

FREE!!
PLEASE TAKE ONE



YOUR DOCTOR



AUGUST 2016

GLEN FORREST MEDICAL CENTRE



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Dr Alina Harriss

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CLINIC STAFF

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

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

Practice Manager: Maria

SURGERY HOURS AND SERVICES

Consultations are by appointment.

Monday

8.30am-1pm 2pm-6pm

Tuesday to Thursday

8.00am-1pm 2pm-6pm

Friday

8.30am-1pm 2pm-5pm

Saturday

8.30am-12.00noon

GP After Hours Clinic – Midland available at St John of God Midland Public Hospital Ph 1300 706 922 6pm to 10pm Mon-Fri, Sat noon-10pm Sun & 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.

LEARNING FROM THE KIDS

Chronic diseases are becoming more common and are driven largely by unhealthy lifestyle behaviours including a poor diet, lack of exercise, excessive alcohol consumption and smoking.

Various interventions have been introduced to slow the growing numbers of people with problems like heart disease, diabetes and cancer, with varying degrees of success. No single approach works for everyone so it's important to have a variety of evidence-based strategies available from which people can choose. School-based interventions are being used in some areas of health and have been successful in increasing children's physical activity levels and improving their dietary choices. This has extended in some areas to include the children's families. The children are provided with health education to pass on to their families to encourage lifestyle changes. Researchers assessed the effectiveness of this type of intervention in a group of school-aged children and their mothers.

The trial involved grade eight students from a number of schools in Sri Lanka and their mothers. Students were assigned to an intervention or control group for 12 months. The intervention delivered tailored education to the children in special classes. They were taught about chronic disease risk factors and were encouraged to come up with ways to address them. They identified risk factors relevant to their families, were encouraged to discuss these with their families and document changes in their mothers' behaviour over the course of the study. They were also trained to provide feedback to their families addressing their progress over the year. The control group did not receive a program. The outcomes measured at the end of the study period included mothers' weight, body mass index

(BMI), self-reported physical activity levels, diet and food purchased for the household.

At the end of the 12 months, mothers in the intervention group showed lower weight and BMI, increased physical activity levels and a decrease in household purchasing of unhealthy foods such as biscuits and ice cream compared to the mothers of the controls.

These results suggest that an intervention delivered to school-aged children can lead to improvements for them and their families. Educating children about healthy behaviours is also important early in life to encourage the continuation of these behaviours into adulthood. With more evidence, this is a potentially effective program that is scalable to implement in primary schools and high schools to encourage better health for the whole family and hopefully lower the risk of some behaviour-driven chronic diseases.

Reference: Gunawardena, N et al. School-based intervention to enable school children to act as change on weight, physical activity and diet of their mothers: a cluster randomised controlled trial. *International Journal of Behavioural Nutrition and Physical Activity* (2016) 13:45 DOI: 10.1186/s12966-016-0369-7.



MIND-BODY TREATMENT FOR CHRONIC LOW BACK PAIN

Low back pain is a common and, at times, debilitating condition which is thought to affect between 70 and 90% of people at some point in their lives.

Chronic low back pain is a common cause of disability and can lead to functional impairment, depression and anxiety. There are a variety of treatment options for low back pain however no one strategy works for everyone. Treatments include pharmacological options and mind-body treatments like cognitive behavioural therapy (CBT). Access to and cost of these interventions can also limit people's engagement with them. Another treatment suggested to improve symptoms associated with chronic low back pain is mindfulness-based stress reduction (MBSR). This technique focuses on increasing awareness and acceptance of experiences like physical discomfort and emotional difficulties. Researchers assessed the effectiveness of MBSR compared to CBT and usual care.

Participants were assigned to receive either MBSR, CBT or usual care. The usual care group received their typical medical care and \$50 and were advised that they could seek other treatments if they wanted to. MBSR and CBT both involved two hours

of therapy per week for eight weeks. MBSR also offered a six hour retreat to participants. MBSR treatment included educational content and mindfulness activities like body scans, yoga and meditation, and CBT involved education including information on chronic pain, sleep hygiene, relapse prevention and practice in behavioural change and pain-coping strategies.

