

# KORUMBURRA MEDICAL CENTRE

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## PRACTICE STAFF

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## ADMINISTRATIVE STAFF

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## SURGERY HOURS AND SERVICES

CONSULTATIONS can be arranged by phoning. PH: 5655 1355

**Monday to Friday** 8.30am–6.00pm

**Saturday** 8.30am–12.00noon

The practice prefers to see patients by appointment in order to minimise people's waiting time.

Home visits can be arranged when necessary. If you need a home visit, please contact the surgery as soon as possible after 8.30am.

For After hours emergency medical attention – at night, weekends or public holidays please call 03 56542753 where a nurse will triage your needs and contact the doctor on call.

# YOUR DOCTOR

FREE!!  
TAKE ME HOME



JULY 2019

## Should we teach happiness in school?

**At least 20 percent of youth experience clinical depression by the time they leave high school. Should schools be prioritising mental wellness as well as mathematics?**

Even though the general population has access to better education, healthcare, living situations, possessions, and technology, depression is still ten times more common today than it was 50 years ago.

What's more, the average Australian and American is still no more satisfied with their life than they were in that same period. If you were to ask someone from Britain or Germany, many would go as far as to say they are less satisfied with life now. With vast improvements in the world as a whole, it's clear to see the environment is not so much to blame as learned skill sets – or lack of ones that could matter for mental health. Depression could very well be a consequence in today's children of not teaching them how to be happy.

That's where positive education comes in – it involves all those must-learn skills of schooling years, as well as skill sets for happiness. Most parents want their children to be happy, well-balanced, confident, satisfied, and kind, but many children may not learn those attributes in a conventional school environment. Instead, most children

go to school to learn literacy and numeracy, skills to further their careers, how to succeed, and how to obey rules. There's no denying these are all valuable and crucial life skills, but they often don't include how to cope with life, and be a happy and optimistic person.

Research from the Positive Psychology framework shows that pessimists are more likely to die of a heart attack than optimists. External factors such as wealth, health, marriage, and religion only account for a mere 15 percent piece of the overall happiness pie, but meaningfulness and engagement bring more satisfaction. There is substantial evidence from controlled studies that show skills for happiness promote resilience, engagement, creativity, and positive emotion in children. These traits, in turn, promote learning, which is the traditional goal of education.

Learning positivity is not going to overtake literacy and numeracy in the classroom, but there's no reason why it can't go hand in hand. Take time today to talk to your child. Ask how their day was and encourage them to open up. You could be laying the foundation for a more resilient and confident adult in the future.

## Taking care of earwax

**Earwax can sometimes be a troublesome bodily secretion, but it's vital for your ear health. Learn how to take care of it.**

Earwax, or cerumen, is waxy oil that protects your ears from debris, dust, water and other foreign matter. Normally, earwax makes its way out of the ear canal naturally and is then washed away. However, when it doesn't, it can be problematic.

Some people produce more earwax than average, which can result in blockages and hardening that affects hearing and causes irritation. However, the most common cause of blockage is using the wrong methods for removal, such as cotton buds, which can push the wax deeper. This can also cause damage or infection.

Signs of blockage include partial hearing loss, earache, ringing or buzzing, or a feeling that your ears are full. If this has caused an ear infection you may notice additional symptoms,

such as pain, odour, dizziness, coughing, and fever. See your GP for advice, as some of these can be signs of other problems.

Always use safe and approved methods to take care of earwax build-up. Digging the wax out yourself is not one of them. You can try using over-the-counter drops to soften it, or an ear irrigation kit may be worth considering. This process involves syringing room temperature water into your ear, then tipping your head to allow drainage. You should not use this method if you have had a medical procedure, or ear injury.

Even though earwax is a natural part of ear health and will rarely require intervention, infections and obstructions can occur. If you have any discomfort or symptoms, the safest option is to see your GP.

To try the latest **RECIPE** take me home...

# WORD SEARCH

- STEVIA
- COLIC
- RESILIENCE
- CIRCULATION
- SYRINGING
- MUSHROOM
- HEALTH
- HYPERTENSION
- DEPRESSION
- CREATIVITY
- PRIMARY
- CERUMEN
- GENDER
- SYMPTOMS
- OBESITY
- OPTIMIST
- RAYNAUDS
- COLD
- SECRETION
- GLUCOSE
- INFECTION



## Garlic Mushrooms and Ricotta on Toast

- 2 cups mushrooms, sliced
- 2 garlic cloves, crushed
- 2 Tbsp cooking oil
- 1 lemon, juice and zest
- 2-3 thick slices of your favourite bread
- 3 dollops of ricotta cheese
- ½ tsp paprika (optional)
- Small handful micro greens (or herbs)
- Salt and pepper to taste

Put oil in a pan and heat to medium. Add mushrooms and garlic. Cook for about 5 minutes.

