grains. However, if you suffer from IBS, talk to your GP about whether increasing dietary fibre is right for you.

Researchers are now finding that gut flora, or live microbes in your digestive tract, can also be of benefit to your body. These microbes play a preventive role in colon cancer, type 2 diabetes, obesity, and IBS.



What's more, recent studies also show a potential connection to your immune system.

With a 30-foot gastrointestinal tract in your body, taking care of your digestive health is a complicated yet necessary process that requires a lot of care, and lifestyle changes. If you want to learn more about ways you can improve your gut health talk to your doctor.

Kids, eat your broccoli

When your parents told you to eat your broccoli because “it’s good for you,” they weren’t lying. It might be time to explain to your own children why they should be munching down this green delight.

Broccoli is one of those fabulous vegetables that offer a little bit of everything your body needs. One cup of chopped, uncooked broccoli has 140 kilojoules, six grams of carbs (including fibre and sugar), and three grams of protein. It also has no fat, and more than 100% of your daily requirement for vitamins C and K. Broccoli even has vitamin A, potassium, and folate to seal the deal.

With so many nutrients packed into this one vegetable, it should be of no surprise that

broccoli promotes a healthier weight, better complexion and hair, more energy, and also helps protect against a range of diseases.

The sulforaphane in broccoli and other cruciferous vegetables may be able to lower the risk of lung and colon cancer; also the folate content shows promise in protecting against cervical, stomach and pancreatic cancers. What’s more, if you want to reduce the risk of bone fractures as you age, the high quantity of vitamin K in broccoli can help improve your calcium absorption rate.

When it comes to looking younger, broccoli covers all bases; vitamin C fights skin damage, reduces wrinkles, and improves your skin texture. While it’s

keeping your skin healthy, it’s potentially improving your digestive system too. It’s natural fibre can help maintain bowel health by reducing constipation and encouraging regularity, which can help lower the risk of heart disease, cancer, and diabetes.

Chop it up, sauté it, drizzle it in olive oil, or dip it in a sauce. No matter how you have it, know that it’s benefiting your body. Include broccoli as a part of a balanced diet, but consult your doctor if you are on blood thinning medication before increasing your daily vitamin K intake.



Broccoli soup

- | | |
|-------------------------|---|
| 1 Tbs vegetable oil | 3 cups vegetable stock (or chicken stock) |
| 1 onion, chopped | |
| 3 cloves garlic, minced | 1 head of fresh broccoli, chopped (or use frozen florets) |
| 1 Tbs grated ginger | |
| 1 tsp cumin | Salt and pepper to taste |
| ½ tsp chilli powder | |

Method

Put oil in a large pot and bring to medium heat. Add onion and stir for 2 minutes until soft. Add garlic, ginger and cumin and stir for 1 minute. Reduce heat and add stock and broccoli. Simmer on low for 15-20 minutes until broccoli is soft. Remove from heat and use a stick blender to blend. Add salt and pepper to taste.

Optional

Stir in some cream (coconut or dairy), drizzle with olive oil and sprinkle with sesame seeds. Add a handful of fresh or frozen spinach for the last 2 minutes of cooking.

A talk before you walk

Many people believe they can go from leading a sedentary lifestyle one day to an active one the next. Is it possible that your level of health requires medical advice before you pound the pavement?

Most people know that physical activity is an integral part of leading a healthy lifestyle. It’s good for your physical health, but is even known to improve your mental health too. For the majority of the population including exercise in your routine will be beneficial.

However, there are going to be situations where advice from a medical expert is encouraged before you hit the streets. If you are generally unsteady on your feet, suffer from a chronic health condition, or you feel dizzy or drowsy, you may require a trip to a doctor’s clinic before you put on your running shoes.

Your doctor can advise on what levels of exertion are safe, and which activities could be better for you than others – at least until your body adjusts. If you are pregnant, a quick chat with your GP can determine the safety of specific exercises you might like to try.

Once you receive professional advice, you can start building your stamina so that the first few weeks are not an unpleasant experience. Involve your friends in a walk to make it a social experience, or listen to music that lifts your mood and keeps you going. You may also find that making small changes, like taking the stairs instead of the elevator, can do wonders for your fitness levels.

