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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.

YOUR DOCTOR



JUNE 2019

Socialising makes sense

Are you a social butterfly? You could be doing your mind and body a huge favour.

Recent research from the University of Texas shows that senior citizens who add variety to their social circle could benefit in many ways, from living longer to reducing your risk of disease. From spending time with friends and family, to chatting to your local butcher, mailman, or neighbours, you are potentially setting yourself up for better emotional well-being and physical health.

Keeping active as you age is not always about heading to the gym – it can also refer to keeping your mind sharp – as well as your body. This can involve attending social groups, meeting friends for coffee, and learning new skills. The more time you spend socialising throughout your day, the less time you spend sitting around developing negative feelings which can impact your mental and physical health.

Previous studies have shown the emotional benefits of socialisation, but few have touched on this as a way to increase physical activity by merely doing more in your day. Regular socialisation means you have to spend more time and effort getting ready, answer the door, leave your house, and travel. These activities can benefit you without working up a sweat.

There is ever-growing research to suggest that socialisation may also be able to ward off dementia. Dr Karen Ertel, from Harvard School of Public Health, led a study involving 17,000 people aged over 50. Results after six years of study showed that those who were socially active had less memory decline than those who led a more isolated lifestyle. Another study conducted

by Dr Valerie Crooks from the Southern California Permanente Medical Group, showed that dementia-free women over 78 who had strong social circles were less likely to develop dementia-like symptoms.

It's becoming more evident that involving yourself with a variety of people can improve your mental and physical health. Social isolation, on the other hand, can dramatically increase the risk of depression and disease. Maintaining an active social life can be difficult for many reasons, including mobility or health problems, and lack of energy or confidence. Over time, it becomes harder to reach out to others, let alone knowing how and where to begin.

Try to join in on activities within your community or lifestyle village. These can offer mental stimulation, physical activity, and much-needed social interaction. If you live independently, then arrange outings with friends and family, volunteer, join clubs, or contact your local senior citizens group. Always be on the lookout for activities that arouse your curiosity, such as learning a new skill, or joining up with younger people in an "Adopt a Grandparent" scheme to share your wisdom and experience.

It's clear to see that research is in favour of getting out and about, establishing social connections, and maintaining them for your health and wellbeing. A social senior is a happy senior, and the studies speak for themselves. Never be afraid to put yourself out there with the goal of feeling happier, healthier, and more alive than you may have felt in some time.

Is Pilates for you?

What began as a set of exercises for injured dancers and athletes has turned into a beneficial form of exercise for almost everyone. Could it suit you?

Physical trainer Joseph Pilates introduced Pilates into the United States in the 1920s. The purpose of this form of exercise was to help injured dancers and athletes return to their sport safely. However, the benefits and sheer variety of exercises available has made it popular with the general public too.

Pilates consists of hundreds of yoga, ballet, and calisthenic-inspired exercises that

stretch and lengthen your major muscle groups in a balanced way. With regular sessions, you may see improvement in your muscular and postural strength, balance, flexibility, stress management, spine stabilisation, concentration, body awareness, and more.

Pilates is suitable for almost anyone – those who are new to it, anyone wanting to add to existing fitness routines, or those who need a safe method of rehabilitation. You can also perform the exercises with or without exercise equipment, depending on the class and instructor.

Mat-based Pilates uses your body weight and gravity for resistance, while equipment-based classes involve muscle resistance items such as dumbbells.

In Pilates, you are not worked to the point of exhaustion, sweating or straining, just intense concentration. The focus is on slow, precise, and rhythmical sets of movements, alongside breathing and abdominal

control. If an exercise doesn't work for you, or isn't benefitting you, the instructor can re-evaluate it to find out what's more appropriate. The individual attention of Pilates can make it a desirable exercise option for many – from athletes through to those with limited mobility.