The results showed a benefit from MBSR and CBT compared to usual care. Improvements were observed in functional limitation, pain and mental health outcomes. The benefits associated with MBSR and CBT for back pain persisted at 26 and 52 weeks.

The results of this study suggest that both MBSR and CBT are effective methods of treating lower back pain when compared to usual care. Mind-body treatments can have the benefit of providing people with long-term skills to manage their pain thus perhaps increasing likelihood for longer-term results. Talk to your doctor for advice if you experience low back pain.

Reference: Cherkin, D et al. Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain: A Randomized Clinical Trial. *JAMA*. 2016; 315(12): 1240 – 1249. Doi: 10.1001/jama.2016.2323.

MYTH VS. FACT

CAN YOU GET GOOD DIET ADVICE FROM THE WEB?



The internet has become a popular source of diet tips and advice.

Rates of overweight and obesity continue to rise. It's thought that around 60% of Australian adults are overweight or obese. Not surprisingly, the internet has become a popular source of diet tips and advice. Consumers need to be careful about the diet advice that they seek on the web as anyone is able to upload information and there are very few credibility checks in place to confirm that the information is reliable.

A team from Johns Hopkins School of Medicine examined the credibility of dietary advice found online, investigating nearly 200 different programs. They included common, brand name commercial programs and independent ones, often with statements from a supporting healthcare professional, labeled as an expert, who testifies to the effectiveness of the program.

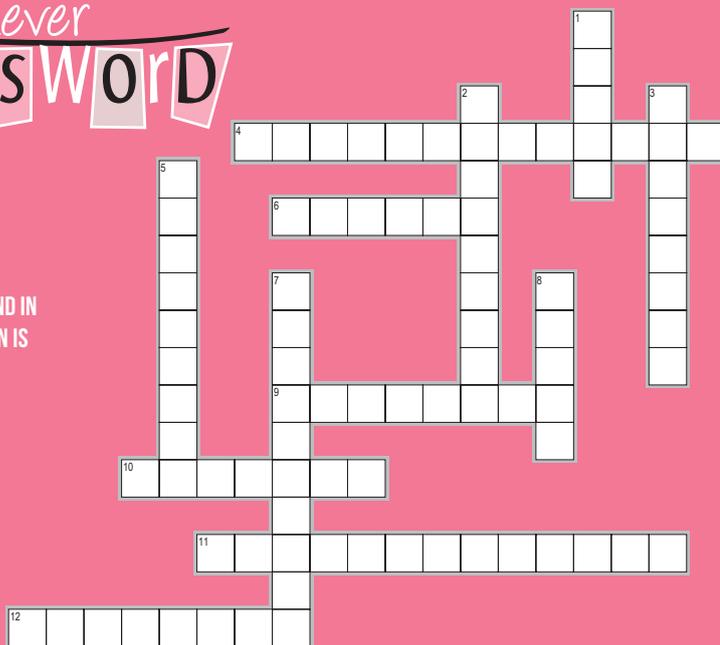
The investigation found that only 9% of websites adhered to the guidelines published by reputable health agencies. The advice given was typically non-specific, lacked details of nutrient composition and recommended supplements as part of the program to boost weight loss efforts. While most programs recommended physical activity as part of a weight loss program, only 3% advised people to complete the recommended level of 150 minutes or more of physical activity per week. Furthermore, very few diets recommended behavioural change strategies like self-monitoring and recording food intake and exercise levels.

This study shows the extent of the variation in quality when it comes to dietary advice on the web. Many programs found on the internet have limited evidence backing their effectiveness and therefore may be completely ineffective, dangerous or 'quick fixes' which are unlikely to render any long-term gains. Just remember: if it's too good to be true, then it probably is.

Reference: Bloom, B et al. Guideline-concordant weight-loss programs in an urban area are uncommon and difficult to identify through the Internet. *Obesity* Epub online 10 Feb, 2016 doi: 10.1002/oby.21403.

Clever CROSSWORD

ANSWERS CAN BE FOUND IN THIS EDITION. SOLUTION IS ON THE BACK PAGE.