If a health condition rules out a lot of physical activity, but you’d still like to participate, then a specialist might be able

to help. A physiatrist provides specialist treatment with bone, nerve, and muscle conditions affecting your movement. They also work with people post-surgery or injury. A physical therapist, on the other hand, can work on helping you to restore abilities you may have lost due to injuries or health issues.

Otherwise, you can start your fitness routine on the right track with a personal trainer. They can tailor specific routines to your abilities and fitness levels to help you get fit, healthy, and feeling your best.

There are several options out there for starting a new exercise routine – even if you’ve been suffering from illness or injury. See your GP, and then begin building a healthier, happier version of you.

Avoiding the speedy sneeze

Did you know you can send over 100,000 infectious germs into the air at speeds of around 160km an hour – just by sneezing?

Sneezes and even coughs are grossly underrated. As soon as you hear someone sneeze, you may not even think twice about offering “bless you” as a passing comment. However, if you knew the sneezer had just released over 100,000 germs into the air, you might instead think about running for cover.

Sneezes, according to University of Bristol researchers, are filled with bacteria.

Germs travel in all directions, spreading to everyone nearby. Someone, merely sneezing near you, can put you at risk of influenza, colds, and other viruses.

Once those sneeze particles are in the air, there's no limit to the length of time you could be at risk as the droplets can remain in the air for seconds, or even days, depending on their size and weight. In 100 million sneeze droplets, there can be approximately 20 bacteria in each.

To get infected from someone's sneeze, you would need to ingest around 1000 bacteria, or 50 droplets, which is entirely possible if you're within six feet of the sneezer. It all sounds quite alarming, but apart from moving away from the sneezer, there are a few other things you can do. In a hospital environment where germs are rife, you can wear a mask. In public, you can wash your hands thoroughly, wear a scarf, and carry hand sanitiser. If you find yourself in a crowded place, change your clothes upon returning home, and scrub your hands and nails thoroughly.

When at home you may even benefit from closing your toilet lid before you flush, as the spray can reach quite high, possibly causing similar effects to a sneeze.

While you can say “bless you” the next time someone sneezes, do so from a safe distance. If you begin feeling signs of a cold or flu, rest up, stay away from others to limit infection, and stay warm. Consult your doctor if you have any concerns or questions.

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 phone. New referrals require that the patient be seen by the doctor. Referrals cannot be back-dated. Referrals are current for 12 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. **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 for a standard consultation or \$50.00 for a long consultation.

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.

PHONE 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.

Get control of your anxiety

Everyone feels nervous or anxious now and again, but when was the last time you felt anything but this? It might be time to talk to your doctor about Generalised Anxiety Disorder.

You could feel anxious about attending a job interview, meeting a potential new love interest, or buying something expensive, but where's the cut-off for when it begins to take over your life?

Anxiety can be a passing emotion, but it can also be a symptom of a panic disorder, phobia, a social anxiety disorder, or related to post-traumatic stress. Generalised Anxiety Disorder (GAD), is a long-term condition as opposed to a moment in time, and can be both a physical and mental barrier in your life.

This condition can also make you feel continually restless, dizzy, worried, and even cause sleeping and concentration problems, or heart palpitations. In

essence, it can put you on edge for seemingly no apparent reason. There is no single cause of GAD, but researchers believe there could be several reasons why some people suffer from GAD.

Emotional and behavioural overactivity, brain chemical imbalances, genes, and stressful events in your life may all play a part. If a relative has GAD, you're five times more likely to develop it as well. Those with health conditions or drug and alcohol abuse can also be more at risk, but some people develop this anxiety condition for no discernible reason at all.

See your GP to discuss your symptoms and concerns, and find out what help is available. Both psychological and medicative methods could work in your favour, as can self-help. Exercise, stop smoking, and cut down on alcohol and caffeine, as these could increase your anxiety. With treatment and support over time, you may learn how to control your anxiety.

ACROSS 1. SULFORAPHANE 2. DIET 4. PHOBIA 7. SEDENTARY
10. PHYSICIAN 12. VIRUS 13. OBESITY
DOWN 1. STRESS 3. INDIGESTION 5. ANXIETY 6. GERMS
8. FIBRE 9. DIZZY 11. IBS

CROSSWORD SOLUTION

Take me home to complete our PUZZLE – check inside!