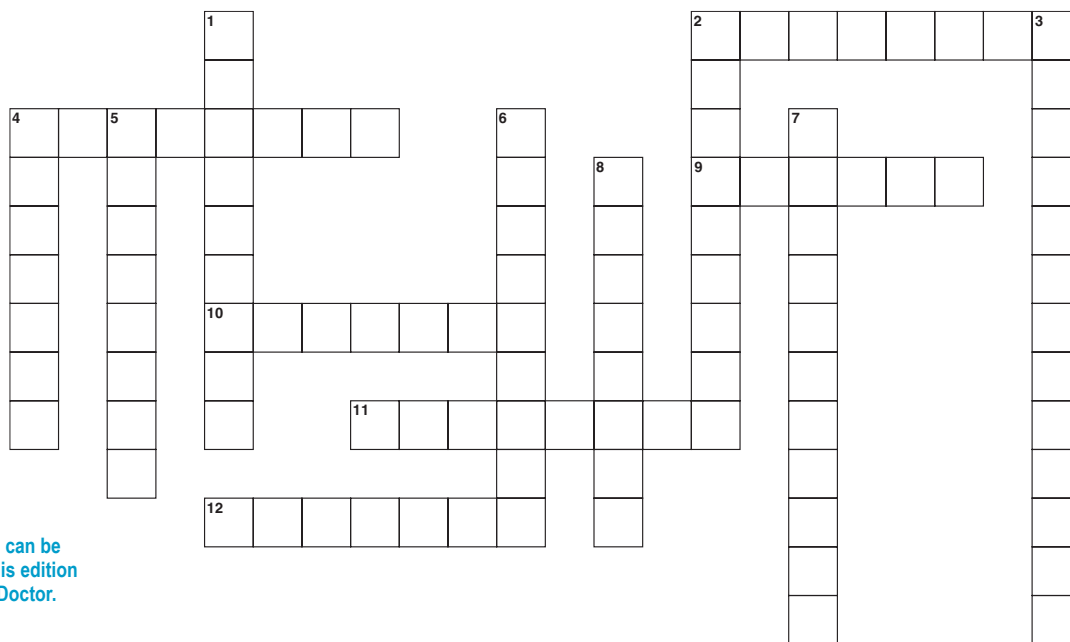
If you believe you could benefit from improved strength, stability, balance, and feelings of wellness, then it could be time to find out what Pilates classes are near you. Most classes are held in Pilates studios, gyms and community centres, and are usually no longer than an hour and a half. Many can offer tailored exercises to suit your limitations and preferences.

Always attend classes with a qualified instructor and ensure you have medical clearance from your doctor. Seek medical advice if you are pregnant, have had surgery, are over 40, have pre-existing conditions or disorders, are overweight, or have not exercised in a while.

Once you start Pilates classes, it's important not to expect too much right away. Attend two or three times every week, and you may notice improvements after 10 to 20 sessions.



C L E V E R C R O S S W O R D



Answers can be found in this edition of Your Doctor.

ACROSS

- 2. Widespread epidemic
- 4. The ability to move about
- 9. Strain or anxiety
- 10. Involving the presence of oxygen
- 11. Somebody who feels hopeful and positive about the future
- 12. Able to be dissolved

DOWN

- 1. Relating to the lungs
- 2. Somebody who always expects the worst to happen
- 3. Exercises for improving fitness and muscle tone
- 4. Being aware, attentive and thoughtful
- 5. Overdoing something in an unrestrained way
- 6. Taking action rather than reacting to events
- 7. Relating to plants of the cabbage family
- 8. Moisture in the air

Solution is on the back page.

The fibre fight

With Bowel Cancer Awareness Month in June, it makes sense to pay homage to dietary fibre and all it can do to keep your bowel and body happy.

Every week, bowel cancer claims the lives of over 100 Australians. It's the country's second-most deadliest cancer, but also one of the most treatable types if detected early. One of the risk factors is not including enough fibre in your diet. This is easy to change given how readily available fibre is in your everyday food, so it makes sense to be proactive about consuming it.

Dietary fibre is found in the indigestible part of fruits, vegetables, and cereals. These pass relatively unchanged the entire way through your digestive tract, helping to keep your digestive system healthy.

