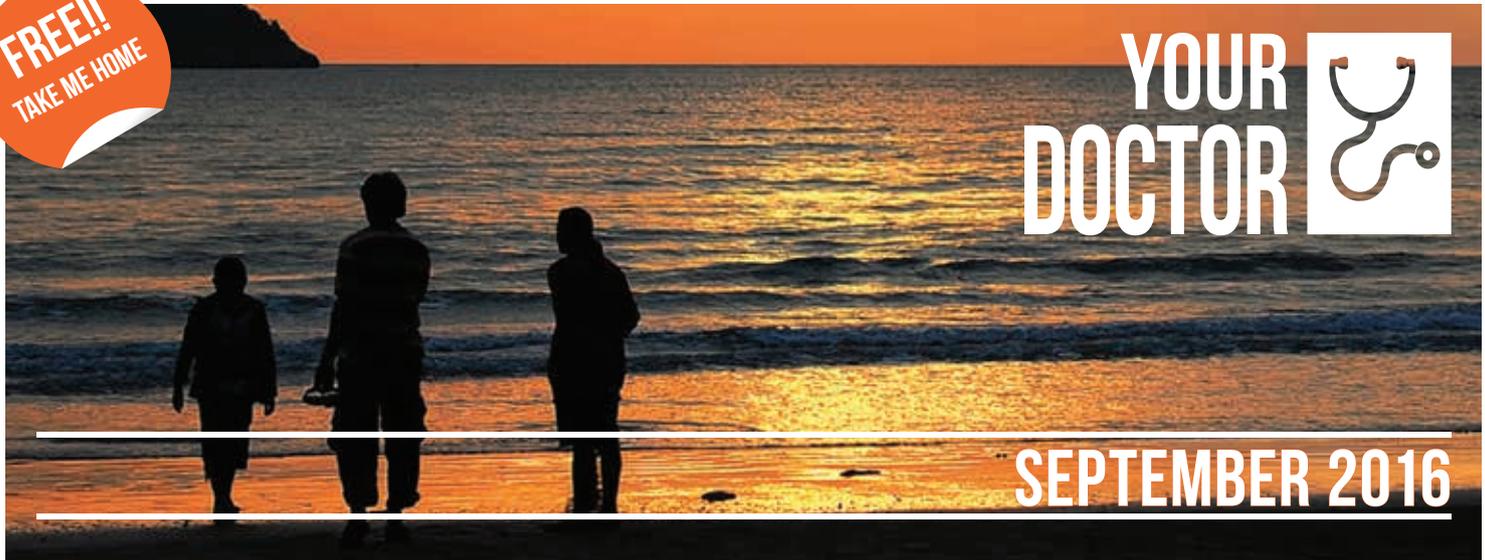


**FREE!!**  
TAKE ME HOME

# YOUR DOCTOR

## SEPTEMBER 2016

### GLEN FORREST MEDICAL CENTRE



4 Hardey Road  
Glen Forrest 6071

P: 9298 8555  
F: 9298 8030

W: [www.gfmc.com.au](http://www.gfmc.com.au)

**Dr Frank Kotai**  
MB BS (WA)

**Dr Liz Wysocki**  
MB BS (WA)

**Dr Carol McGrath**  
MB BS (WA) FRACGP

**Dr Guido Hanly**  
MB BS (WA)

**Dr Toni Law**  
MB BS (WA) FRACGP MPH&TM DCH DRANZCOG

**Dr Jackie Williams**  
MB BS (WA)

**Dr Juliette Buchanan**  
MBBS FRACGP FARGP DCH Grad Dip FM

**Dr Alina Harriss**  
MB BS

**Dr Mark Daykin**  
MB ChB(UK) MRCGP (UK) FRACGP

#### 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.

## THE SHAPE OF GOOD HEALTH

**It's no secret that overweight and obesity contribute to poor health.**

Being overweight or obese increases a person's risk of chronic conditions like type-2 diabetes, heart disease and some cancers. People who are overweight and obese in childhood have a greater risk of being so in adulthood, so it's important to understand how weight fluctuates over the life course and how weight and body shape at different life stages influence the risk of disease. The relationship between childhood and adulthood body weight and the risk of disease and death is not well understood, perhaps largely because the two are related and it may be difficult to separate body weight at one life stage as the predominant influencing factor. Researchers in the US used a trajectory-based approach to investigate the relationship between a person's body shape in early and middle life and their risk of death.

