

GLEN FORREST MEDICAL CENTRE

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MBBS

CLINIC STAFF

Nursing: Sinead, Karen, Cheryl, Fiona and Roz

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

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



JUNE 2017

Breathe in, breathe out

Place the tip of your tongue behind your front teeth and settle back into your seat. Relax your jaw, set your feet and let your shoulders fall.

Try the following, which works best with your eyes closed:

1. Exhale through your open mouth; try to get rid of all the air from your lungs.
2. Close your mouth; inhale quietly through your nose for 4 seconds.
3. Hold it for 7 seconds.
4. Exhale through your open mouth; try to make it last 8 seconds.

Congratulations! You are now a master the Weil breathing technique. You may already feel more alert and more settled. Now repeat the breathing exercise three to four more times. What have you got to lose? No-one is watching. Concentrate on your breath as it moves in, then settles. Feel your body relax as air moves out of your lungs.

This is an easy technique, but it is often difficult to keep your mind from wandering. Do not get upset with yourself if your mind wanders. To improve your 'mindfulness' or 'mental hygiene' count the number complete breathing cycles. Start the count over when your mind wanders.

Meditation is rooted in breathing. A clear head reduces the noise of circular thoughts. Clearing your mind is the first step to achieving self-acceptance through reflection.

Through thoughtful practice, you will notice how you feel. The benefits of perception lead to compassion – for others and (more importantly) for yourself.

If this all a little too granola, scientific research confirms that the benefits are real. Evidence shows that meditation can reduce stress, improve concentration, and potentially live a longer, healthier life.

Multiple large research studies demonstrate that meditation reduces blood pressure, increases focus, helps lower anxiety, and may help prevent disease.

Meditation is only one of the many ways to achieve mindfulness. Yoga is essentially meditation with movement. Yoga aligns your breathing with a sequence of postures that improve strength and flexibility.

If you are struggling with anxiety or feel burdened with insomnia, why not give meditation a try? Five minutes of purposeful breathing is barely a sacrifice and the benefits are almost immediately apparent. If you wake up sore and have trouble focusing at work, give yoga a shot. For those who are interested but feel self-conscious 'downward-dogging' in public, there are free classes online.

In the end, remember that when you are feeling stressed, breathe; anxious, meditate; fatigued, stretch. A simple deep breath or an hour-long yoga class have similar effects. Both will help you refocus and grow stronger in both mind and body.

Take me home and try our healthy RECIPE!

Eat healthier today; why 'weight'?

In 2016, the National Health Services (NHS) published a list of 12 weight loss tips.

To follow is a condensed version of that list.

1. Don't skip meals

While eating less per meal helps reduce weight, missing meals sends your body mixed messages. If you miss breakfast every morning, your body will store lunch and dinner for tomorrow morning. Eat regular but proportioned meals. This will increase your metabolism. Regular meals (not snacks) tell your gut not to hoard food around your waistline.

2. Eat vegetables, and less sugar

Vegetables come packed with fibre. Fibre makes you feel full and improves digestion by speeding along the 'exit process.' They are also low in fat and contain plenty of vitamins and minerals. Added sugars such as those found in packaged food as well as cakes, biscuits, chocolate and sweets should be avoided. Instead, reach for some fresh fruit. Fresh fruit not only contains fibre, but its naturally occurring sugar is no cause for concern.

3. Exercise

Exercise increases muscle size. Toned muscles require more energy. Regular exercise encourages the breakdown of fat to feed hungry muscles. Although regular exercise is important for your health, a healthy diet is essential if you want to lose weight.

Let's do the maths. A tough aerobic/cardio workout typically burns 200–400 calories. If you 'reward' a workout with a fry-up (1100 calories) or a couple of slices of pizza (500 calories) – you basically put on more than you burned off.

4. Don't buy it

Read food labels. Snack foods are packed with salt and calories to increase their lifetime on the shelf. Stop buying junk food and fizzy drinks. It is unfair that these addicting foods taste great, but they contribute absolutely nothing to our health. Simply, if you do not have junk food at home, you will not be tempted to eat it.

5. Moderation

Remember that change is a gradual process. Try to eliminate one junk food item every couple weeks as a way of introducing dietary changes. If that does not work for you, reduce the size of your plate to help with portion control. Smaller portions will eventually make you less hungry.

Try to make changes gradually, but it is important not to punish yourself. Food is a part of life, and should add to its enjoyment. The occasional treat is a part of a happy life. It is not a setback. However, redefining what we view as a treat – from a cookie to a slice of pineapple – is something that does not happen overnight. Lasting habits are formed gradually. Get started!

Sleeping WELL

Why do we spend almost a third of our life sleeping? Why is sleep so important?

At a minimum, the brain controls the most basic functions – from our beating heart to our body temperature. It moves us through the world and processes how we experience it. It allows us to think, create, learn, solve, react, explain, and remember. Every day the brain runs a biological marathon.