Alongside digestive benefits, fibre plays a role in stabilising blood sugar and cholesterol levels, which can help prevent a range of conditions, such as heart disease and diabetes. A low-fibre diet can lead to colon cancer, obesity, haemorrhoids, constipation, and so many other preventable conditions. In countries with traditionally high-fibre diets, these diseases are much less common than in Western countries.



WHAT SHOULD I BE EATING?

The Heart Foundation recommends that every adult should consume between 25 and 30 grams of fibre daily. However, most Australians are only getting as much as 20 or 25 grams. Fibre is found in plant products, and there are two types which everybody needs to include in their daily diet: soluble and insoluble. Most plant foods contain a mixture of both.

Soluble fibre primarily exists in plant cells and helps to lower your LDL (bad) cholesterol levels. It can act as a sponge, making bowel contents softer and easier to move. You can get plenty of soluble fibre from fruit and vegetables, peas, lentils, oat bran, seeds, and soy products such as soy milk.

Insoluble fibre is part of plant cell walls and adds bulk which helps to keep our bowels regular. Good sources are found in the skins of fruit and vegetables, whole grains, nuts, seeds, beans, and wheat, corn and rice bran.

The main job of fibre is to keep the digestive system healthy, but it is also beneficial for weight control, diabetes management, and even protecting your body from bowel cancer and heart disease. However, drastic increases in fibre consumption can cause discomfort and decreased mineral absorption, so increase your intake slowly, and aim for 25 to 30 grams per day.

Cauliflower 'rice'

Try this very easy, delicious and healthy recipe. Serve as a side or salad.

- 1 head cauliflower, roughly chopped
- ½ cup almonds, whole or roughly chopped
- 1 Tbsp oil for cooking
- 2 cloves garlic, crushed
- 1 small chilli, finely chopped
- 1 lemon, juice and zest
- 1 handful green herbs, chopped e.g. parsley, mint
- Salt and pepper, to taste

METHOD

Blitz cauliflower in a food processor for only a few seconds, until the mixture resembles rice or couscous. Pile into a tea towel and squeeze excess liquid out.

Toast the almonds in a dry pan or oven for 3-5 minutes. Stir continuously to avoid burning. Set aside.

Heat oil in a pan and cook garlic and chilli on medium heat for a couple of minutes. Add cauliflower and cook for about 5 minutes. Removing the liquid at the beginning avoids too much steaming during cooking.

Stir in the lemon, parsley, almonds and salt and pepper. Heat for one minute, and then serve. Enjoy!



A bit of light travel reading

If you thought mechanical failures and random security checks were your worst flying nightmares, then think again. Frequent flying comes with more risk factors than you might have considered.

Flying is one of the most convenient and preferred travel methods. Instead of spending hours in a car or bus, or days to weeks on a ship, you can get to your destination in a fraction of the time. But convenience can come at a cost to your health.

Did you know you are 100 times more likely to catch a cold on a plane than when you're going about your daily business? According to a 2004 study, the low humidity on your flight and the mixture of different people in a small space can put you at a higher risk of picking up a bug. A simple bug may not be the only thing of concern either.

Many pandemic situations occur when someone brings a disease home with them, or takes it somewhere else. Almost every case of polio and measles in the US involved air travel, and spreading the disease to unvaccinated passengers.

Then, there's the risk of deep vein thrombosis (DVT). This condition can occur when you are seated in cramped, confined spaces for extended periods. With minimal leg room to stretch, blood clots can form which travel to your lungs, causing a pulmonary embolism. Risk factors for this can include heart disease, poor circulation, middle or old age, obesity, pregnancy, and oral contraception. You can help yourself by moving around as much as possible, drinking water, stretching, and wearing loose clothing.

Other factors can affect travellers flying over many hours such as loud cabin environments that can break the safe noise limits. Wearing ear plugs may help reduce the risk of hearing loss. Jet lag can cause tiredness in the short term, but frequent flyers can suffer more serious conditions such as mood and sleep disorders. Flying sounds glamorous, doesn't it?

