

FREE!!
PLEASE TAKE ONE

YOUR DOCTOR



AUGUST 2015

ELECTRA PARK MEDICAL CENTRE

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Dr Jing Pan

*MB BS FRACGP Diploma In Child Health
(University Of Sydney)*

Special interests include women's health, dermatology, paediatrics, diabetes and other chronic illnesses.

Dr Peter J Webster

*MB BS (Hons) FRACGP Dip (Obst) RCOG
Grad Dip Fam Med*

Special interests include gynaecology, family medicine, palliative care and aged care. Involved in teaching Monash University students.

Dr Walter Tereszkievicz

MB BS (Monash)
Special interests include paediatrics, geriatrics, ear, nose and throat. Minor surgery.

Dr Victoria Hayes

MB BS
Special interests paediatrics, family medicine, immunisation, women's health.

**DIETITIAN and PSYCHOLOGIST now consulting
at Electra Park Medical Centre.**

APPOINTMENTS - BOOK ONLINE NOW!

We now have online appointments. Patients can visit our website at www.electrapark.com.au or download the 'Electra Park Medical Centre' App.

Children 12 and Under Now Bulk Billed.

PRACTICE NURSE

Dianne, Alison and Amelia

PRACTICE MANAGER

Nicole

RECEPTIONISTS

Lorraine, Lyn, Chris, Stephanie and Sue

SURGERY HOURS AND SERVICES

CONSULTATIONS by appointment: (subject to change)

Weekdays 8.30am – 7.00pm

Weekends 9.00am – 11.00am (no

& public holidays appointment required)

Urgent medical problems dealt with promptly. The practice provides a complete range of medical care, including home visits, hospital and nursing home care. If you are in need of a home visit, please contact the surgery as soon as possible after 8.30am.

We have onsite parking.

After Hours Care -

After Hours GP Clinic After Hours Doctor
36 Wellington Road, Box Hill or Service (Locum)
Ph: 8820 7500 13 SICK (13 7425)

In case of an emergency please call 000.

MORE GUIDELINES, LESS CANCER

Cancer prevention guidelines are a set of health and lifestyle recommendations to minimise the risk of cancer.

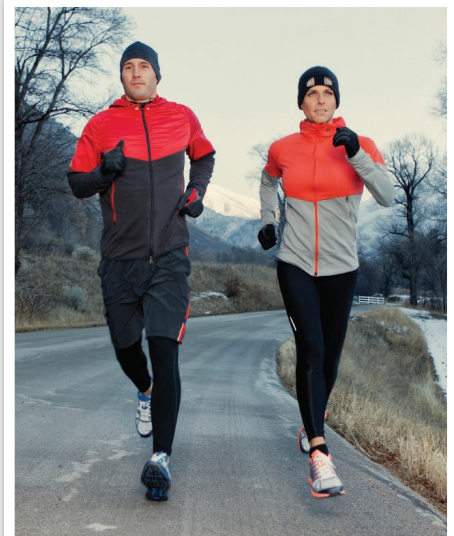
These have been developed by a range of health organisations and, while they differ slightly from group to group, the backbone advice remains the same: maintain a healthy weight, eat plenty of plant based foods, get lots of exercise, don't smoke, limit alcohol and red meat intake and cut back on salt consumption. Each of these recommendations is grounded in solid scientific research.

Researchers looked at exactly how much benefit people can gain from following these guidelines with regards to minimising risk of cancer. They followed the health and lifestyle outcomes of more than half a million adults for over a decade. Participants were scored based on how closely they met the American Cancer Society prevention guidelines.

Adhering to the guidelines was associated with a reduction in cancer incidence in both men and women. Furthermore, cancer death in men and women who adhered to most of the guidelines was reduced by 25% and 24% respectively compared to those who only met a few of the guidelines. Risk of early death

from all causes was also reduced in those who met more of the guidelines.

This research shows that small lifestyle changes can make a big difference to health outcomes. Eating a healthy diet, getting exercise on most days of the week and limiting unhealthy behaviours like smoking and excess alcohol consumption can help contribute to a long and healthy life.