The brain is a three-pound (1.5kg) bundle of 100 billion cells, all working as fast as possible to get you through each day. At the end of the day, the overworked legion brain cells need to relax, shower, and prepare for tomorrow – they need a good night's sleep.

During sleep, your body washes the brain, removing rubbish built up over the day. Cleansing the brain improves our focus, our memory, and our mood. A good night's sleep leaves you feeling alert, focused, and happy. Sleep is essential for mental health.

Sleep also helps keep the body healthy. During sleep, your heart slows and your breathing deepens. As your muscles and mind slow, stress melts away. The organs responsible for digestion, reproduction, and disease prevention reset themselves.



In this way, sleep improves both the mind and body to help you live a longer, happier, and healthier life.

Individuals who go long periods without quality sleep are more prone to obesity and disease. Men experience a reduction in sex drive. Both men and women are more likely to develop mental health problems.

To improve your sleep, try to reduce exposure to light and screens after sunset. Try not to consume caffeinated drinks late in the day. To clear your mind of the day's anxiety and purposefully slow your breathing, meditation may be helpful.

Although alcohol and medication may help with getting to sleep, chronic use can block the body's ability to achieve restful, dream-filled sleep. Whenever possible, try not to rely on powerful medication for the best night's rest.

Ask your physician for other tips on how to improve your sleep.

WORD SEARCH

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

ACTIVITY	BREASTFEED	HALITOSIS	METABOLISM	THROAT
ALCOHOL	BREATHING	HYGIENE	MILK	TONGUE
ANXIETY	CAFFEINATED	HYPERTENSION	PREGNANCY	VEGETABLES
BABY	DIABETES	LIFESTYLE	SLEEP	WEIGHT
BACTERIA	FRUIT	MEDITATION	STRESS	WELLBEING
BRAIN	GLAND	MEMORY	SUGAR	YOGA

Mother knows best

Breast milk is the perfect baby-approved meal consisting of water, sugar, protein, fat, vitamins and minerals.

In addition to nourishing the body, breast milk also contains a map of mum's disease history. This map provides disease-fighting instructions that show baby how to fight the many diseases ahead.

Breastfeeding also protects baby from obesity, diabetes, and allergies. It has even been shown to lower the risk of Sudden Infant Death Syndrome. The nourishing milk literally contains all the best bits of mum, including her personalised remedy for a head cold.

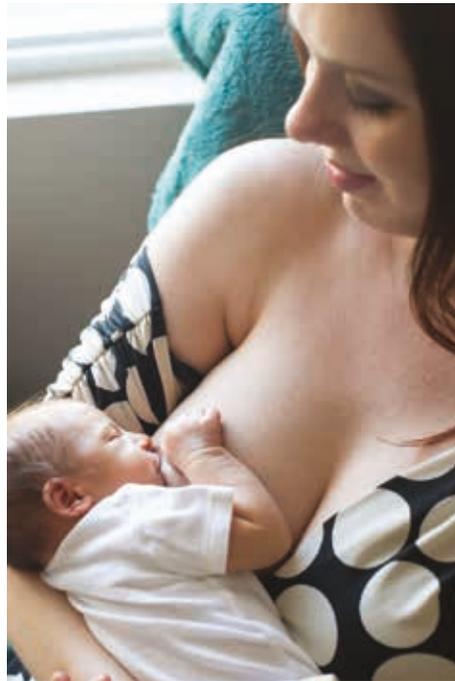
During pregnancy, chemicals released from mum and baby cause a mother's breasts to swell with milk. After nine months of development, the soft, rubbery glands start working overtime to produce as much milk as possible. After 40 weeks (nearly nine months), a hungry baby instinctively latches onto the nipple and with a great big suck, baby gets the milk party started.

Mum's can also simulate a baby's suck through the use of a pump, allowing her to collect milk and store it for later use. Pumping also helps relieve the tenderness caused by overfilled breasts.

It is important to note that breasts can often be sore and firm, but mothers should **not** experience sharp pain or an area of reddened skin. Pain and redness can be associated with an infection or blockage of milk. All concerning health issues for mum affect baby directly, so please see your doctor sooner rather than later.

Whenever possible, it is recommended that mothers breastfeed for at least the first six

months of baby's life. At this point, it is a good idea to start introducing soft, simple baby food. Recommendations of when to stop breastfeeding vary, but most guidelines suggest that breastfeeding should continue for at least one year.



It is important to remember that babies require a lot of nourishment for healthy growth and development. Everything they consume in the first chapter of life is immediately put to use. Babies are so good at using every last drop of breast milk that the average baby will double their birth weight in five months. Imagine how much milk *you* would need to drink to double your weight in five months! Breast milk can truly do it all . . .

≡ DID YOU KNOW? ≡

A breath of fresh air

Many people experience bad breath at one point or another in their life.

