

FREE!!
PLEASE TAKE ONE

YOUR DOCTOR



JUNE 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 Tereszkiwicz 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.

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 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 9.00am – 11.00am (no appointment required)
& public holidays

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.

HIGHER INTENSITY, BETTER RESULTS

Physical activity, in any form, is crucial for good health. Just 30 minutes of moderate intensity exercise each day can help reduce risk of a number of diseases including heart disease, cancer, type 2 diabetes and mental health issues like depression and anxiety.

Furthermore, sedentary behaviour is shown to increase the risk of various chronic diseases. Data shows that only 43% of Australian adults meet the minimum recommended guidelines for daily physical activity. Given the large percentage of inactive adults, health promotion tends to encourage people to take the minimum amount of exercise required for reasonable health, believing there is more likelihood to engage sedentary people on this level. While any level of physical activity is better than none, research has found that high intensity activity might have additional health benefits.

The study involved 300 sedentary adults, who were carrying too much weight around the abdomen – a major risk factor for diabetes and heart disease. They were assigned to one of three exercise programs that involved five sessions per week over six months. The first group did low-intensity exercise, around half an hour of slow walking each session; the second group did the

same level of walking as the first group but for one hour; and the third group did much higher intensity exercise, walking at a brisk pace for 40 minutes.

All groups lost weight after six months. Only the high intensity group, however, saw an improvement in blood sugar levels, that, if maintained long term, could reduce participants' risk of type 2 diabetes.

The results of this study reiterate the importance of exercise for improving health. It also shows that doing higher intensity exercise might give that added health boost.



For reference: Ross, R et al. Effects of exercise amount and intensity on abdominal obesity and glucose tolerance in obese adults: a randomised trial. *Annals of Internal Medicine* 2015; 162: 325-334.

YOUR DOCTOR JUNE - INSIDE

- KEEP IT SIMPLE
- GET YOUR HEAD IN THE GAME
- MENU: EGGPLANT INVOLTINI
- CLEVER CROSSWORD
- MYTH VS. FACT: PLAIN PACKAGING POLICY AND SMOKING RATES
- COFFEE AND MELANOMA RISK
- DR NORMAN SWAN: A MATTER OF HEALTH
- DID YOU KNOW? AN IRRITABLE BOWEL MIGHT CALL FOR SUBTLE DIETARY CHANGES
- PRACTICE UPDATE

KEEP IT SIMPLE

Society is saturated with dietary advice. Sifting through the huge number of diets that purport to be good for one's health can be overwhelming and the advice given by one group is often contradicted by another.

The amount of available information and seemingly conflicting messages may actually hold back people's health efforts so there may be some merit in keeping things simple.

Researchers tested this on a group of 240 adults who had metabolic syndrome (a pre diabetic condition). They were assigned to follow either the American Heart Association dietary recommendations (which includes choosing lean meats and poultry, eating fish at least twice per week, selecting low fat dairy products, and limiting saturated fat, salt and sugar intake) or were simply told to eat more fibre.

After one year, both groups had similar results. Both groups had a small amount of weight loss and improvements in insulin function and blood pressure.

These results show that eating well need not be complicated. Plant based foods are high in fibre and many other beneficial nutrients and are low in sugar and fat. People in the high fibre group were eating five grams more than usual each day at 12 months, a simple amount to manage on a regular basis. If you find yourself overwhelmed by all the dietary advice available keeping it simple might be the best option.



For reference: Ma, Y et al. Single-component versus multicomponent dietary goals for the metabolic syndrome. *Annals of Internal Medicine* 2015;162:248-257.

GET YOUR HEAD IN THE GAME

Improved sporting performance requires a healthy, fit body and a strong, determined mind. Both of these require consistent and effective training. Positive thoughts can help improve performance whilst negativity, self doubt and a clouded head can reduce performance. Which thought strategy works best depends on the individual athlete and how well they apply the skills they learn. Researchers have outlined a number of strategies that may help people 'get their head in the game'.

Association and dissociation

Association mind strategies focus on internal aspects of the activity, like breathing, and train people to focus solely on the task at hand thus preventing the waste of energy that results from focusing on something else.

Dissociation is the opposite, and involves focusing ones thoughts outside of the body to dissociate oneself from the pain or fatigue that is experienced.

Both of these strategies have been shown to help people however there is some danger in not concentrating on the task at hand when playing sport.

Goal setting

Goal setting involves focusing on one aspect of the activity and doing it a little bit better each time. By repeating the exercise multiple times you can push yourself harder and also have an idea of what it feels like to be at your absolute maximum.

