

HEALTH NEWS

Chelsea Beach Medical Centre – Issue 3



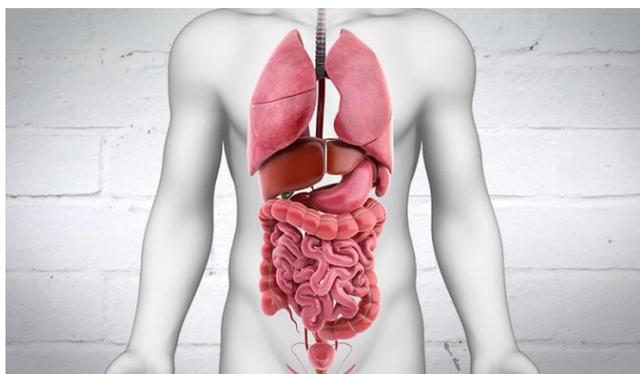
Accreditation is an integral part of good general practice

What is general practice accreditation?

General practice accreditation is independent recognition that your practice is committed to delivering safe and high quality health care to your patients by complying with the Royal Australian College of General Practitioners (RACGP) Standards for general practices

We are now a fully accredited practice having been surveyed on September 16th 2015, with great results, we would like to thank all of our patients for their input

December is National Bowel Cancer Month



The Digestive System

The system of organs which remove and process nutrients from foods and helps pass waste material

The gastrointestinal or digestive tract [also known as the GI tract or Gut] is the system of organs which remove and process nutrients [vitamins, minerals, carbohydrates, fats proteins and water] from foods and helps pass waste material out of the body. The gastrointestinal tract is made up of the oesophagus, stomach and the small and large intestines.

The oesophagus is the hollow muscular tube that moves food and liquid from the throat to the stomach. The wall of the oesophagus is made up of several layers of tissue, including mucous membrane, muscle and connective tissue.

The stomach is a J-shaped organ in the upper abdomen. The stomach helps in the digestion of food by mixing it with digestive juices and churning it into a thin liquid. After leaving the stomach, partly digested food passes into the small intestine and then into the large intestine. The small intestine mainly absorbs nutrients from broken down food.

The colon [the first 1.8metres of the large intestine] mainly absorbs water and the rectum and anal canal [the last 15centimetres of the large intestine] stores waste material [faeces] until they are passed from the body through the anus.

The anal canal ends at the anus, the opening of the large intestine to the outside of the body.

The colon and rectum together are known as the large bowel.



Bowel Cancer – The Facts

Australia has one of the highest rates of bowel cancer in the world.

Bowel cancer is the second most common type of newly diagnosed cancer in Australia.

14,958 Australians are told they have bowel cancer every year.

Bowel cancer is Australia's second biggest cancer killer after lung cancer, claiming the lives of 4,162 people every year.

55% of people diagnosed with bowel cancer are male, 45% are female

Bowel cancer risk increases with age, screening from age 50 every 1-2 years is a must

For around 25% of all bowel cancer cases there is a family history or hereditary contribution.

90% of bowel cancer cases can be treated successfully if found early, fewer than 40% are detected early

You should never be told you are too young to have bowel cancer

While bowel cancer is more common in people aged 50 years and over, bowel cancer increasingly affects all age groups

It is a common misconception that bowel cancer is 'an old persons disease'

So bowel cancer risk is certainly something people of all ages need to be aware of

Bowel Cancer - The Symptoms

See your GP if you have:

Blood in the bowel movement

Unexplained weight loss

Persistent change in bowel habit

Severe abdominal pain

Bowel Cancer – Helpline 1800 555 494

Make The Most of Water

As we are heading into the warmer months
It is important to keep well hydrated



Choose water that is either flat or sparkling, cold or room temperature dependant on tolerance and preference. Other water choices are soda water or mineral water, and for a little sweetness and hydration try coconut water. Soda water does contain a low volume of salt as do some mineral waters, read the label if you are salt intolerant or have been told to avoid salt.

Mix it up to make water more tasty and fun with naturally based flavourings.

