



# YOUR DOCTOR



## FEBRUARY 2015

### ELECTRA PARK MEDICAL CENTRE

154 High Street Road  
Ashwood 3140

**P:** (03) 9807 1102  
**P:** (03) 9807 1311  
**F:** (03) 9888 1449



#### 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.

#### Dr Hogan Chen

MB BS  
EPMC would like to welcome Dr Hogan Chen to our practice. Hogan is available Monday to Friday.

#### Shania Khalani

DIETITIAN  
Now consulting at Electra Park Medical Centre. Shania is a qualified Accredited Practising Dietitian and Member of the Dietitians Association of Australia. Patients on a Chronic Disease Management Plan will have their consultations bulk billed.

#### Children 12 and Under Now Bulk Billed.

#### PRACTICE NURSE

Dianne and Alison

#### PRACTICE MANAGER

Nicole

#### RECEPTIONISTS

Lorraine, Lyn, Chris and Stephanie

#### SURGERY HOURS AND SERVICES

CONSULTATIONS by appointment:

(subject to change)

**Mon, Tues, Thurs, Fri** 8.30am – 7.00pm

**Wednesday** 8.30am – 6.00pm

**Weekends & public holidays** 9.00am – 11.00am (no 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.

#### After Hours Care -

After Hours GP Clinic 36 Wellington Road, Box Hill  
Ph: 8820 7500

After Hours Doctor Service (Locum)  
13 SICK (13 7425)

In case of an emergency please call 000.



## GOOD HEALTH STARTS AT HOME

### Eating together as a family is associated with positive outcomes for children's weight and attitude towards food.

Previous research has found that children who regularly eat with their families in a calm and positive environment consume more fruits and vegetables, have better weight control and have improved psychosocial health.

Researchers investigated the social dynamics at the family dining table in an attempt to explain the health benefits associated with dining as a family. They watched video footage of 120 families during their meals over eight days. A significant relationship between family dynamics at the dining table and a children's weight was observed. Children with a healthy weight more commonly ate in dining environments

with a positive mealtime dynamic involving group enjoyment and positive parental reinforcement. A less positive family environment, shorter meal times and more meals eaten outside of the dining / kitchen space were common characteristics of families with overweight children.

A link between meal environment and children's weight cannot be ascertained from this study. These findings do, however, add to the growing body of evidence that suggests that a positive family environment, including encouraging parental reinforcement and dining as a family, may cement lasting good health habits in children. Home is not only where the heart is, but also where good health starts.

**For reference:** Berge, J et al. Childhood obesity and interpersonal dynamics during family meals. *Pediatrics* 2014; 134: 923 – 932.

## INSIDE

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**PLEASE NOTE:** In the story titled 'COPD: A treatment for me?' the phone number listed at the bottom of the story should be 1800 301 260 (we had it listed as 1800 301 206).

# THE BENEFITS OF A WEEKEND CHEAT

## Making healthy dietary changes and sticking to them is not easy.

If people feel as though they are depriving themselves then they are more likely to give up or to binge on junk food when the going gets tough. Allowing oneself a 'cheat' day has been proposed to potentially minimise the feelings of self-deprivation that may arise from following a strict diet. People's lives tend to follow a weekly routine whereby weekend routines differ quite significantly from weekday routines. Researchers have proposed that it may be beneficial to have our diet follow a similar pattern.

A study followed the daily weights of 80 adults over a 10-month period. Participants' weights were highest on Sunday and Monday, with weight gradually decreasing throughout the week. This suggests that people allowed themselves a cheat day over the weekend or were not as strict with their eating habits on the weekend in general. After 10 months, people were divided into those who lost more than three percent of their body weight, those who remained the same, and those who gained over one percent of their body weight. Those who lost weight showed a weekly weight fluctuation that peaked on the weekend and decreased during week. This rhythm was not as pronounced in the other two groups.