For reference: Kabat, GC et al. Adherence to cancer prevention guidelines and cancer incidence, cancer mortality, and total mortality: a prospective cohort study. *American Journal of Clinical Nutrition* 2015;101:558-569.

YOUR DOCTOR AUGUST - INSIDE

- LIFESTYLE FOR LOWER STROKE RISK IN WOMEN
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LIFESTYLE FOR LOWER STROKE RISK IN WOMEN

Stroke is Australia's second biggest killer after heart problems. In Australia in 2012, one stroke occurred roughly every ten minutes. Lifestyle factors play a large role in risk of stroke with things like smoking, obesity, high cholesterol and blood pressure, inadequate exercise levels and alcohol intake all increasing the risk of stroke.

While the individual effect of each of these factors is well documented, the combined effects are less known.

Researchers looked at the health of more than 30,000 older Swedish women over a 10 year period. Those who had a healthy diet, drank only moderate levels of alcohol, didn't smoke, got adequate physical activity and had a healthy body weight were 54 percent less likely to have a stroke compared to those who followed none of these guidelines. The more guidelines the women followed, the greater the reduction in stroke risk.

A healthy diet was one that was in the top 50% of fruit, vegetable and other healthy food intake; moderate alcohol intake was defined as consuming between three and nine drinks per week; being active constituted walking and cycling at least 40 minutes per day and doing at least one hour of more vigorous exercise at least once per week; and healthy body weight was a body mass index below 25.

The results support lots of research that recognises lifestyle factors (especially smoking and blood pressure) as playing an important role in reducing chronic disease risk.

For reference: Larsson, SC et al. Healthy diet and lifestyle and risk of stroke in a prospective cohort of women. *Neurology* 2014;83:1-6.



THE WONDERS OF WHOLEGRAIN

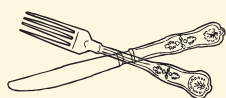
Wholegrain foods include wholemeal or wholegrain breads and cereals, brown rice, quinoa, couscous and oatmeal. Research has linked diets high in wholegrain to reduced risk of some chronic diseases and improved digestive health. There are various theories about why wholegrains are linked to good health. Wholegrains contain fibre that might improve gut function as well as phytochemicals that may have antioxidant and anti-inflammatory properties.

One study into wholegrains involved 80 healthy, overweight adults each of whom followed a diet containing a specified amount of wholegrain or refined wheat for eight weeks. Blood, urine and stool were measured regularly throughout the study looking for signs of unhealthy metabolism or immune function.

The people who consumed higher levels of wholegrains seemed to have less damaging inflammation than those consuming less. Furthermore, differences in gut bacteria population were observed between the two groups.

This study adds weight to the theory that wholegrain foods benefit health in a variety of ways. Wholegrains are a healthy and delicious addition to a balanced diet, provided you aren't intolerant to them!

For reference: Vitaglione, P et al. Whole-grain wheat consumptions reduces inflammation in a randomized controlled trial on overweight and obese subjects with unhealthy dietary and lifestyle behaviours: role of polyphenols bound to cereal dietary fibre. *American Journal of Clinical Nutrition* 2015; 101: 251-261.



Good Health on the Menu

BANANA PORRIDGE

A delicious winter breakfast with a touch of wholegrain goodness.

Ingredients:

- 1 banana, sliced
- 1 cup blueberries
- 1 tbsp ground cinnamon
- 1 tsp grated nutmeg
- 2 cups organic rolled oats
- 4 cups low fat milk

- Honey
- Mixed unroasted walnuts and almonds

Method

1. In a small saucepan combine oats and milk and cook on a medium to low heat for 15 minutes or until most of the milk has been absorbed and the porridge is soft
2. Add banana, blueberries, cinnamon and nutmeg and turn off the heat, stir for one minute
3. Place porridge in a bowl and sprinkle with nuts
4. Drizzle with honey



Enjoy!