The sky is the limit here dependant on taste. Roughly chop fruit to fill a third of the container. Steep the fruit in the water of your choice overnight, or leave the water and fruit out at room temperature for a few hours. Add ice before serving.

Combination ideas:

Sliced lemon and raspberries

Pineapple and chopped mint

Starfruit and cucumber

Thai basil and fresh mango

Coriander, mint and mango

Kiwifruit and cucumber

Cantaloupe melon and coconut water

Strawberry and mint

Pear and vanilla essence

Ginger and seeded black grape

Blueberries and cardamom

Citrus combination, lemon, lime, mandarin and orange



How Technology Use Messes With Sleep – What You Can Do About It

Research has shown a clear link between technology use before bed and compromised sleep that affects our health and wellbeing.

While effects can vary from person to person, it may be subtle as thinking not being as sharp, your energy a bit sluggish, vigilance is a bit down, your mood a bit less stable.

“Sleep is the foundation of all physical and mental health essentially. That sounds very radical but it’s true”

How Technology Use Messes With Sleep – The Dark Side of Blue Light

Light from screens shining into your eyes sends signals to your brain that interfere with the production of melatonin, a chemical needed for sleep.

Although all wavelengths of light have this effect, blue light is particularly problematic. Blue light is so good at helping us feel awake, it’s used in places like factories to help night workers stay alert.

Repeated use in the evening over 5 nights can delay the body clock by 1.5 hours of sleep. Which means you go to bed later and sleep in longer

How Technology Use Messes With Sleep – How Use Affects Sleep

Technology use in the evenings may make it harder to drop off to sleep and make you feel sleepier the next day.

The impacts on sleep are related to both the stimulating effects on interacting with a device and the effects of light from the screen.

Passive activities like reading an e-book or watching a movie are thought to be less disruptive than messaging, posting or playing games.

How Technology Use Messes With Sleep – Particularly Bad For Teen Sleep

The light is especially significant to teenagers, this is because they need more sleep, and changes in the brain mean teens already have a delayed sleep-wake pattern.

Screens not only take away sleep, because they take up time, they make kids more wakeful.

In the habit of playing games on your phone or checking social media as the last thing you do before bed?

Even if you do not think you have a sleep problem, your night-time habits might be reducing your quality of life more than you think.

There has been a significant increase in complaints of inadequate sleep among 18-24 year olds.

How Technology Use Messes With Sleep – Reduce the impact

Dim the screen on devices at night

Reverse the setting on e-readers so that the type is white on a black background, rather than the other way round. Try different apps, screen protectors and in some cases, inbuilt night settings that reduce blue light on phone screens

Try to restrict technology use, especially the most stimulating kind, to earlier in the evening.

The Health Check-Up



There is great emphasis these days on keeping healthy. People are definitely taking a more active role in their own health by participating in exercise and healthy eating.

The Health Check-Up – What Happens in My Check-Up

The main aim of a check-up is to detect illness at an early stage, or better still prevent illness occurring in the first

place. It is surprising how many conditions are picked up on a routine basis.... Diabetes, breast lumps, elevated blood pressure and skin cancers to name a few.

The check-up is a good time to do routine tests like Pap smears and cholesterol levels. It is also an ideal time to discuss lifestyle factors like smoking, excess weight and stress.

We focus on your family history as this may provide valuable information towards the prevention of medical illness in yourself.

Health education is an important part of any medical check-up

The Health Check-Up – How Often

There is no guideline on how often a person should have a check-up but most doctors agree that every 12 to 18 months is reasonable in a person under the age of 50, assuming that this person does not have any chronic disease.

Some people prefer to have their check-up in the month of their birthday as this is easier to remember each year

IS IT TIME FOR YOUR CHECK-UP

Going Overseas



Going overseas? Whether Thailand or Nepal, Kenya or Peru; staying healthy requires you to be a smart traveller.

A smart traveller invests in quality travel advice and travel insurance.

You may require Yellow Fever vaccination by law to gain entry into certain countries.

Apart from vaccines there are many other important issues to consider, such as Malaria, Dengue Fever and preventing rabies, diarrhoeal illness or even altitude sickness.

We offer travel medical advice from well-travelled doctors, who stay updated.