Researchers provided a set of trajectories that described body shapes and also indicated whether people's body shape had remained stable or increased over time. The shapes ranged from lean-stable through to heavy-stable increase. The study participants were asked to identify the body shape that best represented them at ages 5, 10, 20, 30 and 40 years. Participants' Body Mass Index (BMI) was also recorded for each age bracket to corroborate the body shapes that they'd identified. The risk of death from all causes as well as specific causes were recorded.

Men and women in the lean and stable body shape group were found to have a lower risk of death compared to people in the other body shape groups. For women, being in the heavy-stable increase group related to the highest risk of dying from stroke, cancer and other causes. In men, the lean-marked increase and heavy-

stable increase body types had the highest risk of death from heart-related causes and other causes.

This research adds to the large body of evidence that advocates for maintaining a healthy weight throughout the life course. People who were lean in childhood and steadily gained weight over the life course were also at increased risk of death, so it's important to be consistent and persistent with weight management at all life stages. Start forming good habits early and encourage your children to do the same, and work hard to maintain them into adulthood. Establishing a healthy relationship with food and ensuring consistent engagement with exercise starting in childhood is a good start.

**Reference:** Song, M et al. Trajectory of body shape in early and middle life and all cause and cause specific mortality: results from two prospective US cohort studies. *BMJ* 2016; 353: i2195.



# WHOLEGRAIN GOODNESS

Grains are a staple food around the world with rice, wheat and corn making up a large part of many diets.

Grains are sometimes linked to bad health outcomes and blamed for increasing rates of overweight and obesity and the associated risk of chronic diseases. The grains referred to in this context, however, are refined and processed sources of grain that make up many unhealthy foods like cookies, cake and snack foods. Many foods high in refined and processed grains also contain large quantities of sugar and salt.

When a grain is refined it loses much of its fibre and nutrient content. In contrast to this, the grains that are often featured in dietary guidelines are wholegrains, which include the outer bran, germ and endosperm (the part that contains some nutrients and most of the carbohydrate). Consumption of wholegrains has been linked to positive health outcomes including lower risk of type-2 diabetes, heart disease and some cancers.

A large meta-analysis investigated the health outcomes associated with the consumption of wholegrains. Fourteen studies involving close to 800,000 people were included and looked at the association between wholegrain intake and death from heart disease and cancer. The studies showed that as the amount of wholegrain consumption increased, the death rate (particularly from heart disease) decreased. Eating three servings of wholegrains a day equated to around 25% lower risk of dying prematurely from heart disease and stroke,

compared to eating less than three serves a day. The results of this study also showed a reduction in risk of death from cancer.

This research was observational so a cause-and-effect association cannot be confirmed. The researchers did, however, highlight a plausible explanation as to why wholegrain foods could be beneficial for health: that the fibre in wholegrains can regulate blood sugar and improve blood cholesterol levels; that it is a good substrate for gut bacteria; and that wholegrains are also a good source of important nutrients and plant bioactive compounds.

The case for a diet high in wholegrains and low in refined grains is supported by this research. Choosing wholegrain bread, rice and pasta over the 'white' versions of these products is a good start, as is checking food labels and opting for foods with wholegrain or wholemeal as one of the top three ingredients.



**Reference:** Zong, G et al. Wholegrain intake and mortality from all causes, cardiovascular disease, and cancer: a meta-analysis of prospective cohort studies. *Circulation* Epub online June 13, 2016. Doi: 10.1161/circulationaha.115.021101.

# LIFESTYLE AND GENETIC RISK OF BREAST CANCER

Breast cancer is the most common form of cancer in women in Australia and most developed nations.