Clever CROSSWORD

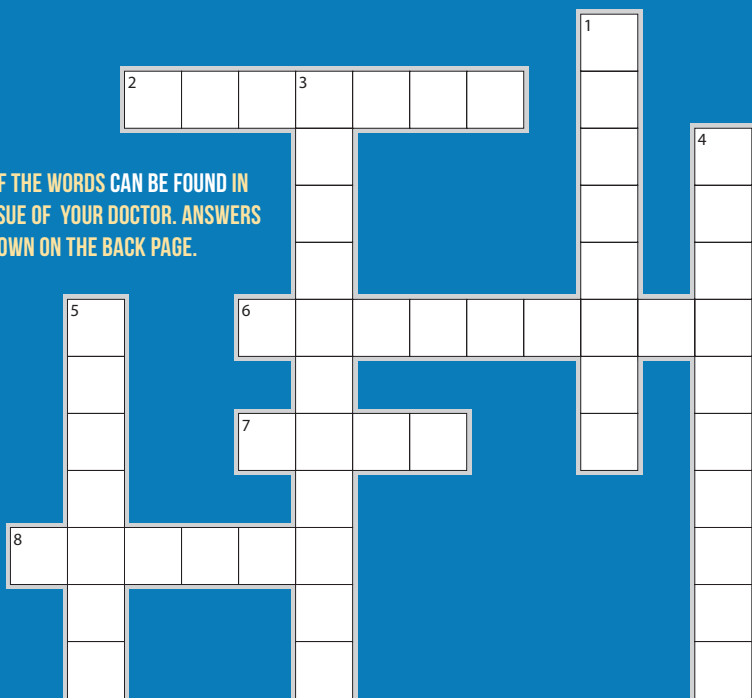
Down:

1. We need plenty of _____ to maintain good health.
3. Kids need plenty of what, to fuel their growth and development?
4. A lot of _____ are good in our diet.
5. In good physical and/or mental condition.

Across:

2. A group of chemical compounds found in french oak.
6. Wholegrains may help improve your _____ health.
7. Sneaker, boot or loafer are types of what.
8. Smoking increases your risk of having a _____.

EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF YOUR DOCTOR. ANSWERS ARE SHOWN ON THE BACK PAGE.



THE RIGHT SHOES FOR GOUT

Gout is a form of arthritis caused by the build up of uric acid, a waste product, in the blood stream that goes on to settle in the joints.



It causes pain and inflammation most commonly in the feet, knees and ankles. A gout attack often comes on suddenly and can be debilitating. Particularly bad flare-ups can make walking difficult. Given that many gout sufferers have ongoing foot problems, researchers looked at the effect of good footwear on gout outcomes.

Researchers investigated the benefits of good quality shoes on reducing the impact of walking in people with gout. Interestingly, the majority of gout sufferers who participated

in this study wore bad footwear to the laboratory. When provided with a high quality pair of shoes, the forces applied to the bones in the toe reduced significantly. Good shoes had gel padding in the heel and forefoot and a higher arch and sole structure. These features enabled a smoother transition of forces from the heel to the toe.

The pain of gout can compromise quality of life. A good pair of shoes may assist in reducing the stress placed on the foot and therefore make walking easier. Alcohol, overeating, crash dieting or fasting, and dehydration are other factors that can also trigger a gout attack. As such it's important to monitor your lifestyle habits including maintaining a healthy body weight, cutting down alcohol consumption, keeping hydrated and exercising regularly. Talk to your doctor for advice.

For reference: Stewart, S et al. The effect of good and poor walking shoe characteristics on plantar pressure and gait in people with gout. *Clinical Biomechanics* 2014; 29: 1158 – 1163.

MYTH AND FACT HEALTH BENEFITS OF TANNINS: IS IT IN THE FRENCH OAK BARRELS?

Modest intake of red wine is thought to be beneficial for heart health.

