

FREE!!
TAKE ME HOME



YOUR DOCTOR 

NOVEMBER 2016

GLEN FORREST MEDICAL CENTRE

4 Hardey Road
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MB BS (WA)

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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 surgey 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.



EAT FRUIT & VEG AND BE HAPPY

It's no secret that fruit and vegetables are the cornerstone of a healthy diet. It's recommended that adults get at least two serves of fruit and five serves of vegetables each day.

Despite these recommendations, it's thought that only around 6% of Australians eat the recommended amount of vegetables each day and only half eat the recommended amount of fruit.

One of the reasons thought to influence this inadequate intake is the perception that the benefits associated with fruits and vegetables take a long time to be realised: health advantages, such as reducing risk of cancer, are not immediate enough to kick people into action.

Public health practitioners have looked into other effects associated with fruit and vegetable consumption that may have more immediate effects. One area that researchers have investigated is their link to psychological health. Previous research has found some associations between fruit and vegetable consumption and improved psychological health but to-date evidence is limited.

Researchers investigated this potential association further in a study involving over 12,000 Australians. Their diet was recorded

in addition to their general health, as well as happiness, life satisfaction and well-being measures over a three year period. After taking into account people's incomes and personal circumstances, the results showed a positive association between fruit and vegetables intake and happiness, life satisfaction and well-being. For every extra daily serve of fruit and vegetables consumed, each of the three measures increased. Improvements were seen within 24 months and also after increasing the amount of fruit and vegetables eaten.

Further research is needed to tease out the association between fruit and vegetables and improved mental wellbeing. If corroborated, this association could be a powerful motivator to get the recommended amount of fruit and vegetables in your diet each day, with benefits potentially being more immediate. Possible reasons for this association, as outlined by the researchers, include benefits associated with antioxidants in fruits and vegetables and the role of fibre in supporting good bacteria health. Yet another reason to eat your fruits and vegetables.

Reference: Mujicic, R. et al. Evolution of well-being and happiness increases after consumption of fruit and vegetables. *American Journal of Public Health* 2016; 106(8): 1504 – 10.



DID YOU KNOW?

FOOD AND ALZHEIMER'S RISK

Dementia describes a range of symptoms relating to a decline in memory and other thinking skills that can reduce a person's ability to perform daily tasks.

There are more than 350,000 Australians living with dementia. There are many types of dementia, with Alzheimer's disease being the most common. Alzheimer's causes problems with memory, thinking and behaviour. There is no cure and there are still many unknowns regarding causes. It's thought that for most people, it is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time.

Diet is also thought to play an important role in the risk of dementia. The highest rates of dementia are found in those who consume high levels of red meat, junk food and full-fat dairy. At the other end of the spectrum, rates of dementia are very low in Japanese populations where people presumably largely follow a traditional Japanese diet.

A study investigated this association further in a range of countries with different eating patterns. Countries included Brazil, Chile, Cuba, Egypt, India, Mongolia, Nigeria, Korea, Sri Lanka and the USA. People living in the USA were found to have the highest risk of developing Alzheimer's disease and also had the highest intake of red meat. Red meat intake was found to be the most significant risk factor for developing Alzheimer's disease in all of the countries studied.

This study adds further evidence that diet may play a role in protecting people against risk of dementia. A diet rich in fruit, vegetables, grains, low-fat dairy, legumes and fish was found to be protective against Alzheimer's disease.



Reference: Grant, W B. Using multicountry ecological and observational studies to determine dietary risk factors for Alzheimer's disease. *Journal of the American College of Nutrition* 2016; 35(5): 476 – 89.

NOT JUST HOW MUCH YOU WEIGH, BUT FOR HOW LONG

It is well known that having excess body weight is a risk factor for a number of conditions including at least nine different types of cancer.

Overweight and obesity can lead to greater insulin resistance, chronic inflammation, DNA damage and changes in hormone metabolism. What is less known in this area is what particular aspects of overweight and obesity might contribute most to this risk.

Researchers investigated this, focusing on two aspects of overweight and obesity – how many years a person has been obese and the degree of overweight or obesity. The study involved more than 70,000 American women



and followed them over a 12 year period. The primary interest was the association between body fatness and cancer. About two-thirds of the women in the study had been overweight or obese at some point during their lives and were compared to women who had never been overweight or obese.