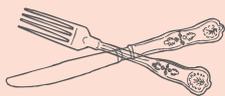
Risk of breast cancer is influenced by a combination of environment, lifestyle and genetic factors. The BRCA mutations are commonly described genetic variations that elevate a woman's risk of breast and ovarian cancer. Ninety-two other gene variations, called Single Nucleotide Polymorphisms (SNPs), have also been linked to breast cancer risk. While these are thought to contribute to only a very small risk of breast cancer, their common occurrence means that their influence on risk may start to add up. A genetic risk of breast cancer doesn't guarantee that a woman will get it and research is showing that positive lifestyle behaviours may be able to modify even a genetic risk of breast cancer.

Medical records for over 40,000 women tested for 24 SNP gene variations linked to breast cancer were analysed. Researchers drew on a variety of factors to assess risk of breast cancer including genetic information, family history of breast cancer, age of first menstruation, other reproductive factors, body weight, alcohol consumption and smoking status. Their risk model also included an estimate of the effects of 68 other SNP gene variations.

The primary finding from this study was that there are four modifiable lifestyle factors that may help to modify even a genetic risk of breast cancer. These were maintaining a healthy weight, not consuming excessive amounts of alcohol, not smoking and not using hormone replacement therapy after menopause. They estimated that a larger number of preventable cases would likely occur in women with higher risk of breast cancer due to genetic and non-modifiable risk factors.

The SNP genes are not part of normal screening programs so many women would not know if they carry these genes. Nevertheless, this research suggests that simple lifestyle modifications may help moderate risk of breast cancer, even in those with genetic risk. Having a good diet, getting plenty of exercise, steering clear of too much booze, not smoking, and making considered and evidence-based decisions about therapies around menopause may all help to reduce risk of breast cancer.

**Reference:** Maas, P et al. Breast cancer risk from modifiable and nonmodifiable risk factors among white women in the United States. *JAMA Oncology* Epub online May 26, 2016. doi: 10.1001/jamaoncol.2016.1025.



## Good Health on the Menu

### QUINOA CARROT CAKE

*A delicious treat with a quinoa twist - to be enjoyed in moderation!*

#### Cake

- 1 ½ cups self-raising flour
- ¾ cup vegetable oil
- 4 eggs
- 1 teaspoon grated orange zest
- 1 cup brown sugar
- 2 cups grated carrot
- 1/3 cup dried, pitted chopped dates
- 1 teaspoon cinnamon
- 1 cup quinoa (cooked according to packet instructions)
- 1 teaspoon vanilla extract

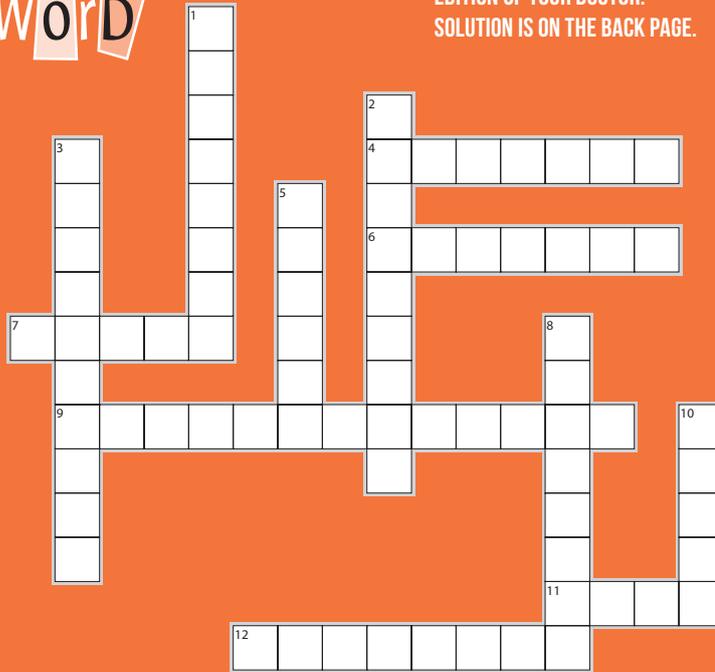
#### Icing

- 125g reduced fat cream cheese
- 25g unsalted butter, softened
- 1 teaspoon grated orange zest
- ¾ cup sifted icing sugar



