

PEX MEDICAL CENTRE

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OUR DOCTORS

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NURSES

Noela Relph RN
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CLINIC STAFF

Jane Doe (Practice Manager)
Teresa Green (Reception)
Howard Eynoe

CLINIC HOURS AND SERVICES

Consultations are by appointment.
Monday to Friday 8.00 am – 6.00 pm
Saturday 8.00 am – 1.00 pm
Sunday / Public Holidays Closed

APPOINTMENTS

If you are unable to attend your prearranged appointment time, please phone and let us know. Someone else may be able to use that time.

URGENT CARE

Urgent medical problems are dealt with promptly. At times this may mean a delay for patients with appointments, and we apologise in advance for any inconvenience this may cause.

AFTER HOURS

The doctors share a roster. Call the main clinic number and you will be put in touch with the duty doctor.

YOUR DOCTOR

FREE!!
TAKE ME HOME



DECEMBER 2017

30 Days Wild Challenge

Are you or your family suffering from Nature Deficiency Disorder? The solution may be the 30 Days Wild Challenge!

30 Days Wild was an initiative started by the Wildlife Trust, UK in 2015. They started the campaign in order to study the effect on people of an increased connection to nature. The campaign challenged people to commit to engaging with nature every day for 30 days. The results of the 30 Days Wild experiment showed that connection to nature had a significant impact on health, happiness, and conservation behaviours.

In Australia and New Zealand, we have a climate significantly more conducive to outdoor life than the UK, yet it may be surprising to learn that statistics show both Australia and New Zealand are comparable to other developed countries when it comes to time spent outdoors, with about 90% of our time spent indoors!

Richard Louv, the Audubon Medal winning author for his book, *Child Lost in the Woods*, has coined the phrase “nature deficiency disorder,” which he suggests is a major contributor to some of the most disturbing childhood trends, such as rises in obesity, attention disorders and depression. His observations need not be limited to children, as the same epidemics affecting our children are challenging many adults today as well.

The importance of being around nature is not a particularly new concept; concerns about detachment from nature have been

raised for hundreds of years as our societies have moved toward city living. In fact, when parks were first designed in the nineteenth century, it was done with the strong belief that open natural spaces provided possible health advantages. Despite this, our society continues to detach itself even further from nature, as time outdoors is swapped for time spent indoors interacting on device screens and the internet.

According to a 2016 census, 87% of Australians access the internet every day; and over 50% of those are on the internet for three hours or more. Nature Play SA reports Australian children are spending less time outside than ever before – with less than 2 hours per day spent outdoors compared to 4.5 hours per day in front of a screen.

The good news is, more groups are being established to reconnect children and adults with nature. Groups such as the Australian based Nature Play (www.natureplay.org.au) and Conscious Kids in Auckland, New Zealand (www.consciouskids.co.nz) are committed to giving kids the experience of good old-fashioned fun outdoors. The 30 Days Wild challenge is another opportunity open to anyone internationally. Why not try it with your family? If you are feeling really confident, there is also a 365-day challenge.

For more information visit

www.mywildlife.org.uk/30dayswild or
www.wildlifetrusts.org/StayWild.

Take me home to complete our PUZZLE – check inside!

Choose water

Water is commonly known to be essential for life, yet a recent study at the University of Sydney found that 82% of the Australian population failed to meet their recommended water intake.

Although the daily amount of water necessary for hydration is currently debated, the Australian National Health and Medical Research Council (NHMRC) has set the recommended intake for Australia and New Zealand at 2.6 litres for adult males, 2.1 litres for adult females and 1.0–1.9 litres for children/adolescents.

Water is necessary for most of the body's functions such as blood circulation, metabolism, regulation of body temperature

and waste removal. Also, considering water makes up a massive 50-80% of body weight (depending on lean body mass), it is essential to be aware of your water consumption. NHMRC advises that as little as 2% dehydration can result in impaired physiological response, mood, cognitive ability and performance.