Generations of winemakers have used French oak barrels in the maturation of wine. Oak is used to help vary the colour, flavour, tannin profile and texture of wine. Tannins, which are found in French oak, are a group of diverse chemical compounds that influence the colour, ageing ability and texture of the wine. Roburins are a class of tannin that are particularly abundant in French oak. Researchers investigated the biological effects of roburins and whether they have similar health properties to the wider range of polyphenols found in wine.

Participants took capsules containing a French oak extract. Researchers measured roburin metabolite levels in the blood and treated cells in a culture dish with small amounts of the volunteers' blood to screen the biological activity of the chemicals.

After a week of taking the capsules, the roburin metabolite levels in participants' blood had increased. Furthermore, the blood containing roburins was found to change cellular activity, with increased activation of cellular protection mechanisms.

The results of this study suggest that French oak may be a source of tannins that, like the wider array of polyphenols found in wine, have beneficial effects on our health. However, before you reach for that wine bottle there are far better and richer sources of polyphenols than wine including plant foods, seeds, vegetables and fruits.



For reference: Natella, F et al. Absorption, metabolism, and effects at transcriptome level of a standardised French oak wood extract, Robuvit, in healthy volunteers: Pilot study. *Journal of Agricultural and Food Chemistry* 2014; 62:443-453.



Dr Norman Swan

A MATTER OF HEALTH

LOW CARBS MAY NOT BE OK

Over the last few years there have been huge changes in what people eat.

We've tried low fat diets but they tend to increase our carbohydrates (bread, sugar, pasta, rice and so on). Then people said that carbs were making us fat and giving us diabetes, so we reduced carbs and increased our protein (diets like the CSIRO and Atkins). And it's true that increasing protein (meat, fish, legumes etc) helps you to control calories because protein helps to satisfy your appetite.

But new research from Sydney University is suggesting that if what you want is to live longer with better health, a high protein, low carb diet may not be the best.

The researchers designed diets for mice which varied the ratios of fat, protein and carbs and found that the longest living mice in the best metabolic health, were the ones eating more carbohydrates and less fat and protein. The shortest lived mice were either on a low protein, low carb, high fat diet or a high protein, high fat, low carb diet (a bit like

the original Atkins). They were the leanest mice but looking like the rodent equivalent of Brad Pitt didn't get them as far as the plumper, higher carb eating mice who, in fact, lived 30% longer.

Now these were mice, not humans, so there's a limit to how far you can extrapolate but in fact the best macronutrient balance was pretty close to what we think of as the Mediterranean diet.

But let's get back to living longer because if you want to increase lifespan by 30% – at least in animals – you restrict their calories by 30-40%. A pretty tough ask compared to just changing your diet, so they compared the higher carbohydrate, lower fat and protein diet to calorie restriction, again in mice.

The results showed that the higher carb mice lived similarly longer lifespans as those on 40% calorie restriction.

The carbohydrates in the diet, by the way, contained little or no sugar or highly processed carbs and the fat was low by human standards at 20%.

So what might be explaining all this? Well there could be beneficial changes in our gut microbiome (the bugs in our bowels) and there's some tantalising evidence that what may matter in protein is the amino acid content. Amino acids are the building blocks of proteins and it could be that some can cause harm in excess.

mixes, dry cereals and snacks. Of the foods examined, only two were low in salt (defined as less than 140 mg of salt per serve) and the majority of items contained added sugar.

It's important to note that this study was carried out in the US, where the food regulatory and health guidelines differ from Australia. Nevertheless, given the wide array of commercial toddler food on the market today, it's important to be aware of the content of food items that you buy from the supermarket. Parents should always check food labels, seeking out things that state 'low sodium', 'low salt', and 'no added sugar' and, if in doubt, talk to your doctor about what is best suited to your child.

For reference: Cogswell, M E et al. Sodium and sugar in complementary infant and toddler foods sold in the United States. *Pediatric Epub* online Feb 2, 2015 doi: 10.1542/peds.2014-3251.