Results showed that the duration of overweight or obesity was an important risk factor for cancer. For every decade that weight was carried the risk of cancer increased by 7%. Risk increased further when the degree of overweight and obesity was taken into account.

This study suggests, that in addition to the level of overweight or obesity, the duration of carrying extra weight also increases risk of cancer. This supports the importance of being consistent with exercise across your life course and maintaining a healthy weight.

Reference: Arnold, M et al. Duration of adulthood overweight, obesity, and cancer risk in the Women's Health Initiative: a longitudinal study from the United States. *PLoS Medicine* Epub online August 16, 2016. doi: 10.1371/journal.pmed.1002081.

PUZZLE CORNER

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

ACTIVITY
 AEROBIC
 ALLERGIES
 ALZHEIMERS
 ANTIOXIDANTS
 AUSTRALIANS
 BRAIN
 CANCER
 CERVIX
 CHOCOLATE

CONSUMPTION
 DEMENTIA
 DIABETES
 DIET
 EVIDENCE
 EXERCISE
 FAILURE
 FLAVANOLS
 FRUIT
 HEALTHY

IMMUNOTHERAPY
 OBESITY
 OVERWEIGHT
 PHYSICAL
 PRECANCEROUS
 REACTION
 RESEARCH
 SYMPTOMS
 VEGETABLES
 WELLBEING

NUTRITION

WORK OUT WITH DARK CHOCOLATE

Dark chocolate, in moderation, has been promoted as being good for one's health because it contains a group of compounds called flavanols.

Flavanols are found in a range of other foods and beverages including some fruits, vegetables, red wine and tea. Flavanols have many health benefits including being rich in antioxidants, assisting blood flow, regulating blood pressure, improving immune sensitivity and improving immune responsiveness.

The mechanism in flavanols that's likely to be responsible for the range of health benefits with which it's associated, is through the increased bioavailability and bioactivity of nitric oxide. Nitric oxide is a cellular signaling molecule involved in a number of physiological processes and is also stimulated by exercise.

Researchers are now investigating how natural supplements like dark chocolate might potentially be able to mimic some of the physiological effects of exercise.

Through further investigation researchers studied a group of 20 healthy, sedentary volunteers looking at exercise capacity and molecular skeletal muscle changes. Participants consumed either 20g of dark chocolate or the same amount of 'placebo' chocolate, which was very low in cocoa



flavanols for three months. There was no active exercise program as part of the study.

The results showed that those taking the dark chocolate had improvements in various outcomes. These included a rise in VO2 max (a fitness measure of maximum oxygen intake into the lungs), an increase in peak muscle power output, favourable changes in HDL-cholesterol and triglyceride levels.

This was a small study and further research is needed to confirm the association between dark chocolate and exercise supplements. Nevertheless, the findings add to the growing evidence base for flavanols helping to improve health. A small dose of dark chocolate each day may help to combat some of the ill effects associated with chronic disease and physical inactivity.

Reference: Taub, PR et al. Beneficial effects of dark chocolate on exercise capacity in sedentary subject: underlying mechanisms. A double blind, randomized, placebo controlled trial. *Food & Function* Epub online Aug 5, 2016. Doi: 10.1039/c6fo00611f.

MYTH VS FACT

EARLY EXPOSURE THERAPY FOR PEANUT ALLERGY



Peanut allergy is one of the most severe food allergies, affecting around three in every 100 children.

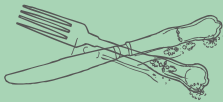
There is currently no confirmed treatment to prevent or cure allergic reactions to peanuts and the allergy is the most common cause of food-related anaphylaxis death. There has been some promising research into oral immunotherapy for peanut allergy. That is, exposure to a very small amount of peanut, in a controlled environment, administered by health professionals over time. Limited evidence suggests this therapy may have a desensitising effect on the allergy and help those affected to build a safety margin against inadvertent exposure to peanuts.

A trial has investigated the effectiveness of this therapy when used soon after an allergy diagnosis. The study involved 37 children aged between nine and thirty-six months. The children were given either high or low dose peanut exposure each day, for around 29 months.