Meanwhile, toast the bread.

Add lemon juice and paprika to the ricotta and spread on the toast. Place on serving dish.

Add zest to the mushrooms, and place on top of the ricotta. Sprinkle with micro greens (or herbs). Enjoy!



## Don't be in the dark about mushrooms

**Sunlight-exposed mushrooms can provide your entire daily vitamin D requirement in one serving.**

Given that about one third of Australians are vitamin D deficient, there's no better time to add mushrooms to your diet. Your body requires vitamin D for healthy bones and teeth, and to keep your immune system strong. Approximately three mushrooms can give you as much vitamin D as your body needs for the day.

Mushrooms exposed to sunlight for 30-60 minutes will naturally produce vitamin D; however, leaving them out for this long may dry them out. To solve that problem, farmers expose their mushrooms after harvesting to quick bursts of UV light. The mushrooms don't succumb to the elements, but they still generate vitamin D.

The benefits don't end there; mushrooms also provide protein, fibre, and a rich blend of B group vitamins, folate, minerals and antioxidants. Not only are they full of essential nutrients, but they are also very low in sodium, saturated fat and kilojoules.

Although technically a type of fungus, mushrooms are commonly known as a vegetable, and come in many varieties. Their versatility and delicious rich, savoury flavour makes them a popular choice to eat on their own or as added flavour to a meal.

Mushrooms are loaded with all-round health benefits and great taste; include them raw or cooked as part of your balanced diet and your body will love you for it.

### FIVE COMMON EDIBLE MUSHROOMS



White Button



Cremini



Porcini



Portobello



Shiitake

# The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

## 1. Your age group

- Under 35 years  0 points  
35 – 44 years  2 points  
45 – 54 years  4 points  
55 – 64 years  6 points  
65 years or over  8 points

## 2. Your gender

- Female  0 points  
Male  3 points

## 3. Your ethnicity/country of birth:

### 3a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No  0 points  
Yes  2 points

### 3b. Where were you born?

- Australia  0 points  
Asia (including the Indian sub-continent), Middle East, North Africa, Southern  2 points  
Other  0 points

## 4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?

- No  0 points  
Yes  3 points

## 5. Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?

- No  0 points  
Yes  6 points

## 6. Are you currently taking medication for high blood pressure?

- No  0 points  
Yes  2 points

## 7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No  0 points  
Yes  2 points

## 8. How often do you eat vegetables or fruit?

- Every day  0 points  
Not every day  1 point

## 9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes  0 points  
No  2 points

## 10. Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)

Waist measurement (cm)

### For those of Asian or Aboriginal or Torres Strait Islander descent:

- | Men             | Women          |                                   |
|-----------------|----------------|-----------------------------------|
| Less than 90cm  | Less than 80cm | <input type="checkbox"/> 0 points |
| 90 – 100cm      | 80 – 90cm      | <input type="checkbox"/> 4 points |
| More than 100cm | More than 90cm | <input type="checkbox"/> 7 points |

### For all others:

- | Men             | Women           |                                   |
|-----------------|-----------------|-----------------------------------|
| Less than 102cm | Less than 88cm  | <input type="checkbox"/> 0 points |
| 102 – 110cm     | 88 – 100cm      | <input type="checkbox"/> 4 points |
| More than 110cm | More than 100cm | <input type="checkbox"/> 7 points |

Add up your points

Your risk of developing type 2 diabetes within 5 years\*:

- 5 or less: Low risk**  
Approximately one person in every 100 will develop diabetes.
- 6-11: Intermediate risk**  
For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- 12 or more: High risk**  
For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

\*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.



# Stevia: the sweet alternative

**Sugar used to be the only way to sweeten food, but now there's a new player in the game: stevia.**

Unlike most other sugar substitutes, stevia is derived from a plant. It is native to South America, and comes from the Asteraceae family, related to ragweed and daisy. There's a lot that researchers don't yet know about stevia, but several species of it have been used for sweetening food for hundreds of years.

South American people have been using stevia for centuries. They called it kaa-hee (or sweet herb), and used it as a traditional form of medicine for stomach problems, colic, burns, and even contraception. It was also common for them to chew on the leaf to satisfy their sweet tooth.

The stevia plant was discovered by Europeans in the late 1800's; not long after that commercial farming began, and today it's cultivated around the world. Stevia is a popular choice as an alternative to calorie-laden sugar, and is available in various forms, including tablets, granules, and powder.

