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SURGERY HOURS AND SERVICES

CONSULTATIONS can be arranged by
phoning. PH: 5655 1355

Monday to Friday 9.00am–5.30pm

Saturday 9.00am–12.00noon
(phone lines open at 8.30am)

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

JULY 2021

FREE!

This month we talk about...



**LACTOSE
INTOLERANCE**



**TEENAGE
DEPRESSION**



**WHAT IS
FIBROMYALGIA?**



**THINKING
YOUNG**

Stand up for your health!

Do you spend too much time sitting? Are endless hours consumed by the daily commute, being seated at work, and watching your favourite television series? Engaging in regular, moderate or vigorous exercise is an important health recommendation, but new research suggests that it's not enough. Constant sedentary behaviour — in other words, sitting too much — is a risk factor for serious health problems.

Many years ago when survival depended on our ability to farm and hunt for food, a strong, powerful and active body was essential. Nowadays, leading an inactive lifestyle is common; adults in Western countries can spend approximately nine to eleven hours a day sitting, so the muscles have little reason to move and strengthen. As the saying goes, "use it or lose it".

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More recent understanding of the effects of inactivity on our health has given rise to the alarming quote, "Sitting is the new smoking."
.....

Lack of movement also leads to an elevated risk of some diseases. When we move less, our arteries can lose elasticity and become stiff, which contributes to the development of cardiovascular disease. Lack of physical activity also affects the hormone insulin, making a steady blood sugar level difficult to maintain, which can act as a precursor to diabetes. Various cancers may be attributable

to spending more than three hours each day stationary, but the reasons for this are not yet clear, and research is ongoing.

Not only does inactivity bring an increased risk of serious illness, but it also affects our weight, muscles, posture and spine.

When we're sitting, our hip muscles remain in a shortened position, pulling on the back. This can alter the spinal curves and posture, leading to strain and stress through the discs and joints of the spine. These changes extend upward which can result in back, neck and shoulder pain.

THE GOOD NEWS

To put it simply, the longer we sit the more our health is at risk; but the good news is we can easily prevent this – just move more! Our work pressures and busy calendars can often prevent us from doing regular structured exercise, but there are lots of little ways you can be active throughout your day.

Break up sedentary periods. Stand every 20 to 30 minutes for several minutes of motion. Use a sit-stand desk, or switch your seat for an exercise ball. Park further away from the office, walk more, take the stairs, and do a little dance while you're washing the dishes. Structured, regular exercise is an important step, but incidental activity is also essential and makes a significant difference.

Being physically active will loosen tight muscles, improve your posture, calm physical distress, and reduce your risk of disease. A little movement, often, can lead to a longer, healthier life.



Our newsletter is free! You can take a copy with you.

What is Fibromyalgia?

Fibromyalgia is a fairly common condition, more so in women than men, particularly in middle age. It's characterised by general pain and fatigue, and can have a harmful effect on your health and well-being, particularly if it isn't well managed.

Fibromyalgia is commonly linked to arthritis, though it doesn't cause the same kind of swelling and inflammation. It's thought to be primarily a pain condition, caused by oversensitivity to pain, with complicated underlying reasons.

Fibromyalgia sometimes seems to begin after a virus – a number of symptoms that can follow a viral infection. It can also stem from an emotional trauma, creating a true physical pain disorder after mental illness.

SIGNS AND SYMPTOMS

The first sign of fibromyalgia is usually pain, often widespread and particularly affecting the muscles and joints. It's also associated with extreme fatigue – this could be partly due to sleeplessness, the emotional effects of chronic pain, and a primary symptom of the condition itself. The symptoms include:

- **pain in joints and muscles** – this can be widespread or only affect specific areas
- **fatigue** – especially waking up tired, and sometimes feeling that thoughts and memories are a little 'foggy'
- **depression** – complicated by chronic pain and disturbed sleep
- **other pain** – sometimes not specific, but frequently headache or stomach ache.

MANAGING FIBROMYALGIA

Treatment of fibromyalgia needs to encompass every aspect of the symptoms and cause. There are some things that can help.