A 2012 study of university students in London found that those who brought drinks, especially water, along to classes performed up to 10 percent better than those who did not. Another study published in The Journal of Physiology & Behavior found that dehydrated drivers made twice the amount of errors during a two-hour drive compared to hydrated drivers.

Your heart will also thank you for drinking water. The American Journal of Physiology found that drinking five or more glasses (1,185ml) of water per day reduced the risk of fatal coronary heart disease by 41% in women and 54% in men! In this study, the health benefits were limited to water because drinking “fluids other than water” (coffee, tea, juices, soft drinks) actually appeared to increase the risk of fatal coronary heart disease.

Hydration is beneficial in disease prevention as well. The risk of many cancers, including colorectal and urinary tract cancers, has been shown to reduce with proper hydration. Bladder cancer, for example, was shown to decrease by 7%

for every 240ml of fluid drunk per day; and was shown to significantly reduce for men who drank at least 1,440ml of fluid per day. Dehydration is also the number one cause of kidney stones.

Without water, our bodies can't function, so it is always a smart idea to make sure you are properly hydrated. Although there is some debate on using the colour of your urine as an indicator for hydration, general advice suggests the darker your urine, the more likely you are to be dehydrated.

For more information on the benefits and recommendations for drinking water, go to www.nrv.gov.au/nutrients/water.

WORD SEARCH

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|-------------|---------------|
| BLOODSTREAM | HEALTH |
| BOWEL | LIVER |
| CAMPAIGN | MINIMISE |
| CANCER | NANOPARTICLES |
| CHALLENGE | NATURE |
| CHEMICALS | OUTDOORS |
| CIGARETTES | OXYBENZONE |
| COLORECTAL | PACKAGING |
| CONSUMPTION | RECONNECT |
| CORAL REEF | RESEARCH |
| DAMAGE | SMOKING |
| DEHYDRATION | SUNSCREEN |
| DRINKING | TOBACCO |
| FILTER | TOXINS |
| FLUIDS | WATER |

R A L V U W G Z S Q A G H W L H O Y R G C B W O F
 Y C O B E J C L I N Q P G P D V A A R L S R B S B
 W H N X O R V T J R E S E A R C H L Z W S Q L M M
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 G W I M J Q V O Z I T K I Z P F I L T E R Z A V I

How to reduce our risk of bowel cancer

We seem to be continually bombarded with information and recommendations about what we should and shouldn't eat.

It sometimes feels like if we followed all the advice, we wouldn't be eating anything at all! It can be extremely difficult to know which of the advice to follow, and how it will protect our health, if at all.

One crucial area where we are sure that diet and health interact is bowel (or colorectal) cancer. Colorectal cancer is one of the most common forms of cancer in the Western world, with Australia and New Zealand having the highest incidence in the world. There is convincing evidence that what we eat influences the risk of developing

a tumour. A recent report from the World Cancer Research Fund has highlighted these risks and provided some truly startling data. Their 2017 report on the effects of diet, nutrition and colorectal cancer confirmed the finding that eating processed meats (such as ham or bacon) will increase the risk. For the first time, they also found that eating whole grains (such as those found in some breads or breakfast cereals) can reduce the risk. Astonishingly, they report that up to 47% of the risk of bowel cancer could be avoided by altering our lifestyle.

The report recommends that to minimise our risk we should be physically active, eat more whole grains and fibre-containing foods, whilst limiting red meat intake to 500g



per week and eating little if any processed meat. Along with limiting alcohol intake, avoiding smoking and keeping an eye on our weight, this should mean we reduce our risk as much as possible. Whilst we can't completely remove the possibility, these simple measures mean we are doing all we can to stay healthy.

Protect yourself and the coral reefs from sunscreen damage

In Australia and New Zealand, we grow up understanding sun protection is vital.

Slip, slop, slap is a powerful campaign that started in 1988, reminding us to slap on the sunscreen – but while we are getting protection from the sun, could we also be causing damage to ourselves and the environment?

Earlier this year, Hawaii passed a bill that will prohibit the use of sunscreens or cosmetics that contain oxybenzone while on a beach or in the ocean. This comes after scientists conducted studies showing this active ingredient in many commercial sunscreens contributes to the destruction of coral reefs and thus escalating climate change.