Whether it's when we wake up in the morning or when we are a bit dehydrated, bad breath can usually be helped by a mint or by drinking some water. There are however, people for whom bad breath is a constant issue; it's called halitosis.

Halitosis is mostly caused by bacteria that live within the surface of the tongue and throat. It affects roughly 2.4% of the adult population. Other common causes include dental infections, poor oral hygiene, dry mouth (caused by medicines, alcohol or stress) and smoking, which deprives the mouth of oxygen.

There are a range of symptoms that characterise bad breath and may indicate a need for treatment. Symptoms include a white coating on the tongue, post nasal drip, mucous, a burning tongue, thick saliva, and a constant sour, metallic taste in the mouth.

Having chronic bad breath can compromise quality of life, making people self-conscious and withdrawn. It is important to know that there are several treatments available tailored to the various causes of halitosis.

Good oral hygiene is very important, as well as many mouthwashes, lozenges and toothpastes which have been developed to assist with the condition. Avoiding dehydration is another useful measure to take and, in some cases, antibiotics can be helpful in reducing the bacteria growth.

For more information, or to discuss the best treatment option for you, be sure to mention it to your doctor.

Play a supporting role

Community organisations run campaigns in an effort to raise awareness and support for their cause. The month of June is no exception, and here are just a few. Visit their website to find out more about the cause and how you can be involved locally.

Cytomegalovirus (CMV) Awareness Month	1–30 June	www.stopcmv.org
Burns Awareness Month	1–30 June	www.burnstrust.com.au
Lipoedema Awareness Month	1–30 June	www.lass.org.au
Bowel Cancer Awareness Month	1–30 June	www.bowelcancerawarenessmonth.org
Medical Research Week	2–10 June	www.asmr.org.au/asmr-mrw
Infant Mental Health Awareness Week	12–16 June	www.infantmentalhealthweek.org.au
Blood Donor Week/World Blood Donor Day	12–18 June	www.donateblood.com.au
International Men's Health Week	12–18 June	www.menshealthweek.org.au
World Continence Week	19–25 June	www.continence.org.au
Red Apple Day (Bowel Cancer)	21 June	www.redappleday.org
MND Global Day	21 June	www.mndaust.asn.au/global-day
International Day of Yoga	21 June	http://idayofyoga.org
Red Nose Day	30 June	www.rednoseday.com.au

Taking a stand

Physical activity is known to benefit our overall health and wellbeing in a number of ways.

There's also mounting research suggesting that sedentary behaviour, like sitting or lying, may have the opposite effect.

Australian men are known to have a higher rate of chronic disease than women, yet middle-aged Australian males remain a relatively under-investigated group. But now there's been a study looking at the association between overall sitting time and chronic disease in this group of Australian men.

Data on 63,048 men were gathered from the 45 and Up Study – a long term study following the health and wellbeing of men and women aged 45 years and over living in New South Wales. The men were asked whether or not they had ever been diagnosed with a chronic disease such as cancer, heart disease, diabetes and hypertension.

Participants recorded their total daily sitting time in one of four categories: fewer than four hours, four to six hours, six to eight hours, or greater than eight hours. They also recorded how much physical activity they

engaged in weekly, and of what intensity, as well as various lifestyle habits including smoking status, body mass index (BMI) and functional limitation.

The results showed that increased sitting time was associated with chronic illness especially diabetes. Reports of diabetes increased with sitting time, with those seated for four to six and six to eight hours a day more likely to have reported diabetes than those in the under four hour category.

This research highlights the importance of being active and suggests that there are lifestyle changes that people can make to improve their health and quality of life with minimal disruption to their day-to-day routine. Simple changes such as walking to work, standing at your desk if that's possible and taking the stairs instead of the lift are easy ways to get more activity into your day, even when you have minimal time available.



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.

Beef and Vegetable Casserole

Serves 6



Ingredients

cooking spray
2 medium fresh tomatoes, sliced
2 medium uncooked zucchini, sliced
1 medium carrot, sliced
350 g uncooked lean ground beef
1 large onion, finely chopped
2 garlic cloves, minced
1 cups canned tomato sauce
2 cups fat free cottage cheese
1 large egg yolk
½ cup low fat shredded cheddar cheese
1 tbs fresh parsley, chopped
pinch of salt
pinch of pepper

*A hot and hearty meal
for a cold winter night!*

Method

1. Preheat oven to 250°C. Coat a baking sheet with cooking spray and spread tomatoes, zucchini and carrots over sheet. Roast vegetables for 10 minutes.
2. In a fry pan sauté beef, onion and garlic until beef is browned. Stir in tomato sauce and bring to a simmer.
3. Spread beef mixture into baking dish and top with roasted vegetables. Reduce oven temperature to 160°C.
4. Whisk together cottage cheese, egg yolk, cheddar cheese, herbs, salt and pepper in a bowl. Spoon over roasted vegetables and smooth.
5. Bake about 35 minutes until very hot and bubbling around edges. Cut into six equal pieces and serve immediately.