Pain management strategies

Simple home remedies like heat packs and gentle exercise work well for some people.

Cognitive behavioural therapy or mindfulness

Trying strategies for emotional resilience and thought processes for managing pain.

Medications

Pain medications are not very effective for fibromyalgia as the cause isn't like most other causes for pain. Sometimes fibromyalgia pain can be managed with drugs that are usually used to treat depression.

A healthy lifestyle

Having a healthy lifestyle won't 'cure' fibromyalgia, but can take strain off the body in other ways, improving overall physical and mental health. Maintaining a healthy weight is particularly important in managing the symptoms.

Could your teenager have depression?

Teenagers go through times of great change; physically, emotionally, and socially. They are the years of developing independence, making important choices, and navigating relationships. All this, as well as coping with changing bodies, and the hormonal and emotional upheavals of puberty.

It's fairly normal to experience turmoil and changing behaviour through the teenage years, so it can be hard to distinguish whether some of these changes are a normal part of development, or signal a serious problem.

SIGNS AND SYMPTOMS OF TEENAGE DEPRESSION

An adolescent may not show obvious signs, but they may start to behave uncharacteristically. There are some behavioural and emotional warning signs that can indicate depression:

- continuous sadness or low mood
- irritability and aggression
- tiredness, lack of concentration, poor sleeping patterns
- social isolation
- loss of interest or pleasure in usual activities
- falling performance and attendance at school
- fixation on food or eating
- unexplained body aches and headaches
- poor self-image or low self-esteem.

If your teen is showing any of the signs continuously or frequently; or even just voicing feelings of depression – seek help.

More obvious signs requiring immediate attention are high-risk behaviours such as reckless driving, unsafe sex, drug and alcohol abuse, and self-harm.

WHAT CAUSES DEPRESSION IN TEENAGERS?

Teenage depression can be caused by a combination of factors. The internal causes include changing hormones and brain chemistry, causing mood swings and making it harder to cope with external stress. External causes can vary – it can stem from childhood or recent trauma, bullying at school, anxiety over work or relationships, or more. The triggers for depression in adolescents are as varied as for adults.

Teenagers who are feeling socially isolated may be less resilient and more at risk. For example: teens who are from ethnic minority groups, struggling with gender identity and/or sexuality, have pre-existing physical restrictions, or learning problems.

WHAT CAN YOU DO TO HELP?

Talk with your teen. Noticing when they're struggling is a good start – it means someone is looking out for them. It's important for them to know that they're not alone and that there are many ways to get help.

There might be some practical steps to take if there's a specific trigger, such as dealing with issues of bullying or abuse. Managing the cause can go a long way towards managing depression.

See your GP if you're worried about your teenager. Talking to schools or other professional support networks can be useful too, especially if they're having problems at school.

Mental health issues can be unpredictable and can reach a crisis point – if you're concerned about your teen's safety, you need to get professional support immediately.



Depression in teenagers should be taken seriously.

Suicide is the leading cause of death among people aged 15-24 in Australia.

You can think yourself younger!

It's no secret that a person's actual age doesn't always reflect the age they feel. There are plenty of 'young' 90-year-olds out there, and even more 'old' forty-year-olds. This is partly due to our overall health, but is there more to it than that – can we think ourselves younger?

Emerging research suggests that how old we feel affects how long we live. We have control over the age we feel, just as we have control over some of our risk factors for disease. So, is it possible to maintain the health and vitality of youth, alongside the experience and stability of age?

Staying young despite your age takes a combination of physical and emotional effort. Some diseases are more common as we age, so trying to prevent these is essential. The more chronic diseases we develop, the older we tend to feel – believing that illness means oldness.

Here are some good ways for you to maintain your youth.

- **Manage your health** – stay well! Have regular check-ups and treatment; routine health screenings like mammograms or blood tests are important. We can't always prevent illness, but we have ways to reduce our risk.
- **Exercise your body** – exercise is good for us, physically and emotionally.
- **Exercise your mind** – maintaining an active social life, hobbies, reading and games are all excellent ways to stay sharp – at any age. Spending time with youthful friends and family can keep you feeling young and fit too.
- **Live and enjoy life** – avoiding an activity you'd enjoy because you feel too old is heart-breaking. Unless you're going to actually do yourself some damage, do what makes you happy, whether it's learning an instrument, sports or circus skills, there's no time like the present!
- **Feel fabulous** – loving the way you look is wonderful, and a good way to feel positive about your body.