If it's not a disease or virus that makes you sick, it might be the different food, water, or climate of your destination. The drastic changes as you enter a new country can make you unwell, which is why it's crucial to purchase travel insurance and make sure your health checks are up to date.

Any form of travel comes with risks. The best advice is to plan ahead, keep your medical checks and vaccinations up to date, and try to remain as comfortable and relaxed as possible.

Broccoli's underrated cousin

Every time your parents told you to eat your broccoli, they were neglecting its much-underrated cousin, cauliflower.

Broccoli is one of the healthiest vegetables you can include in your diet, but cauliflower, another cruciferous family member, is equal to its greener counterpart as a nutrition powerhouse.

Adding one cup of cooked cauliflower to your dinner plate can offer up to 77 percent of your daily intake of Vitamin C, 19 percent of your daily Vitamin K, and eight percent of your daily Manganese amount. It's also only 25 calories, making it a nutrient-rich vegetable that doesn't add a lot to your daily total.

Everyone knows that colourful vegetables tend to offer the most health benefits, but people are starting to understand that cauliflower is an exception to that rule. It might not be the prettiest vegetable, but it is rich in vitamins, folate, fibre, phytochemicals, and antioxidants. What's more, you can also buy it in orange, purple, and green – with orange cauliflower offering 25 times as much

vitamin A as white cauliflower. It's clear to see why it ranks within the 25 most nutrient-rich vegetables in existence.

Cauliflower has numerous health benefits. Its vitamins and minerals can fight free radicals to reduce the risk of cancer and heart disease, while the fibre content is beneficial for digestive health. Studies, such as a review in the Advances in Experimental Medicine and Biology, show an association between a high consumption of cruciferous vegetables and a reduced risk of cancer.

If you need another reason to consume more cauliflower, it has great versatility. You can eat it raw, sautéed, boiled, roasted, or even in pizza dough or as a sauce base. Include it as part of your five cup minimum weekly recommendation for cruciferous vegetables, and get creative with how you serve it.

Although cauliflower is generally safe to eat, increased consumption may cause bloating and wind. If you are on blood-thinning medication, keep your vitamin K intake consistent every week.

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.

Weight loss with mindful meals

Mindfulness is a popular technique for relieving stress, but could it also help you to lose weight?

Even though research is in its infancy stages, mindfulness may end up providing benefits when you apply the principles to food. Mindfulness is being entirely aware of your surroundings, yourself, and your present state. If you apply this concept to food as mindful eating, you are teaching yourself to notice how food looks, tastes, feels and smells.

Mindful eating also involves eating food slowly, focusing just on the process of consuming and nothing else, and being responsible for your feelings while you eat. The TV's off, the smartphone is down, and it's just you and your plate.

Practicing mindful eating has several benefits in the realm of weight loss, especially with digestion. When your body is digesting food, your brain takes around 20 minutes to register that you're full.

If you wolf your dinner down, you run the risk of overeating, or reducing how many nutrients your body absorbs. If you slow down and consume one regular meal in 20 minutes, you eat as much as you need until you're full, not as much as is on your plate.

Mindful eating may even end up being beneficial for those with eating disorders such as binge eating. In an NIH-funded study of 150 binge eaters, mindful-based therapy was compared with a standard educational approach. The findings from this revealed that both treatment options showed improvements in bingeing and depression. However, the mindful approach showed fewer struggles to control eating, and more enjoyment of food.

Even though research is only just beginning, there's no harm in adopting a mindful approach to eating. Take 20 minutes to eat your meal, eat in silence, take small bites, and chew your food properly. The benefits of doing so may surprise you.

ACROSS 2. PANDEMIC 4. MOBILITY 9. STRESS 10. AEROBIC
DOWN 1. PULMONARY 2. PESSIMIST 3. CALLISTHENICS 4. MINDFUL
5. BINGEING 6. PROACTIVE 7. CRUCIFEROUS 8. HUMIDITY

CROSSWORD SOLUTION

Disclaimer: The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

Take me home to complete our PUZZLE – check inside!