Imagery

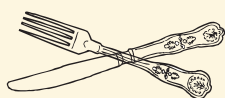
Imagining yourself performing at your absolute best can assist in pushing yourself that little bit harder each time you complete the activity and can become a consistent motivator to continue to improve.

Motivational statements

Listening to motivational statements on a regular basis and repeating and internalising these can help people to push through the pain and fatigue when performing.

Each person is different and it may take some time to work out which strategy best motivates you to perform at your maximum potential. Optimal training and performance requires the strength of your mind as well as your body.

For reference: McCormick, A et al. Psychological determinants of whole-body endurance. *Sports Medicine* 2015; DOI 10.1007/s40279-015-0319.6.



Good Health on the Menu

EGGPLANT INVOLTINI

Ingredients:

- 1 tbsp olive oil
- 1 onion, sliced
- 1 garlic clove, crushed
- 2 tbsp tomato paste
- 2 tins crushed tomatoes
- ½ cup fresh basil leaves
- Salt and pepper
- 1 large eggplant sliced lengthways into 6 thin steak sized pieces
- 1 tbsp dried oregano
- 1 cup sundried tomatoes
- 1 cup baby spinach leaves
- 1 bunch fresh basil
- Parmesan cheese

Method

1. To make sauce, sauté onions until translucent
2. Add garlic and cook for 1 minute
3. Add tomato paste and cook for 2 minutes
4. Add crushed tomatoes, basil, salt and pepper and allow to simmer whilst eggplant is prepared
5. Brush eggplant steaks with olive oil and season with oregano, salt and pepper
6. Sear in hot pan until just cooked
7. Remove from pan and lay each eggplant steak flat
8. Layer each with some spinach, 3 or 4 sundried tomatoes, a few basil leaves and shaved parmesan
9. Roll steaks to secure filling and secure with a toothpick
10. Place eggplant involtini in tomato sauce and cook covered on low heat for 15 minutes
11. Take off heat and serve with salt and pepper to taste



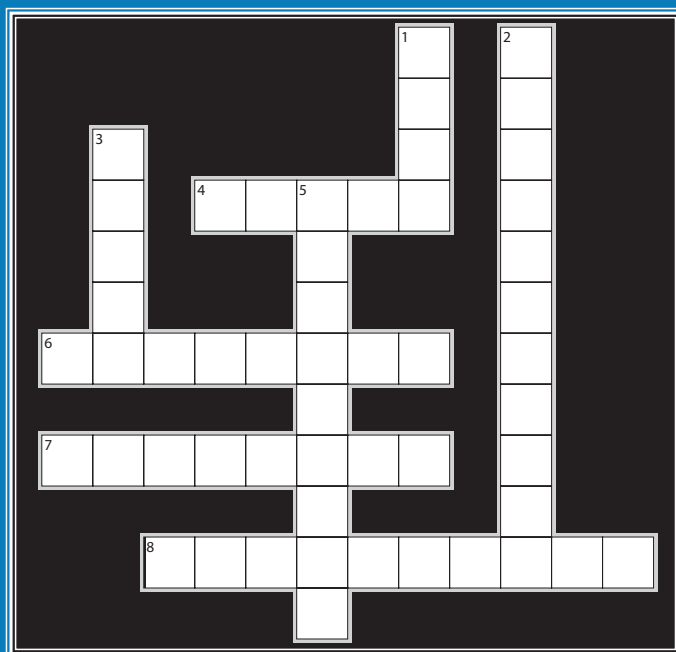
Clever CROSSWORD

Down:

1. For some people, Irritable Bowel Syndrome can be managed by a change in _____.
2. Most melanomas are caused by overexposure to what radiation from the sun?
3. Plant based foods are high in _____, and have many other beneficial nutrients.
5. Irritable Bowel Syndrome can cause what kind of pain?

Across:

4. 30 minutes of moderate exercise daily can help reduce the risk of _____ disease.
6. What sun related cancer is one of the most common cancers in Australia?
7. _____ thoughts may help improve your sporting performance.
8. Plain packaged what, have been made compulsory in Australia?



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

COFFEE AND MELANOMA RISK

Melanoma is one of the most common cancers in Australia. The main preventable cause of melanoma is overexposure to ultraviolet (UV) radiation from the sun or sunbeds at a solarium. Researchers have looked into what other lifestyle factors may contribute to people's melanoma risk and have found that coffee consumption might actually reduce a person's risk of developing melanoma.

Researchers looked at the diet and health of over 400,000 people in the US for a decade. Participants were aged between 50 – 71 years and were included if classified as 'white' to remove the effect of dark skin on lowering melanoma risk. They found that those who drank the most coffee each day had lower melanoma risk. This is thought to be because chemicals in coffee can reduce UV-induced carcinogenesis, protect against oxidative stress and DNA damage, and reduce inflammation.