## Can it help with weight loss?

The goal of sugar substitutes is to help reduce your sugar intake and lose weight by consuming fewer kilojoules, (or calories). Given that stevia is around 200 times sweeter than sugar, but has no calories, it should be an obvious choice. However, studies have not proved that replacing sugar with sweeteners can lead to weight loss.

## Is it healthy?

Other studies suggest stevia might have extra health benefits, but there are mixed outcomes. Initial results showed that stevia could help to treat hypertension (high blood pressure), obesity, and diabetes. However, some studies suggest the opposite, and more thorough research is required.

## Is it safe?

The safety of stevia has been tested scientifically for more than 25 years. According to the Federal Food and Drug Administration, high-purity stevia plant extracts known as steviol glycosides, are safe for use in food, but unrefined stevia extracts and stevia leaf are not.

There are also concerns that chemicals in stevia could cause some cancers, genetic mutations, and adverse reactions with prescription drugs. If you are using any prescription medication, especially those relating to problems with cholesterol, blood pressure, inflammation, cancer, fertility, calcium, or viruses, proceed with caution.

Because stevia is relatively new to the food market, and research is still ongoing, there is no solid evidence to suggest it will or won't be a safer and healthier alternative to other sugar substitutes. Consult your doctor before consuming stevia in large quantities.



# 'Tis the season for Raynaud's

**With the arrival of the wintry weather, many people may notice the return of Raynaud's disease.**

Have you ever noticed your fingers or toes turning white and numb with cold, and tingling when they warm up? This can be a symptom of Raynaud's (pronounced ray-knows) disease; caused when the small arteries supplying blood to your skin become narrow and limit blood circulation.

Doctors don't fully know what causes Raynaud's, but believe blood vessels in the hands and feet overreact to cold temperatures. For some people stress can bring on an attack. In some cases, it can also affect your lips, ears, nose, and nipples. As you warm up it can take around 15 minutes for healthy blood flow to resume.

Raynaud's disease affects more women than men, and tends to be prevalent in people who live in cold climates. The treatment can depend on whether you have primary

or secondary Raynaud's, and how much it affects your quality of life.

Primary Raynaud's is mild, can resolve on its own, and is not associated with any other health problems. Secondary Raynaud's, although not as common, can be serious, and is caused by an underlying medical condition.

If you have a disease of the arteries, connective tissue disease, carpal tunnel syndrome, take certain medications, or smoke, you are more at risk of secondary Raynaud's. Repetitive actions, such as typing, can also cause it. Rare cases can result in tissue damage, leading to skin ulcers, or gangrene.

Primary Raynaud's sufferers can live a normal life, but if you have severe Raynaud's, and develop an infection or sore on an affected area, see your GP immediately. You can reduce the risk of attacks by staying warm, and keeping your hands and feet away from cold places.

## PRACTICE UPDATE

### TIPS FOR THE FLU SESSION

The flu also known as influenza is caused by a highly contagious virus that is spread by coughs and sneezes. Each year it affects thousands of Victorians. The flu isn't like the common cold, it often develops quickly and last for a few weeks. This results in needing time off from work or school and staying away from family and friends. Unfortunately for vulnerable people, like children, the elderly and people with a weakened immune system, the flu can have serious and devastating outcomes. As we are heading into flu season again it is important to go over some of the key points to help avoid getting the flu this year.

### The first step in helping to prevent the flu this season is with vaccination.

Please contact your local GP to discuss your options. Secondly, there are 3 important steps that you can take to stop the spread of the influenza virus.

1. **Cover your mouth** - if you feel a sneeze or cough coming on and you don't have a tissue handy, it is important to cough or sneeze into your elbow.

Why? Your hands touch many surfaces in your day to day activities but your elbow does not therefore reducing the spread of those germs. If you have a tissue it is important to cover your mouth when coughing or sneezing but don't hang on to it, dispose of it in the bin immediately.

2. **Hand hygiene** - washing your hands regularly with soap and water is the most important routine to include in your day. The flu virus can live on hard surfaces for hours and are easily spread when people then touch these surfaces.

3. **Stay home** – staying at home while you are unwell is the best way to avoid spreading the flu. Avoid going to work or school or visiting busy public places and vulnerable people, such as the elderly or the young. Avoid contact with others as much as possible while the infection is contagious. For adults this is usually around 3–5 days from when the first symptoms appear, and up to 7 days in younger children.

([www.betterhealthchannel.vic.gov.au](http://www.betterhealthchannel.vic.gov.au))

SIGNS & SYMPTOMS	INFLUENZA	COLD
Symptom Onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, Weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy Nose	Sometimes	Common
Sore Throat	Sometimes	Common
Chest Discomfort, Cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.