Around 80% of the treated children were able to eat foods containing peanuts without having an allergic reaction. Furthermore, they were 19 times more likely to be able to eat peanuts with no issues, compared to the group of children with peanut allergy who had no treatment.

This adds further promise to the benefits of exposure therapy for treating peanut allergies in children. It's important to remember that peanut allergies are very serious and potentially life threatening. This therapy should only be administered under direct medical supervision by a qualified health professional and should never be tried at home.

Reference: Vickery, BP et al. Early oral immunotherapy in peanut-allergic preschool children is safe and highly effective. *Journal of Allergy and Clinical Immunology* Epub online August 10, 2016. doi: 10.1016/j.jaci.2016.05.027.



Good Health on the Menu

EASY RATATOUILLE

This recipe is an easy version of a classic vegetable dish. The eggplant (aubergine) should be firm and glossy. When past their prime they are soft and tend to have a bitter taste. This can be solved by cutting into big chunks and sprinkling with salt. Rinse and pat dry.

Ingredients

- 1 large onion, sliced
- 2 cloves garlic, chopped
- 1 eggplant
- 2 small zucchini
- 1 red capsicum, seeds removed
- 2-3 ripe tomatoes, thickly sliced



Method

- Heat a small amount of olive oil in a large pan.
- Gently fry the onion until it is soft.
- Add the garlic and fry for about a minute.
- Cut eggplant, zucchini and capsicum into large chunks.
- Add to the onion and garlic and press down firmly.
- Top with a generous layer of tomatoes.
- Sprinkle about a tablespoon of olive oil over the top and place in a 150 C oven for two hours.



Dr Norman Swan **A MATTER OF HEALTH**

IMPORTANT NEWS FOR WOMEN IN THEIR CHILDBEARING YEARS

The reason women have pap smears is to detect pre-cancerous changes in the surface of the cervix so they can either be watched or treated, depending on how far down the road to cancer they've gone.

The condition is called Cervical Intraepithelial Neoplasia or CIN. If CIN is graded at a 2 or 3 then the abnormal tissue needs to be removed. The two techniques available for this procedure are ablation, which destroys the tissue, or a cone biopsy, which cuts it out.

The cervix, being the neck of the womb, is critical in pregnancy - holding back the baby until it's the right time for delivery. A weakened cervix can put women at risk of having a premature baby and it's been suspected for a long time that treating CIN raises that risk. Others argue that just having a human papillomavirus infection causing CIN is the problem, not treatment of it.

A study bringing together all the available information on this has come up with answers that allow women with CIN to have a meaningful conversation with their doctor. It

turns out that it's true that CIN in its own right increases the risk of preterm delivery, but it is also true that treating CIN raises the risk even further.

In spite of all this CIN does have to be removed or destroyed. You don't want to develop cervical cancer. It's a nasty disease.

There's no difference in risk between ablation and cone biopsy, however it's important for the doctor to remove just enough tissue to do the job without going too deeply but not too little so they have to repeat the procedure which increases the risk even more.



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.

FIT TO KICK DIABETES

Type 2 diabetes is the most common form of diabetes and is largely lifestyle driven.

It's estimated that around 1.7 million Australians have diabetes, 85% of whom have type 2. Risk factors for type 2 diabetes include being overweight or obese and being physically inactive. While physical inactivity is a known risk factor for type 2 diabetes, it's not well understood whether being fit has the opposite effect and is protective.

Researchers looked at the relationship between physical activity and inactivity across one million Swedish men who were conscripted into the military service between 1969 and 1997. They looked at fitness in terms of both aerobic capacity and strength, which was classified as either low, medium or high in each participant.

The men who had low aerobic fitness or strength were more than twice as likely to develop diabetes compared to the men who were fit or strong. The men who had both low aerobic capacity and low strength had around three times higher risk of diabetes compared to their fit and strong peers.

This study reiterates the importance of being fit and strong to protect against type 2 diabetes. Type 2 diabetes increases a person's risk of kidney failure, heart disease and blindness. Therefore any measures to reduce that risk can make a substantial difference to improving health and wellbeing. Exercise regularly and try to maintain good levels of physical activity in older age.

Reference: Crump, C et al. Physical fitness among Swedish military conscripts and long-term risk for type 2 diabetes mellitus. *Annals of Internal Medicine* 2016; 164(9): 577 – 84.

