

# GLEN FORREST MEDICAL CENTRE

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## Dr Frank Kotai

MBBS (WA)

## Dr Liz Wysocki

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## Dr Carol McGrath

MBBS (WA) FRACGP

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## Dr Jackie Williams

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## Dr Alina Harriss

MBBS

## Dr Mark Daykin

MB ChB(UK) MRCGP (UK) FRACGP

## Dr Siobhain Brennan

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



MAY 2017

## The hangover

The term hangover was first used back in 1904. Back then, it described something undone or “left over” from the previous night. Today, hangover describes the how it feels when you have over done it. It is the feeling of having last night hang over you like a dark cloud.

Without the proper precautions, a hangover can be quite severe and last for many hours. Suffering individuals describe body aches, nausea, drowsiness, dry mouth, and inevitably regret. Although many might claim to know of a miraculous hangover cure, no single treatment exists. Unfortunately, the only way to prevent a hangover is to not drink alcohol, and the only certain cure is time.

This is depressing news for those who wake bleary-eyed and miserable. Understanding what alcohol does to our body, how our body deals with alcohol, and finally why alcohol gives us a hangover may lessen the temptation for some.

When alcohol is consumed, it travels through the intestines where it is processed and absorbed into the blood for transport to the liver. In the liver, alcohol is broken down into small bits. These are then sent to the kidneys for disposal. When alcohol is consumed in small enough quantities, the system works perfectly.

However, when alcohol is consumed in large quantities, the system gets overwhelmed and some alcohol is able to escape the liver’s grasp. Traveling on the bloodstream superhighway, alcohol heads straight for the brain. Here, it disrupts brain centres controlling balance, coordination, memory, urine production, heart rate, and inhibition – the characteristics of someone who is drunk.

The effect eventually wears off as the liver catches up, but breaking down so much alcohol in such a short period of time creates a lot of breakdown waste. Those who drink large amounts of alcohol in a single night are filling their bloodstream with toxins. Toxins which irritate the stomach lining, disrupt brain function, alter metabolism, put pressure on the liver, and increase urine production. Some individuals are especially susceptible to this build-up of waste products and are known to “flush” after drinking even a small amount of alcohol.

A hangover is a term used to describe the feeling of being dried out and toxic. It is the feeling of sending your liver into battle ... and losing, badly.

Before all else, it is important to replace lost fluids through hydration and to eat. However, it is important to eat something that will not send your liver back on the front line of battle. A greasy fry will only make you feel worse. Eat something small, simple and clean. After replacing nutrients and liquids, the careful addition of paracetamol or ibuprofen is okay.

Although beer, wine, and spirits look and taste different, they all contain alcohol. It is recommended that men drink no more than a pint of beer or a glass of wine per day and women drink no more than a half pint or a small glass of wine per day. Drinking more than the recommended amount for a long period of time is not good for your brain, heart, liver, gut, and colon.

If you feel you have problems controlling the amount you are drinking, please let your doctor know. There are many ways to help create a confidential treatment plan for you or a loved one.

Take me home and try our healthy RECIPE!

# Cancer Corner: common questions and misunderstandings

## What is cancer?

Generally, cancer occurs when a single cell starts dividing out of control. You are a living, breathing, eating machine made up of nearly 37.2 trillion cells. Each cell's sole mission is to live, divide, and die to ensure the whole system works.

## Is all cancer the same?

Absolutely not. 'Cancer' actually describes a whole family of different diseases. Let's use your skin as an example. It feels spongy because fat cells and scaffolding cells are blended neatly together; it is warm because blood vessels run through it; it is hairy, sweaty and oily because hair cells and sweat glands are sprinkled regularly under the surface. Nearly any skin cell can become cancerous, however its cancer behaviour depends on what part of the skin it came from.

## How is cancer treated?

Since cancer can originate from any cell, in any part of the body, each cancer is entirely unique. When considering how to treat cancer, doctors will consider the cancer type, its location, size, invasion, spread and therapies available. This is why some

cancers can be watched carefully, some can be removed with surgery, whilst others require specialised therapies.

## How do you get cancer?

For the most part, the answer is still unclear. Cancer seems to occur at the crossroads of chance, fate, health and exposure. Fate refers to the biology inherited from our parents; health relates to our diet, exercise, mental and physical wellness; and exposure is our everyday contact with smoke, toxins, sun, viruses, bacteria, etc.