Across:

- This month's recipe is influenced by this region.
- People can suffer from this dangerous condition while they sleep.
- Studies have revealed that eating seafood may lower the risk of developing this disease.
- In type 2 diabetes a person's tissues don't respond as well to what hormone?
- Sleep apnoea can often cause a lack of this during the day.
- The age at which Australians are developing type 2 of this disease has become younger.

Down:

- There are an estimated 4000 deaths caused by air pollution each year in this country.
- There are a number of options and types of this you can seek for low back pain.
- School-based interventions have proven successful with the children who attend and who else?
- The risk of developing a number of serious diseases is increased by this in the air.
- Published by reputable health agencies, a study showed only 9% of websites investigated adhered to these.
- What should you avoid in an effort to help reduce the risk of developing diabetes?

SEAFOOD AND THE BRAIN

Various studies have found an association between seafood consumption and a lower risk of dementia.

This may be due to the long-chain n-3 fatty acids found in seafood, which may promote healthy neurological function. On the other hand seafood is a known source of mercury, which can be damaging to the brain. It's not well known whether the mercury levels in seafood counteract the protective effects associated with fatty acids. A group of researchers investigated the association between seafood consumption, mercury levels in the brain, dietary n-3 fatty acids and signs of dementia in the brain.

Researchers examined the brains of deceased older adults who were part of a study that followed them in their older years until death. The study involved food frequency questionnaires that assessed, among other things, seafood consumption and fish oil supplement intake. From this, researchers computed n-3 fatty acid intake. The brain autopsies assessed neuropathologies and mercury levels.

Moderate seafood consumption was associated with lower Alzheimer's disease neuropathology in people with APOE Σ 4 status. APOE is a gene that we all carry but some of us have a form of that gene called Σ 4 that's linked to increased risk of Alzheimer's disease. While seafood

consumption was correlated with increased levels of mercury in the brain, the levels weren't significantly linked to increased brain neuropathology.

This was an observational study so causality cannot be confirmed. Nevertheless, the results suggest that seafood may play a role in supporting brain health, particularly for those with increased risk of Alzheimer's disease. Many studies have shown a health benefit associated with substituting a couple of red meat meals a week with fish.

Reference: Morris, M et al. Association of Seafood Consumption, Brain Mercury Level and APOE E4 Status With Brain Neuropathology in Older Adults. *JAMA*. 2016; 315(5): 489-497. DOI: 10.1001/jama.2015.19451.



POLLUTING THE NEXT GENERATION

Air pollution is an issue in many large cities.



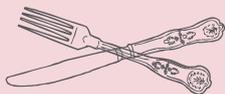
In major cities, air pollution typically comes from heavy industry and the exhaust from cars - especially diesel trucks. High levels of exposure to air pollution can contribute to the risk of chronic and acute respiratory diseases including asthma and lung cancer, and is also thought to be associated with increased risk of stroke and heart disease. Estimates in China suggest that serious lung disease caused by small and dangerous air pollution particles may be responsible for up to 4000 deaths each year. Research is also emerging which suggests that the health risks associated with air pollution may persist from generation to generation.

A study investigated the longer term and intergenerational effects of air pollution in Beijing. In the experiment, rats were housed in rooms directly exposed to the outside air by piping it into the rooms. One group of rats was directly exposed to it while the air for the other group was filtered using advanced technology to remove most of the nano-particles and chemicals. The main area under investigation was the effect of the air pollution on pregnancy and offspring.

The results showed that pups born to the rats who were exposed to the air pollution had evidence of widespread inflamed tissues and compromised whole body function. The baby rats exposed to the air pollution also had increased circulating cholesterol levels and were fatter. When the rats were studied over a longer period of time, risk factors for diabetes and heart disease began to emerge.

Air pollution increases the risk of a number of serious diseases and this research suggests it can also pose a risk to babies of exposed mothers. Air pollution has negative health consequences and degrades our environment, contributing to global warming. In order to protect our health and the world we live in it's essential to make environmentally friendly decisions and attempt to reduce the noxious chemicals being pumped into the atmosphere.