#### Method

- Preheat oven to 170° Celsius
- Grease a baking tin well
- Add flour, cinnamon, orange zest, sugar, quinoa, carrots and dates in a bowl and combine well
- In a separate bowl, whisk eggs, oil and vanilla essence
- Add the two mixtures together and stir well
- Spoon the batter into the baking tin and bake in oven for 50 – 60 minutes
- Remove from oven and allow to cool
- For icing: beat the cream cheese, butter and orange zest together until smooth. Add icing sugar and beat until well combined
- Spread evenly over cake



**Down**

1. What is one of the hormones important for retaining memories?
2. Eating this can help avoid social jet-lag?
3. What can we teach children to form for a healthy relationship with food? (4,6)
5. What forms the twist on our traditional carrot cake?
8. What can you do to keep a healthy mind and body?
10. Which group of people are more likely to suffer from migraines?

**Across**

4. When grains are \_\_\_\_\_ they lose a lot of their nutrients.
6. To help reduce the risk of cancer, drink less of this.
7. What colour grains should you avoid?
9. BMI is the acronym for what? (4,4,5)
11. The surname of our editorial doctor.
12. There may be a link between this and heart disease.

## MIGRAINE AND HEART DISEASE

One form of headache is a migraine, characterised by severe pain and throbbing.

Symptoms associated with migraine can be debilitating and include nausea and vomiting, sensitivity to light and sounds, affected vision, and numbness of the face and extremities. Women are more likely to suffer from migraine than men.

Migraine has been linked with the vascular (circulatory) system and increased risk of stroke, however the mechanisms underpinning this relationship are unclear. It's also thought that migraine may be a sign of increased risk of heart disease in some people but there is limited evidence to confirm this. Heart disease is a major cause of death in Australia so it's important to understand all possible risk factors for the disease in order to encourage early diagnosis and treatment.

Researchers looked at the association between migraine and heart disease in a large group of women. The women reported whether they had been diagnosed with migraine at the beginning of the study and at further points later in time. They also reported incidence of heart disease, which was confirmed through medical records. The primary outcome assessed was major

heart disease defined by a combined endpoint of heart attack, stroke or fatal heart disease.

The results showed an association between migraine and heart disease in this group of women. The association was strongest for stroke and angina (chest pain caused by insufficient blood flow and oxygen to a portion of the heart muscle).

This research adds weight to the view that migraine is linked to the circulatory system. The study only involved women so further research is required to find out whether this association is found in men as well. Migraine may be a marker of heart disease and assist in hastening the diagnosis and treatment of heart disease therefore hopefully reducing poor outcomes. It's important to note that this research is observational so a causal link can't be confirmed and it is certainly not suggesting that everyone with migraine has heart disease. So don't panic if you suffer from migraine – talk to your doctor if you have any concerns.

**Reference:** Kurth, T et al. Migraine and risk of cardiovascular disease in women: prospective cohort study. *BMJ* 2016; 353: i2610 <http://dx.doi.org/10.1136/bmj.i2610>.

## MYTH VS FACT

### DOES MEAL TIMING MATTER?

People are increasingly leading lifestyles that are opposed to the body's natural clock.

This is sometimes referred to as 'social jet lag' – that is, when the internal body clock is out of sync with the social clock. The pressures of work, family and social life can lead to late nights, minimal sleep and pushing the body to work against its natural rhythm. Research has found that disturbances to the body's regular 24-hour cycle might increase risk of weight gain, heart disease and stroke. Related to this, there is also evidence that meal timings are important for health, particularly when social jet lag may be promoting irregular dining times.