## What does the sun have to do with cancer?

In order to function, every cell reads a set of instructions known as DNA. Cells read and re-read their DNA constantly. Occasional sunburn can cause a smudge or stain on the DNA blueprint but the general instructions remain clear. Over time, multiple sunburns can cause multiple smudges, making the blueprint impossible to read and permanently changing the cell's instructions. A permanent change to the blueprint is called a mutation. In some instances, a mutation can create a zombie-like cell that is both immortal and out of control.

## Is cancer is rare?

No. Approximately one third of men and half of all women will be diagnosed with cancer at some point in their lives. A cancer diagnosis is not uncommon, but cancer is also not a death sentence. Increased screening is allowing us to detect cancer early. Many individuals survive and thrive after their diagnosis, but early detection is key.

## I have cancer – will I need chemotherapy?

Not necessarily. Cancer therapy is about balance. Your input and expectations should inform how your doctor decides to proceed with treatment. Today's treatments require a whole team of healthcare providers and each is invested in helping you combat the disease. Fortunately, improvements in cancer therapy are evolving as rapid as mobile phone technology. Now more than ever, we are able to pack a much bigger punch directly to the tumour. Although no drug is without side effects, new drug technology is helping doctors create targeted cancer treatments that suit each patient's disease, health status and treatment needs.

## Heart failure

Without drawing too much attention to yourself, make a fist with your right hand and place it on the left side of your chest. You might not believe it, but your fist is about the size of your heart.

This little muscle is amazingly strong. It only begins to 'fail' when the stress is constant over a long period of time. Heart failure is not a permanent failure. It actually represents a heart performing below average, and performance can suffer for a number of reasons.



High blood pressure is one of the primary causes of heart failure. The heart needs to push blood upstream against two pounds of pressure (100mg). In high blood pressure, the heart needs to push blood against three pounds of pressure (150 mmHg). The 50% increase in weight-lifting causes the heart to become muscular and rigid. A muscular heart becomes so bulky that it loses flexibility. As a result, each squeeze actually produces less blood.

Another major cause of heart failure is a heart attack, which damages a portion of the heart. We mentioned earlier that in high blood pressure, our heart squeezes harder to try and overcome the high pressure. In a heart attack, the heart is squeezing with less force. It would be like trying to squeeze the garden hose with as much force as your whole hand, but with only two fingers.

In either case, the body is getting less blood, oxygen, and nutrients, making you feel more and more tired.

Over time, heart failure can create a situation where the amount of blood leaving the heart is less than the blood returning to the heart. When this happens, blood begins to back up. Our body tries to accommodate the



queue of blood and starts to store it in the veins of the legs and the lungs. However, the veins eventually cannot withstand the pressure of this queued blood and slowly allow the liquid parts of blood to leak out. When liquid leaks into the lungs, it is difficult to breathe. When it leaks out into the legs, they start to swell.

Managing heart failure is truly an art. Heart failure medications try to keep blood pressure and fluid levels low while increasing the heart's ability to pump effectively. Your doctor will work with you to adopt the best treatment plan, however regular follow up visits with your doctor is always recommended.

# Açaí berry: nature's super food

Super foods are naturally nutrient-rich foods packed with high antioxidants and thought to have advanced healing properties.

One of the most amazing super foods known to science is the açai berry, which contains prodigiously high levels of antioxidants, vitamins and minerals, complete with anti-aging and weight loss properties combined with the ability to protect from stress related diseases.

The açai berry (pronounced Ah Sah Hee) grows in the Amazon Rainforest on açai palm trees. It is a small round berry, slightly larger than a blueberry or grape and is a dark purple-black colour.

Socrates once said, "Let food be your medicine and medicine be your food". He may well have had the açai berry in mind. Aside from their unique tropical fruit flavor, the berries contain high levels of antioxidants (anthocyanins) to help combat free radicals and premature aging.

Scientists have concluded that foods high in anthocyanins have a natural healing power to work against cancer, diabetes, blood clots, inflammation, neurological diseases and the aging process. Research has shown anthocyanins also have powerful anti-viral and anti-allergenic properties. Açai has the highest levels of anthocyanins than any

other edible berry in the world and enjoys thirty times more anthocyanins than red wine, making açai the most efficient way to ingest rich levels of anthocyanins.