Oxybenzone is not only harmful to the environment, it has also shown to be detrimental to our body's hormonal system. As Dr Karl Kruszelnicki explained to the ABC in September 2016, oxybenzone easily crosses the skin since it is fat-soluble; and, once in the body, it acts as an endocrine disruptor in humans in the same way it does in the coral reef.

What about the alternative sunscreens using zinc oxide, titanium oxide, and even essential oils? The latest research by the Therapeutic Goods Administration (TGA) suggests these do not reach body cells to cause damage; and when our 'macrophages' cells were exposed to the nanoparticles of these sunscreens in a lab, they were able to absorb and break them down normally. With regards to marine life, according to international organization Marine Safe, research suggests these types of sunscreens may also cause harm. However, Dr. Kruszelnicki explains that zinc oxide and titanium oxide based sunscreens are less harmful to coral reefs than oxybenzone.

So, what should you do if you are trying to be sun protection savvy and also eco friendly? Some advice given by the Cancer Council is firstly to use UV protectant clothing, umbrellas, hats, and sunglasses as often as possible; reducing the amount of skin needing sunscreen. Avoiding the sun during the strongest part of the day and sitting in the shade are also beneficial.



Strawberry Cheesecake ... a healthy version

INGREDIENTS

Crust

- 2 C almonds
- 6-8 dates (depends on size)
- 5 Tbl coconut oil, melted
- 1 tsp cinnamon
- ¼ tsp salt

Filling

- 3 C raw cashews, soaked in water for 2 hours
- ⅔ C coconut cream
- ⅓ C fresh lemon juice
- ½ C maple syrup, or any other syrup for sweetening
- ¼ tsp salt
- 1 tsp vanilla extract
- Strawberries, sliced (or try raspberries if you prefer)

METHOD

Crust

- Place all ingredients into a food processor and process until combined.
- Line a 8-inch or 9-inch spring-form pan with baking paper.
- Press mix firmly into the base and refrigerate while preparing the filling.

Filling

- Drain and rinse the cashews. Place into a blender or processor with the remaining ingredients.
- Blend until smooth - this could take a few minutes.
- Pour half of the filling into the base. Layer with the berries. Top with the remaining filling.
- Freeze at least 3 hours until set.
- When ready to serve, remove from freezer and allow to thaw slightly for about 10-15 mins.
- Slice into small portions – remember, although a healthy version, it is still rich.
- Serve with more fresh berries.

Suggestions

- Try a different type of berry.
- Swirl through some berry compote or jam before freezing.



Our amazing liver

Do you have a water filter at home? A water filter helps pull toxins, bacteria and all sorts of nasties out of our drinking water. Imagine how amazing it would be if we had one built into our bodies. Guess what? We do!

Your liver filters all the blood that circulates through your body, removing toxins and using complex processes to break down the nutrients we consume (like proteins and sugars) and turn them into chemicals the body needs. It stores these chemicals as vitamins, hormones, cholesterol and minerals until the body needs them, then it releases them into the bloodstream.

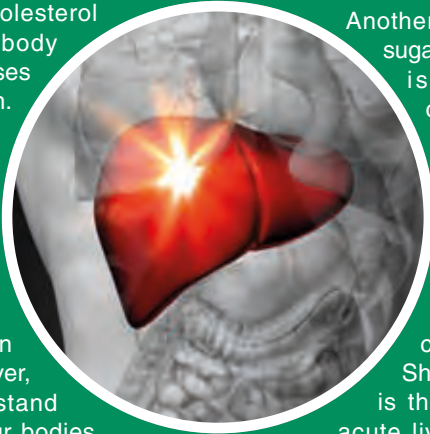
You only have one liver and you can't live without it, so it is extremely important that you help it stay healthy. If you overwork it, then it is more likely to become worn out and diseased. In order to be kind to your liver, it is essential to understand that what we put into our bodies can affect the liver's stress levels.