This study can't prove conclusively that coffee lowers melanoma risk and even if research confirms the protective effects of coffee, people should not rely on this to protect them against melanomas. Sun avoidance including sunscreen, long sleeved tops, hats, and not spending time outside in the peak heat of the day is the best melanoma prevention.

For reference: McCormick, A et al. Psychological determinants of whole-body endurance. *Sports Medicine* 2015; DOI 10.1007/s40279-015-0319.6.



MYTH VS. FACT: PLAIN PACKAGING POLICY AND SMOKING RATES

In 2012, Australia introduced compulsory plain packaging for cigarettes. This means that all cigarettes supplied in Australia are required to be in plain, dark brown packets and have graphic health warnings covering a certain proportion of the front and back covers. This measure aims to minimise the appeal of cigarettes and increase awareness of the health dangers related to smoking tobacco.

Researchers looked at the effectiveness of plain packaging soon after its introduction, comparing those who smoked cigarettes from plain packets and those still smoking from branded packets. They found that those who smoked from plain packages viewed their cigarettes as being lower in quality, less satisfying than they were a year earlier and were more likely to have thought about quitting in the past week.

These results show that plain packaging is a positive step in the right direction for reducing the preventable disease and death caused by smoking. Smoking increases risk of a huge range of diseases and contributes to early death and quitting at any age will lead to improved health. Talk to your doctor or call Quitline on 13 7848 for free, confidential and individually tailored advice to assist you with quitting smoking.



For reference: Wakefield MA, Hayes L, Durkin S, et al. Introduction effects of the Australian plain packaging policy on adult smokers: a cross-sectional study. *BMJ Open* 2013; 3:e003175. doi: 10.1136/bmjopen-2013-003175



Dr Norman Swan

A MATTER OF HEALTH

There's been a lot of publicity given to the concerns that some people have that wind farms cause ill health.

So you might be wondering what the evidence is? The symptoms people complain about include fatigue, mental fogginess, insomnia, headaches and nausea. It's even been given medical sounding names: wind farm syndrome and vibroacoustic disease based on an unproven theory that wind farms produce 'infrasound' – low frequency sound waves at or below our hearing threshold – which can travel long distances and exert significant pressure, causing biological damage.

The trouble is that this set of symptoms is very common, often without an identifiable cause despite your doctor doing lots of tests.

DID YOU KNOW? AN IRRITABLE BOWEL MIGHT CALL FOR SUBTLE DIETARY CHANGES

Irritable bowel syndrome (IBS) is a gastrointestinal condition that causes abdominal pain, bloating, constipation and diarrhoea.

The causes are unknown and there is currently no cure. It's common and can make daily life uncomfortable.

Prevention and management of the symptoms of IBS generally involve people making changes to their diet. Often, this will mean the elimination of specific foods or whole food groups. An example of nutrients commonly excluded by IBS sufferers are carbohydrates that can't be digested in the small intestine - a collection of compounds called FODMAPS, found in foods such as legumes, onions and beans. While these solutions improve symptoms for some people who have IBS, they do not work for all.

The evidence for cutting out foods and food groups is limited, with research suggesting that it's rather likely to be a whole range of food compounds that can trigger IBS symptoms. The concern with eliminating whole food groups is that the overall quality of the diet will diminish and then lack

The science though shows that wind farm syndrome fails what you might call the cause and effect test. When it comes to biology – the way the body works – you can't explain these symptoms from what's known about the physical effects of infrasound. There's also no dose effect. If something causes a disease or illness then almost always, the more you're exposed, the higher the risk, and that runs true for smoking, blood pressure, obesity and radiation and other carcinogens. Wind farm syndrome is almost non-existent in farm families who are being paid to have turbines on their land and who live closest to them.

There's an explanation but it's not one that people find palatable.

We have to start accepting that the brains and minds are part of our bodies. The same chemicals that make our brains tick, exist throughout the body. Anger and loss of power are miserable feelings and can make you feel ill. Allowing a conversation with your doctor (once the right tests have been done) which opens up this possibility opens up the chance for effective help.

important elements. Health professionals are now focusing on manipulating food components rather than cutting out whole foods groups to help people with IBS. Subtle dietary changes, paying careful attention to the nutritional value of the whole diet, might be best.



For reference: Gibson, PR et al. Food components and irritable bowel syndrome. *Gastroenterology* 2015. Doi: 10.1053/j.gastro.2015.02.005.

Across: 4. Heart; 6. Melanoma;
7. Positive; 8. Cigarettes.
Down: 1. Diet; 2. Ultraviolet;
3. Fibre; 5. Abdominal.

TO CROSSWORD ANSWERS

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.