Açai is also extremely rich in omega fatty acids (healthy fats which are proven to lower bad (LDL) & maintain HDL cholesterol levels), amino acids, fibre, iron, vitamin E, essential omega oils 6 and 9, as well as many other vitamins and minerals and is low in sugars. Açai's organic vegetable proteins do not create cholesterol during digestion and are more easily processed and transported to your muscles than animal protein. In addition to its high protein and unsaturated lipids value, açai is also rich in carbohydrates, which provide your body with the necessary energy while exercising.

Eating açai is safe unless you have an allergy to the fruit. Be aware of what you consume as most products that contain açai are mixed with other ingredients. If you are taking amounts higher than what you'd normally eat, such as in dietary supplements, be sure to check with your doctor. Large amounts of açai can affect the management of high cholesterol, diabetes and anyone with kidney disease. Very large doses of açai may also affect MRI scan results.

## ≡ DID YOU KNOW? ≡

### Fighting fit to combat arthritis

It's well understood that older adults suffering from arthritis need movement to stay mobile.

For years, the recommended exercise threshold was set at 150 minutes of moderate activity per week, done in sessions lasting at least 10 minutes. While this amount of exercise posed an often-painful challenge for seniors, it was the minimum thought necessary to stave off serious illness, creeping disability and ultimately premature death. A new study by Northwestern Medicine has revealed just 45 minutes of weekly activity yields major benefits.

In the United States, only one in ten older adults suffering from arthritis in their knees were able to meet the guidelines, prompting Northwestern Medicine's researchers to look for a less intimidating activity goal to get older Americans on their feet and moving. The team found the magic number was 45 minutes of activity per week.

Around one-third of the study's participants improved after two years. Those participants engaging in 45 minutes of weekly activity were around 80 percent more likely to show improved or sustained higher functionality over two years compared with those doing less. Happily, the findings were identical for men and women.

First author Dorothy Dunlop, professor of rheumatology and preventive medicine at Northwestern University explained, "For those older people suffering from arthritis who are minimally active, a 45-minute minimum might feel more realistic."

Published in the Arthritis Care & Research journal, the study explores the exercise forms and intensity levels older adults need to remain functional. As Professor Dunlop stated, "The more you do, the better you'll feel and the greater the health benefits you'll receive," adding, "But even achieving this less rigorous goal will promote the ability to function and may be a feasible starting point for older adults dealing with discomfort in their joints."

Dunlop went on further to explain, "We found the most effective type of activity to maintain or improve your function two years later was moderate activity, and it does not need to be done in sessions lasting 10 minutes or more."

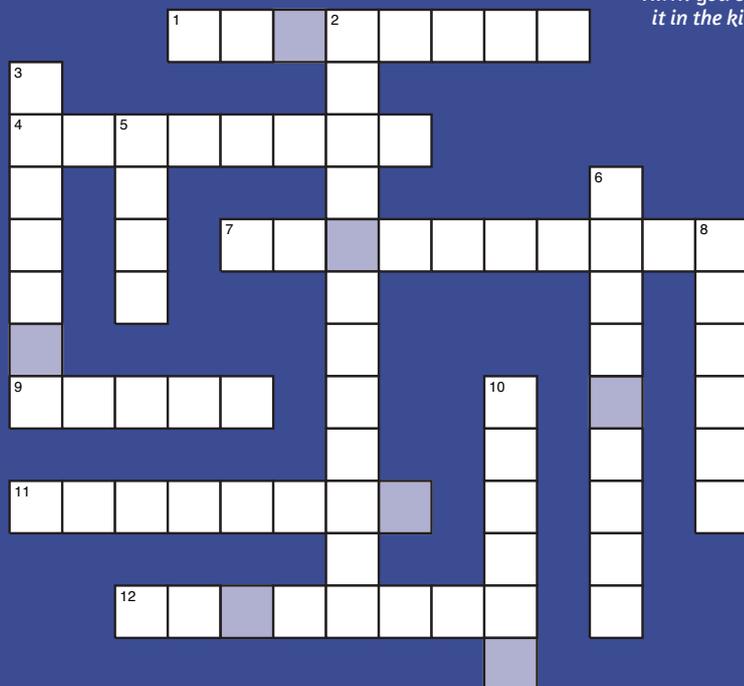
As always, seek medical advice from your GP on an appropriate exercise regime and use common sense when exercising.