This was a small study so results need to be interpreted with caution. Nevertheless, it adds merit to the theory that people who allow themselves the occasional treat may better sustain a healthy diet for the long term. Treating yourself to unhealthy foods occasionally should not be viewed negatively and should not cause someone to lose motivation. If anything, a weekend cheat could assist in long-term weight management.

**For reference:** Orsama, A et al. Weight rhythms: weight increases during weekends and decreases during weekdays. *Obesity Facts* 2014;7:36-47.



## MILK HYDRATION

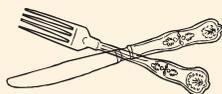
### With intense exercise often comes profuse sweating, an important bodily function that helps to control body temperature.

However excessive sweating and fluid loss can have detrimental effects on people's health in reducing muscle power and mental reasoning. It's therefore important to rehydrate adequately after intense exercise to replace lost fluids. Sports drinks are a common choice for post-exercise hydration but there may be a better option.

Australian researchers looked at the capacity of a range of beverages to restore fluid levels after strenuous exercise. On four occasions, a group of athletes completed an intense workout on a stationary bike in heavy clothing. After each session they were weighed and were found to have lost almost 2% of their body weight. The athletes were then given a beverage to rehydrate and were weighed three hours later. The beverages included a standard sports drink, full fat cow's milk, soy milk and Sustagen sport (a liquid meal replacement beverage containing water, sugar, electrolytes, protein, vitamins and minerals).

Sustagen, soy milk and cow's milk were all found to perform better than sports beverages, with Sustagen being the best of the bunch. This research suggests that, when it comes to restoring fluid levels after strenuous exercise, milk may be as good, if not better than sports drinks. In addition to restoring fluid levels, milk products may be better for our health, with many sports drinks being loaded with high levels of sugar and sodium.

**For reference:** Besbrow, B et al. Comparing the rehydration potential of different milk-based drinks to a carbohydrate-electrolyte beverage. *Applied Physiology Nutrition and Metabolism* 2014; 39: dx.doi.org/10.1139/apnm-2014-0174.



## Good Health on the Menu

### LOW-FAT CHEESECAKE

*A weekend treat that won't chew up all of your calories.*

#### Ingredients:

- 1 ½ cups almond meal
- ½ cup crushed calcium-fortified muesli
- 1 tablespoon canola oil
- 110g reduced-fat cream cheese
- 2 cups light ricotta
- ½ cup non-fat plain yoghurt
- 1/3 cup corn starch

- 2 large eggs
- 3 large egg whites (yolks discarded)
- 2 teaspoons freshly grated lemon zest
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- Berries (fresh or frozen and thawed)

#### Method

1. Preheat oven to 180 degrees Celsius
2. Combine the almond meal, muesli and canola oil and press flat into greased cake tin (or individual ramekins for single serves)
3. Mix cream cheese, ricotta and yoghurt in a bowl
4. Add corn starch and the two eggs (with yolk)

5. Beat egg whites in a separate bowl until they form soft peaks
6. Fold egg whites carefully through the cheesecake mix
7. Add lemon zest, juice and salt to mixture and stir well, then pour mixture into tin on top of crust
8. Bake in oven for 45 – 55 minutes
9. Leave to cool for 10 minutes, top with berries and serve



## ≡ DID YOU KNOW? ≡ EXERCISE POWERS THE MIND

**Exercise benefits our health in so many ways both physically and mentally.**

Regular exercise, at least three times per week, can reduce the risk of a number of chronic diseases including dementia. Exercise helps preserve brain tissue by increasing the blood flow and activating the stem cells that help to renew nerve cells.

Researchers extended this to see if exercise can help with learning and memory in the short term. A group of university students were asked to complete a series of learning tasks that tested recall speed and complex situation and context learning. Prior to the tasks, they ran and walked up and down a corridor for five minutes. While exercise didn't affect the speed task, it benefitted the tasks that required complex memory formation.

More research is needed to uncover the full extent of associations between exercise and memory. Nevertheless, there's no question that exercise is great for your mind and your body so it may be worth including short exercise breaks in your timetable when you're trying to learn new information.