What does it mean for you and me? Well it reinforces the fact that a Mediterranean type diet is best with lots of vegetables, unprocessed carbs and not much red meat or animal fat. (See Wonders of Wholegrain story in this edition).

ANSWERS TO CROSSWORD

Down: 1. Exercise 3. Nourishment; 4. Vegetables; 5. Healthy; Across: 2. Tannins; 6. Digestive; 7. Shoe; 8. Stroke.

PRACTICE UPDATE

TELEPHONING YOUR DOCTOR

Patients of our practice are able to contact doctors by phone during surgery hours. It is important for our receptionists to determine the urgency and nature of the call. In non urgent situations, patient calls need not interrupt consultations with other patients. The receptionist will take a message for the Doctor whilst he or she is consulting. The Doctor will then endeavour to return the call at the end of their session. However, if the matter is urgent then staff will put the call through immediately to the Doctor concerned or to the Doctor on duty. Emails and SMS messages of a clinical nature will not be accepted by Practitioners of this practice.

TEST RESULTS/X-RAYS:

So that we can provide the best possible service for you, patients are requested to contact the surgery after 11am each day to obtain test results. In most cases, a follow up appointment is required, and we can let you know this at the time.

Your x-rays are your responsibility and are important to your ongoing medical care as they are often required for comparison at some time in the future. If you have had an x-ray in the past and not collected it, please ask reception for them at your next appointment.

APPOINTMENTS

When making an appointment, please let reception know if you need more time than a standard consultation or if you will be bringing another family member so that an appointment can be made for them as well. Longer consultations are usually required for complicated health problems and completing medical and insurance reports. Patients are seen according to the appointment order, so by advising us beforehand, you'll help avoid long waiting periods for other patients.

REPEAT PRESCRIPTIONS

Legal constraints and Best Practice Procedures dictate that a consultation is made for all repeat prescriptions.

REFERRALS

It is a legal requirement under the Medicare Act that a referral to a specialist only be given after due consideration by the treating physician. This therefore requires the physical attendance to the practice.

FEES AND BILLING POLICY

The AMA fee structure forms and basis of our billing policy, our current consultation fees are displayed at the clinic front desk. Fees are payable at the time of consultation by cash, cheque, credit card or EFTPOS. Should you have any difficulties with our fees, please discuss with your doctor.

We use the HIC online system, which allows us to claim your rebate directly, or send your claim to Medicare who can refund directly to your bank account. Please ask our receptionist if you require further information.

REMINDER SYSTEM

This practice is committed to preventative care. Our computer system allows us to issue you with reminder notices appropriate to your care eg. PAP smears, Immunisations, cholesterol checks etc. If you do not wish to be part of this system, please let us know.

YOUR RIGHTS

If you have a problem we would like to hear about it. Please feel free to talk to your doctor or our Practice Manager or you may wish to put your concerns in writing. We take your suggestions, concerns and complaints very seriously; however, you feel the need to take the matter further and discuss your issues outside the surgery contact:

Victorian Health Services Commissioner
Level 26, 570 Burke Street, Melbourne Vic 3000
Telephone: 1300 582 113 • Fax No: (03) 9032 3111
E-mail: hsc@health.vic.gov.au

ACCREDITATION

Accreditation is the process of continuing quality improvement – to let you know we have met the standards set for the medical profession. The Standards used have been written by the Royal Australian College of General Practitioners. Electra Park Medical Centre has consistently achieved unconditional accreditation since November 2002. Electra Park Medical Centre continues the accreditation cycle every three years.

DID YOU KNOW?

TODDLER FOODS: A HAVEN FOR SALT AND SUGAR

Kids undergo vital development in their first few years of life. It's important that they have a healthy, nourishing diet to fuel this growth and development. Furthermore, learning healthy habits early on in life will help establish good behaviours for the years ahead.

There's a huge range of toddler foods available in supermarkets and it can often be confusing as to which are best, or worst, for toddlers' health.

A study in the US looked at the content of toddler foods available in supermarkets. They analysed over 600 types of toddler foods including dinners, vegetable and fruit