We conveniently stock a comprehensive range of vaccines including Yellow Fever.

Some healthy recipes

Apple Pumpkin Muffin Tops [Low Fibre]



Makes 16 mini muffins, approx. 2-3 grams fibre per serve

Ingredients

50 grams rolled oats with a little extra for decoration

170 grams plain flour

50 grams wholemeal flour

Enough peeled, boiled cooked pumpkin puree to make $\frac{3}{4}$ cup

245 mls milk of your choice

1 teaspoon vanilla extract

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup stevia [a calorie-free substitute for sugar]

3 tablespoons melted coconut oil

1 egg OR vegan 1 teaspoon of No Egg replacer to 2 tablespoons water

2 large peeled, cored and finely chopped apples

1 teaspoon cinnamon [optional]

Method

Preheat oven to 180 degrees

Line mini muffin tin with paper cake liners and spray the entire tray with olive oil to ensure the spaces between the

cups are oiled to prevent muffin tops from sticking

Heat 1 tablespoon of coconut oil in a non-stick pan and sauté apple chunks add cinnamon[if you like the taste]

Leave to cool

In a separate bowl add milk, pumpkin puree, stevia, vanilla extract, egg [or egg replacer]

Sift flours, baking soda and baking powder over the mixture, finally turn the sifter over and add the leftover wholemeal

Stir the ingredients through lightly

Finally add apples and oats and gently mix through

Fill the mini muffin cups to full, this way you will get a muffin top

Sprinkle a few oats on top for effect

Cook for 15-20 minutes until golden brown and they bounce back on light touch

Once cooled they can be stored in an airtight container for 2 to 3 days in the fridge

Citrus Coleslaw



10 min preparation
6 serves of vegies in this recipe

Ingredients

1 orange
3 cup shredded cabbage
2 sliced spring onions
1 small green capsicum, seeded and sliced

Dressing

1 tablespoon vinegar
1 tablespoon orange juice
2 tablespoons olive oil

Method

Grate the orange rind and set aside
Peel and slice orange into segments or rings
Combine orange with cabbage, spring onions and capsicum in a serving bowl
Mix dressing ingredients in a separate bowl and add orange rind
Pour over salad and mix well

Variation

Use pink grapefruit instead of orange
Add sliced kiwi fruit or grated carrot

For a creamy, low-fat dressing mix
¼ cup low-fat natural yoghurt
¼ cup reduced fat mayonnaise
Juice of ½ lemon
1 teaspoon wholegrain or French mustard

NUTRITION INFORMATION		
Serves in this recipe: 4	Quantity per serving	Quantity per 100g
Serve size: 147g		
Energy	495.63kj	336.82kj
Protein	4.80g	1.23g
Fat	9.24g	6.28g
- saturated	1.28g	0.87g
Carbohydrate	5.53g	3.76g
- sugars	5.52g	3.75g
Fibre	3.36g	2.29g
Sodium	14.16mg	9.62mg

Christmas/New Year Hours

Saturday	24.12.16	9am – 1pm
Sunday	25.12.16	Closed
Monday	26.12.16	Closed
Tuesday	27.12.16	Closed
Wednesday	28.12.16	Normal Hours
Thursday	29.12.16	Normal Hours
Friday	30.12.16	Normal Hours
Saturday	31.12.16	9am – 1pm
Sunday	01.01.17	Closed
Monday	02.01.17	Closed
Tuesday	03.01.17	Normal Hours

Practice Details

Dr Joseph Sze

BMedSci MBBS FRACGP

Joseph enjoys all aspects of general consulting, paediatrics, diabetes, family medicine, minor surgical procedures, care plans, immunisations, and health assessments.

Dr Sarah McLean

BSc BMBS DCh FRACGP

Sarah has an interest in child health, travel medicine, Indigenous health and minor surgical procedures.

Business Manager

Mr Andy Dao

Practice Manager

Helen Chaberka

Reception

Sue P.

Joanne W.

Stephanie M.

Gwen W.

Practice Opening Hours

Monday to Friday
9.00am – 6.00pm

Saturday
9.00am – 3.00pm

Sundays & Public Holidays
Closed