## Clever CROSSWORD

### FIND-A-WORD

Arrange the letters in the shaded squares correctly to spell the hidden word.

*HINT: you can find it in the kitchen.*



#### ACROSS

1. A permanent change in the blueprint of the body.
4. Forty-five minutes of this weekly yields major benefits to arthritis sufferers.
7. Living bacteria.
9. Breaks down alcohol in the body.
11. Older adults suffering from arthritis need what to stay mobile?
12. High blood \_\_\_\_\_ is a cause of heart failure.

#### DOWN

2. Super foods are packed with these.
3. Foods high in anthocyanins have what type of healing power?
5. The only certain cure for a hangover
6. Gut bacteria helps this move along smoothly.
8. The heart begins to fail when this is present over a long period of time.
10. This occurs when a single cell divides out of control.

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

## What are probiotics?

Next time you are food shopping, look closely at a fancy brand of yoghurt. Chances are the label will read “a natural source of healthy probiotics.” Sounds great, but what are probiotics and why are they important?

Probiotics are living bacteria that help with digestion. Their benefits were first described in the early 1900s by Russian scientist Elie Metchnikoff. Dr Metchnikoff famously linked the long lives of the Balkan people to their diet of fermented milk products. However, it was not until 2001 that the World Health Organization (WHO) first defined probiotics as “live microorganisms which when administered in adequate amounts confer a health benefit to the host”.

Although bacteria are often the source of disease, human health is dependent on bacteria. Bacteria help with our defence, digestion, and immunity. An estimated 100 trillion bacteria live in and on you,

covering your skin and lining your intestines. Scientists estimate that bacteria outnumber the cells of your body 3 to 1. Scientists also believe that bacteria evolved with us, and that we thrive as a “complex super-organism” because of their help. ‘Good’ bacteria act like physical barriers and aid in nutrient production.

To keep good bacteria happy, it is essential to maintain a good diet. Bacteria can become upset after a couple days of poor nutrition. We often feel those effects as bloating, indigestion, diarrhoea or constipation. However gut bacteria are not just hungry, emotional nuisances who punish us for consuming too much pizza or beer. The good probiotic gut bacteria actually helps digestion move along smoothly, reducing the symptoms of several digestion-related diseases. Probiotics can also reduce bloating, cramping, and constipation of irritable bowel syndrome. Research also suggests that probiotics may reduce infections, food allergies, and seasonal illness.

If you are experiencing bloating, diarrhoea or constipation, ask your doctor about probiotics: the “good bacteria.”

### 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.

## Chicken stir-fry with cashews

SERVES 4



*Cashews are packed with vitamins, minerals and antioxidants.*

### Ingredients

- 500 g boneless, skinless chicken breasts, sliced thin
- ¼ cup teriyaki sauce
- 3 tbsp vegetable oil
- 3 spring onions, finely chopped
- 2 cloves garlic, finely chopped
- 1 tbsp finely chopped fresh ginger
- 250g snow peas, trimmed
- ½ cup mushrooms
- ¼ cup low-sodium chicken broth
- 4 cups cooked white rice
- 3 tbsp raw cashews (unsalted)

### Method

1. Combine chicken and 2 tbsp teriyaki sauce in a bowl and place to one side.
2. Warm 1½ tbsp vegetable oil in a wok over a high heat. Add chicken and stir 3–5 minutes, until chicken is no longer pink. Place in a clean bowl.
3. Add spring onions, garlic, ginger and remaining oil to wok and cook about 1 minute.
4. Add snow peas, mushrooms and chicken broth, cover and cook 2–3 minutes, until tender.
5. Stir in rice, chicken and remaining teriyaki sauce. Cook 1–2 minutes, until rice is heated through.
6. Sprinkle cashews on top and serve immediately.

HIDDEN WORD: TOASTER

Across  
1. MUTATION 4. ACTIVITY 7. PROBIOTICS  
9. LIVER 11. MOVEMENT 12. PRESSURE

Down  
2. ANTIOXIDANTS 3. NATURAL 5. TIME  
6. DIGESTION 8. STRESS 10. CANCER

**CROSSWORD SOLUTION**