**For reference:** McNerney MW and GA Radvansky. Mind racing: The influence of exercise on long-term memory consolidation. *Memory* Epub online Oct 14, 2014 doi: 10.1080/09658211.2014.962545.

## JUNK FOOD BAD FOR TEEN'S IQS

**Adolescence is a crucial time for the developing brain.** It's when the brain is particularly susceptible to transformation and it's when teenagers develop lasting mental and behavioural skills. These developmental brain processes require a lot of energy and a vast array of micronutrients. Researchers investigated the effects of different energy sources on mental performance in a group of adolescents.

People born between 1989 – 1992 were followed throughout their teen years, testing their mental performance and recording their eating habits. The mental tests showed an association between higher junk food intake and delayed reaction times, with more simple mistakes being made. Teenagers whose diet was high in fruit and leafy green vegetables performed better on these tests.

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

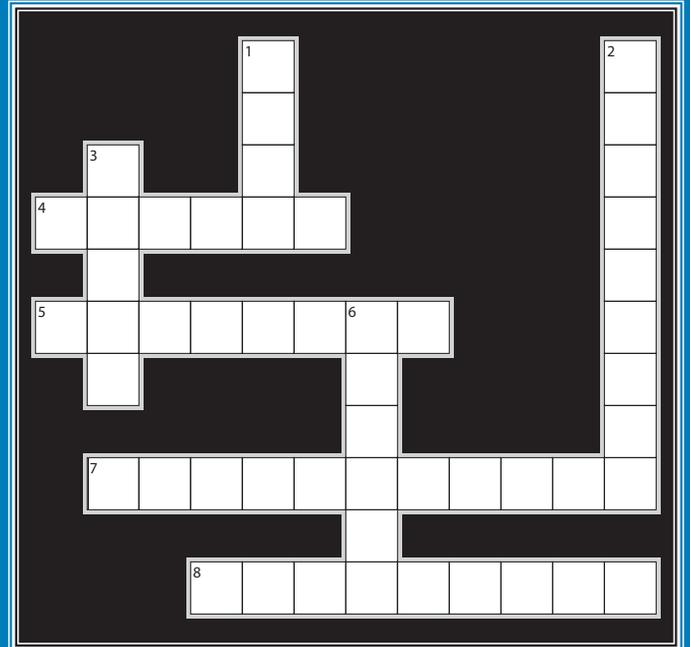
## Clever CROSSWORD

### Down:

1. People who allow themselves the occasional treat may better sustain a healthy what?
2. Good health relies on maintaining positive what habits?
3. Adolescence is a crucial time for the developing what?
6. When we lose weight, we burn less \_\_\_\_\_ because there's less body to fuel.

### Across:

4. Children who eat with their family, consume more \_\_\_\_\_ and vegetables.
5. Regular exercise can reduce the risk of a number of chronic \_\_\_\_\_.
7. Sweating is an important body function that helps regulate our body's what?
8. It's important to \_\_\_\_\_ adequately after intense exercise to replace lost fluids.



Junk food is a poor source of essential fatty acids, vitamins and minerals, all of which are vital to the developing brain. In addition to this, junk food is high in saturated fat which can lead to weight gain and poor overall physical health.

Teenagers need to nurture their physical and mental health in the crucial years of

development and this includes a healthy diet full of fruits and vegetables and plenty of physical activity.

**For reference:** Nyaradi, A et al. Prospective associations between dietary patterns and cognitive performance during adolescence. *Journal of Psychology and Psychiatry* 2014; 55: 1017-1024.



**Dr Norman Swan**

## A MATTER OF HEALTH

### HOW ARE YOUR NEW YEAR'S RESOLUTIONS GOING?

Many of us start the year with a heap of resolutions, some of which after the festive season revolve around eating and drinking less. There are lots of experts who reckon dieting isn't the right way to approach healthy eating, mainly because getting down to your target weight is a slower process than most of us imagine. It can take up to two years because we adjust to the new intake. In other words as we lose weight, we burn less energy because there's less body to fuel. So that means eating habits have to change more permanently. Let me fill you in on my approach, which is loosely based on evidence.