Many people associate the liver with clearing alcohol from our system. And it is true that it clears alcohol; and that excess alcohol can lead to liver disease, but there are other substances that also need to be considered.

Did you know the liver also filters sugar, over-the-counter (OTC) and prescription medications, and even supplements? In today's society these products are consumed so frequently that people often

think of them as harmless.

Consider sugar, for example. Dr Robert Lustig, professor of Paediatric Endocrinology at the University of California, San Francisco (UCSF) explains that the liver only has the capacity to safely metabolise about 6 teaspoons (25g) of sugar per day. Australia is currently rated the fifth highest country in the world for sugar consumption, eating a whopping 23.9 teaspoons (95.6g) of sugar per person per day according to the Washington Post.



Another culprit to combine with sugar and alcohol consumption is frequent usage of common medications such as acetaminophen or paracetamol. Acetaminophen is found in hundreds of medicines commonly used to treat musculoskeletal pain, fever, allergies, coughing, colds, flu, and sleep. Shockingly, acetaminophen is the number one cause of acute liver failure in the United States and the United Kingdom, especially for those that regularly consume alcohol.

By reducing or removing consumption of over-the-counter pain medications and by receiving professional advice on the correct usage of supplements you can help your liver out.

Your doctor can advise you on how to reduce your sugar intake. The less substances you consume that make the liver work harder, the healthier your body will continue to be.

Has plain cigarette packaging helped?

New evidence suggests that fewer people are taking up smoking thanks to the introduction of plain cigarette packaging.

It's no secret that smoking tobacco damages your health and can lead to life-threatening illnesses such as cancer, heart problems and lung disease.

According to figures published by the Australian government, as many as 15,000 Australians die each year from preventable smoking-related illnesses. To help reduce these figures, the government introduced the 'Tobacco Plain Packaging Act' in 2011, which set out new regulations for how tobacco was packaged. The idea was that by making all tobacco packets look the same, and by removing specific, recognisable branding, it would make the packets much less appealing. This would then hopefully discourage people from taking up smoking and, potentially help to encourage those who already smoke to quit. Tobacco companies were told to remove any logos or brand

imagery, and were restricted in their use of colour, size and format. Health warnings were also made much more prominent.

A Cochrane review, published in April 2017, suggests that this strategy may well be working. The study, which included around 800,000 participants, looked at the effect that plain packaging had on general smoking levels and found that tobacco use had decreased as a result of the less appealing designs. Ongoing data collected from studies in Australia continue to support this finding and many other countries, such as France and the UK, have followed suit in introducing similar laws.

With tobacco advertising banned, unattractive packaging, and the fact that Australia is one of the most expensive places in the world to buy cigarettes, the hope is that fewer and fewer people will take up the habit and more people will quit, saving thousands of lives every year.

PRACTICE UPDATE

Our aim is to provide the most up-to-date medical service possible and to focus on preventive health to help you avoid disease before it starts.

Our doctors commit themselves to ongoing education and skill development by attending conferences, seminars and lectures. Electronic information sources further enhance access to the most current information and research.

Parking facilities including allocated spaces for permit holders are available to our patients.

ON ARRIVAL AT THE CLINIC

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

PRIVACY

This practice is committed to maintaining the confidentiality of your personal health information. Your medical records are confidential.

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.

FEES

Standard consultation costs vary and each doctor has their own individual billing practices.

All fees are payable at the time of consultation. Major credit cards and EFTPOS facilities are available. Discounts are available for holders of Healthcare Cards and pensioners.

If you have any difficulty with your account, please feel free to talk to your doctor or the Practice Manager.

TELEPHONE CALLS

Doctors in the practice may be contacted during normal surgery hours.

Wherever possible, please discuss your problem first with the receptionist or the nurse. If the doctor is with a patient a message will be taken and you will be advised by the reception staff when it is likely that the doctor will return your call.

REMINDER SYSTEM

Our practice is committed to preventive care. We may issue you with a reminder notice from time to time offering you preventive health services appropriate to your care. Should you not wish to be part of this system, please let one of our staff at reception know.

Take me home and give our healthy **RECIPE** a try!