WORD SLEUTH

How many words can you find in the puzzle taken from articles in this edition?

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

ACUTE
AGE
ALLERGY
ARTHRITIS
BACTERIA
CALCIUM
CHEMISTRY
CHRONIC
COGNITIVE
DAIRY

DEPRESSION
DIARRHOEA
DISEASE
ENCOMPASS
FATIGUE
FIBROMYALGIA
HEADACHE
HORMONAL
INTOLERANCE
LACTASE

LACTOSE
MAMMOGRAM
NAUSEA
PUBERTY
RECEPTORS
SYMPTOMS
TEENAGERS
TEMPERATURE
TRAUMA
VIRUS

Breakfast Muffins

These savoury muffins are perfect for a quick and healthy breakfast, lunch, or snack.

INGREDIENTS

- 2 cups grated carrot (about 2 medium)
- 1 med zucchini, grated
- 1 small red pepper, chopped
- 1 Tbsp dried tomato, chopped (optional)
- ½ cup soy or oat milk
- ¼ cup yoghurt
- ¼ cup olive oil
- 2 eggs
- 1 cup hard cheese, grated*
- 2 cups wholemeal flour
- 3 tsp baking powder
- ½ tsp salt

INSTRUCTIONS

1. Grease or line a 12-hole muffin tin and set aside. Preheat oven to 180 degrees.
2. In large bowl, place carrot, zucchini, red pepper and dried tomato (if using).
3. Beat milk, yoghurt, oil and eggs together, mix in cheese and add to vegetable mix.
4. Combine flour, baking powder and salt before adding to wet mixture. Fold in gently until just combined.
5. Divide mixture evenly into prepared muffin tin.
6. Bake for 25-30 minutes, or until a toothpick inserted in the centre comes out clean. Cool muffins in the pan for 5 minutes before transferring them to a wire rack.

* Use lactose-free cheese if necessary. Replace ¼ cup of the cheese with parmesan or goat feta for extra flavour.



Lactose intolerance

If you experience discomfort after eating there can be many reasons why. It's advisable to be well informed if you suspect lactose intolerance so you don't unnecessarily avoid essential nutrients.

Lactose intolerance is the name for a common condition where you are unable to digest lactose, the main sugar in milk. This is due to inadequate amounts of the gut enzyme called lactase, which breaks down lactose. If lactose isn't broken down by lactase, it's broken down later in the digestive system by gut bacteria, causing unpleasant symptoms.

SIGNS AND SYMPTOMS

The symptoms of lactose intolerance can range from mild to severe. They usually include bloating and gas – this is from the gut bacteria breaking down the lactose. Stomach pain, nausea and diarrhoea are common. The symptoms usually start 30 minutes to several hours after consuming products that contain lactose.

Lactose intolerance isn't an allergy, but it is possible to be allergic to dairy. A true allergy can cause itchy skin, rash, swelling of the lips and tongue and difficulty breathing. Seek medical help urgently if you suspect an allergic reaction.

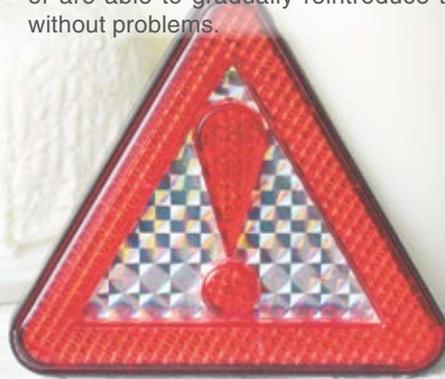
MANAGING LACTOSE INTOLERANCE

If you have symptoms, try cutting dairy out of your diet for several weeks. If the symptoms go away, but return when you eat dairy again, it could indicate intolerance. It's important that you don't self-diagnose lactose intolerance as the signs can be similar to those of other conditions. Consult your doctor for a diagnosis if you're having regular symptoms.