I keep a food diary and in it try hard to be honest about portion size. You really need to know what 100 grams of steak or chicken looks like. I take a lot of exercise - about an

hour on most days of the week, involving a mix of aerobic exercise and weight training. Muscle is a metabolically active tissue and keeps your insulin system on its toes. It's depressing how little food you burn by exercising but when you're controlling your portions and calories targeting, say, 2000 calories a day, an extra 400 calories to play with can come in very handy. I weigh myself daily after exercise. Now this is controversial because researchers have shown that when you're in a state of calorie deficit, if you lose control of your intake, there's a lag of a few days before you catch up and see a weight gain. That said, and accepting there are day to day fluctuations, daily weighing can be a good reminder of the task at hand. The experts don't agree on the importance of breakfast. There's absolutely no doubt that children learn better if they have breakfast but whether it's essential if you're a healthy adult is not clear. My anecdotal experience is that breakfast increases my hunger during the day and consequently total energy intake. The evidence is mixed.

And finally I try not to change my diet at the weekend - but see the article this month on it actually being okay to cheat at the weekend.

**So good luck with your resolutions if they've lasted this far!**

### MYTH VS. FACT: PHYSICAL ACTIVITY AND ALCOHOL

**Good health relies on maintaining positive lifestyle habits and keeping bad health behaviours to a minimum.**

Exercise is a positive behaviour that benefits every aspect of our health. Despite this, regular exercisers have been found to drink more alcohol, on average, than less active people. Researchers explored the link between physical activity levels and alcohol consumption in a small group of people.

Researchers tracked 150 people for three weeks at a time over three separate periods during a year. They recorded participants' exercise and drinking levels during these periods. The results showed that more drinking occurred in the latter half of the week and that this corresponded with greater levels of physical activity. Unlike previous research, this study did not find that regular exercisers drank more than their less active peers.

The association between exercise and alcohol consumption may be in part due to people reverting to an unhealthy behaviour as a reward for engaging with something healthy. It could also come as a result of the

social nature of sports, particularly when training ends with team bonding at the pub.

There are a number of limitations to this study so the results need to be interpreted with caution. It's important to stress that this research is not instructing people to cut down on exercise. Physical activity is vital to good health. However, it's crucial that you don't use good lifestyle habits like exercise to justify unhealthy habits like excessive drinking or poor diet. A healthy lifestyle relies on a balanced diet full of fruits and vegetables, adequate physical activity levels and only occasional indulgence in treats.

**For reference:** Conroy, D et al. Daily physical activity and alcohol use across the adult lifespan. *Health Psychology* Epub online Sep 15, 2014 doi: 10.1037/hea0000157.

### HOLIDAY PHOTO COMPETITION: WINNER!



Thank you to all those who took the time to enter our December competition. So many amazing photos came in! But the lucky winner was **Chelsea Walker**, congratulations!!

### PHOTO COMPETITION: BE IN TO WIN A \$50 SHOPPING VOUCHER

Choose from either **Woolworths, JB Hi Fi or Dymocks Book Stores.**

Simply email us your best holiday photo, along with your name, address, phone number and the clinic you attend



to: [cliniccompetition@gmail.com](mailto:cliniccompetition@gmail.com) with the subject heading 'February Doc 2015'. The winner will have their photo displayed in the next issue of Your Doctor.

Entries must be received by 28/02/2015.

**THAT'S IT! GOOD LUCK!**

### 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 will 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 30, 570 Burke Street, Melbourne Vic 3000  
Phone 8601 5222

#### 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.

Down: 1. Diet; 2. Lifestyle;  
3. Brain; 6. Energy;  
Across: 4. Fruits; 5. Diseases;  
7. Temperature; 8. Rehydrate.

### ANSWERS TO CROSSWORD