Reference: Wei, Y et al. Chronic exposure to air pollution particles increases the risk of obesity and metabolic syndrome: findings from a natural experiment in Beijing. *The FASEB Journal* Epub online February 18, 2016. Doi: 10.1096/fj.201500142.



Good Health on the Menu

MEDITERRANEAN FISH

A delicious fish meal with the goodness of a Mediterranean influence.



Ingredients

- 2 white fish fillets
- 2 cups tomato based pasta sauce
- ¼ cup black olive tapenade
- Fresh oregano leaves
- 1 cup couscous
- 1 ½ tablespoons olive oil
- Salt and pepper to taste

Method

1. Preheat oven to 180 degrees Celsius
2. Line baking dish with olive oil
3. Place fish in baking dish
4. Spread tapenade evenly over the fish
5. Pour pasta sauce over the fish
6. Put a small handful of oregano leaves on the top
7. Drizzle one tablespoon of olive oil over the top
8. Bake the fish for 20 – 25 minutes
9. While fish is baking, cool couscous according to instructions on the packet
10. To serve, place a scoop of couscous on each plate
11. Cut fish in half and place it on top of the bed of couscous
12. Dress fish with a drizzle of pasta sauce and a small handful of oregano



Dr Norman Swan **A MATTER OF HEALTH**

WATCH THAT SUGAR

You hear all that time that obesity is the cause of the diabetes epidemic. It's certainly true that Australians have put on weight, so the numbers with type 2 diabetes – diabetes that used to be called adult onset – have exploded. What's more troubling is that the age at which people develop type 2 diabetes has become younger and younger, which means there is more time to develop serious complications like blindness, kidney failure, and loss of limbs.

DID YOU KNOW? **FATTY FOOD MIGHT PUT YOU TO SLEEP**

Sleep apnoea is a dangerous condition caused by a partial blockage of the airways during sleep.

People with sleep apnoea stop breathing for a brief period of time while sleeping before rousing themselves with a snore or deep breath. Sleep apnoea often causes a poor night's sleep contributing to daytime sleepiness and concentration issues during the day. Risk of sleep apnoea is increased by weight gain and diabetes.

The MAILES (Men Androgen Inflammation Lifestyle Environment and Stress) study started in 2009 and follows the health of almost 2000 men living in Adelaide. Data on these men have provided further insight into how diet might affect risk of sleep apnoea.

Researchers from the University of Adelaide analysed the diets of men with

But it may be that in some of these people, what came first was actually a problem dealing with sugar and that's what has caused their obesity.

Fascinating research from the UK has tracked the development of type 2 diabetes in people known to be at risk. Before they became obese they showed signs of insulin resistance. Insulin is the hormone that takes sugar (glucose) from the bloodstream and moves it inside cells to be used as energy or stored for later. The underlying problem in type 2 diabetes is that the person's tissues don't respond to insulin as well, which means that glucose levels go up and insulin levels rise as well, to try to compensate. Insulin is also a chemical messenger in the brain which stimulates us to eat more.

So the track to diabetes may be a bad high

sleep apnoea from the MAILES study. They found that it was the heaviest men who were most at risk of sleep apnoea. Furthermore, they found that those who had the fattiest meal the night before the analysis of sleep patterns experienced the greatest daytime tiredness.

This research found that a fatty evening meal was the strongest predictor of daytime tiredness in men with sleep apnoea. This suggests that men with sleep apnoea might benefit from limiting their intake of fatty food late in the day. A low fat meal in the evening might improve ability to stay focused the following day.

Reference: Cao, Y et al. Associations between macronutrient intake and obstructive sleep apnoea as well as self-reported sleep symptoms: Results from a cohort of community dwelling Australian men. *Nutrients* Epub online April 8, 2016.

sugar diet, insulin resistance, high insulin levels, weight gain, and then diabetes.

If this is true then it's yet another reason to avoid sugary foods and drinks.



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.



Across: 4. Mediterranean 6. Apnoea 9. Dementia 10. Insulin 11. Concentration 12. Diabetes
Down: 1. China 2. Treatment 3. Families 5. Pollution 7. Guidelines 8. Sugar

CROSSWORD ANSWERS