If you're advised to cut dairy out of your diet, there are lots of choices of soy, oat, or other plant-based foods. Lactose-free dairy milk is also available, and some types of cheese are very low in lactose. Yoghurts are usually well tolerated as the lactose in the milk has already been broken down by the process.

Make sure you won't be missing out on the nutrients you were getting from dairy products. Some alternatives to dairy are fortified with calcium, vitamin D, and other vitamins and minerals.

Interestingly, people have varying levels of lactose tolerance – you may find that you can tolerate a small amount of dairy products, or are able to gradually reintroduce them without problems.



Discuss your concerns with the doctor

It can be helpful to make a note of what you'd like to discuss with your doctor before your visit. After you make an appointment, take a minute to write down the doctor's name and appointment details and use this form to make a list to take with you..

DOCTOR'S NAME	DATE	TIME
1.		
2.		
3.		
NOTES:		

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.

RETURNING TO COVID "NORMAL"

The last 12 months have certainly been different for everyone, and there lots of changes to how we do things. Here at the clinic we also had to adapt to the pandemic and restrictions that have been implemented by the department of health. Some of these included: restricting the amount of patients we were allowed to see at the clinic, the introduction of telehealth appointments, compulsory masks, and patients having to wait in their cars instead of in the waiting room. But as we are now learning to live with the pandemic, things that were put on hold are now important to follow up. Below are some of the additional services that we offer at the clinic, and whilst some things have been modified to be Covid safe it's important not to put these important health checks off any longer.

SKIN CLINIC

Are you concerned with any spots or bumps on your skin? Then you should book in our skin clinic for a skin check by Dr Mark Bensley. Skin clinic runs every Tuesday.

WOMEN'S HEALTH CLINIC

This is a clinic that runs once a fortnight specifically for women's health. They are 30 minute appointments that include not only cervical screening, provided by one of our nurses trained in women's health, but also a discussion on women's issues regarding health and education.

LIFE PROGRAM

Are you at risk of developing type 2 diabetes, heart disease or stroke, have a BMI >35? Then this is the program for you! The life program is a FREE program that is run fortnightly for 8 weeks. During this time we discuss lifestyle changes that can dramatically reduce your risks of developing type 2 diabetes, heart disease and stroke. The program includes a session with a dietician to discuss food labelling and better food choices, and a session with a physiotherapist to explain ways we can get moving at home. Our programs are currently offered online or over the phone.

SMOKING CESSATION SESSION

We are all aware how hard it is to QUIT smoking, research shows us that the more support we receive the more likely we are to succeed. Here at the clinic we offer QUIT sessions with the nurse and GP. During these sessions we help you develop a plan to QUIT. These sessions are available at the clinic every day, if you are interested please ask your GP

IMMUNISATIONS

We offer a variety of immunisations here at the clinic, from childhood immunisations including catch up schedules, teenagers (particularly those that are a bit concerned about having a needle), through to adult immunisation such as flu, pneumonia and shingles vaccination. We have a team of nurse immunisers and GP's who can advise you on the right vaccinations for you.

CHRONIC DISEASE MANAGEMENT

If you have a medical condition that lasts longer than 6 months, please discuss this with your GP as you may be eligible for a Chronic disease management plan. This is a detailed plan to help you manage your condition. If eligible you may even be entitled to some rebates for allied health care.

ASTHMA EDUCATION

If you suffer from asthma then you should have an asthma action plan. For children and teenagers these action plans are required by schools and need to be updated annually. We have an asthma educator who will discuss with you your current medication, if you are using them correctly and also develop an action plan for when your asthma flares up.

WOUND MANAGEMENT

Do you have a non healing ulcer or acute wound that needs attention? Our nurses are highly skilled and offer wound care services in conjunction with your GP. There may be additional costs associated with this service, please discuss this with your doctor.

These are just a few of the additional services that we provide here at the Korumburra medical centre. If you would like any more information about any of these services please ask any of our reception or nursing staff, or talk to your GP.

Our newsletter is free! Take a copy with you.