The human body's 24-hour internal clock is known as the circadian rhythm and refers to the physical, mental and behavioural changes that follow roughly a 24-hour cycle and respond primarily to light and darkness. A disconnect between this rhythm and the time that people eat may influence how the nutrients from food are absorbed and therefore their effect on health. One theory as to why meal timing might affect health is that eating at different times might subtly alter the signals that control appetite and hunger - perhaps promoting binge or excessive eating.

Given that it is difficult to avoid social jet lag with the pressures of work, family and social life it is important to be aware of meal timings and attempt to maintain some regularity. Strategies might include eating small meals at regular intervals throughout the day and ensuring that you don't go long periods of the day without food, which may increase risk of a binge eating session. Eating a good breakfast and making lunch the main meal of the day might also assist with this.



**Reference:** Pot, GK et al. Meal irregularity and cardiometabolic consequences: results from observation and intervention studies. *Proceedings of the Nutrition Society*. Epub online June 22, 2016. doi: 10.1017/S0029665116000239.



Dr Norman Swan

# A MATTER OF HEALTH

## GOING TO POT? A LITTLE CARE IS NEEDED

There's a lot of international enthusiasm for the use of cannabis, particularly specially developed medicinal cannabis for things like pain relief, epilepsy and appetite stimulation for those suffering from cancer and HIV AIDS. The trouble is, according to some experts, there are still significant gaps in knowledge which may put users at risk.

The issues are pretty basic. The evidence isn't clear on how effective cannabis products are, what a correct

## DID YOU KNOW? LEARNING AND EXERCISE: A GOOD COMBINATION

Sustained learning, as opposed to short-term recall, requires the brain to undergo a process of stabilisation and integration of learned information and memories.

This is a complicated process involving the actions of a number of hormones in the brain including dopamine, adrenalin and brain-derived neurotrophic factor. These hormones are important for the process of retaining memories. Physical activity can stimulate the release of these hormones around the body and brain. This has led researchers to investigate whether exercise helps with longer term learning and memory retention.

The study undertaken involved three groups of participants who were asked to briefly turn cards over and then try to



dose is and how safe it is. They simply are not well studied medications and the result is that doctors aren't sure which patients would benefit, which cannabis product to prescribe and in what form (tablet, smoked or vapour).

In addition, pharmacists don't know the best way to store cannabis and keep the products secure. Whilst still illegal in Australia, authorities are turning a blind eye to personal importation and use for medical purposes. Some experts are saying they're starting to see side effects such as reduced thinking and memory - particularly in older patients.

There are trials of medicinal cannabis being conducted which have yet to be reported but in the meantime it's buyer be wary, especially if you're importing what could be an unknown product from overseas.

recall their position once they had been turned back over. The first group exercised straight after the task, the second group exercised four hours after the task and the third group didn't do any exercise. Two days later all participants were asked to recall the position of specific cards. This task was performed while participants were strapped into a Magnetic Resonance Imaging (MRI) machine that records brain activity.

The people who exercised four hours after the task had improved memory compared to those who exercised immediately afterwards or didn't exercise at all. The MRI scan also showed increased activity in the hippocampus in this group, which is a region of the brain associated with memory.

This was a small and experimental study so will need further investigation as to the extent of the effect and more explanation into the exact time frame after learning, from which to benefit from exercise (e.g. can people just wait half an hour or an hour or does it have to be as long as four hours). This research adds to a growing body of evidence that suggests that exercise may be just as important for a healthy brain as it is for a healthy body.

**Reference:** van Dongen, EV et al. Physical exercise performed four hours after learning improves memory retention and increases hippocampus pattern similarity during retrieval. Current Biology. Epub online July 11, 2016. <http://dx.doi.org/10.1016/j.cub.2016.04.071>.



## 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](http://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.

**Down:** 1. Dopamine 2. Breakfast 3. Good Habits 5. Quinoa  
8. Exercise 10. Women  
**Across:** 4. Refined 6. Alcohol 7. White 9. Body Mass Index  
11. Swan 12. Migraine

CROSSWORD  
SOLUTION