



SOUTHERN FORESTS MEDICAL CENTRE

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Southern Forests Medical Centre aims to provide high quality, professional and personalised healthcare that is constantly evolving to meet the needs of the Manjimup community.

Dr P WUTCHAK
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MBBS

Dr C McMULLEN (Part time GP Registrar)
MBBS, Dip. Child Health, Dip Womens Health

Dr S Patel
FRACGP, FRNZCPG, FACRRM, Dip. Industrial
Health . Dip. Sports Med.

Nurses: Kara Thomas, Christine Drew and
Sharon Johnson

HOURS

Monday – Friday	8:30am – 5:00pm
Saturday	Closed
Sunday	Closed
Public Holidays	Closed

APPOINTMENTS

Please ring 08 9777 2293 for an appointment. If you feel you need a longer consultation, please let the receptionist know. Urgent medical problems are always dealt with promptly.

OUR PRACTICE

Southern Forests Medical Centre is fully accredited by AGPAL.

Our Doctors are committed to providing the highest standard of medical care to all individuals and families in the community.

Our friendly reception staff Carolyn Daws, Megan Aylmore, Tammy Proudfoot and Amy Buckley are available to make bookings or assist in any way.

All patient information and medical records are strictly confidential.

AFTER-HOURS

When the surgery is closed, please ring Warren District Hospital on 08 9772 5100.

In an emergency please dial 000 for an ambulance or proceed to your nearest hospital.

YOUR HEALTHTM

healthy advice from your family doctor

Autumn 2019 Edition 90

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YOUR COPY — FREE TO TAKE HOME

Confused About Healthy Eating?

If you're unsure about what to eat, you are certainly not alone. There's plenty of confusing and conflicting information out there when it comes to good nutrition, but unfortunately much of it isn't evidence-based.

While they may not be as exciting as the latest diet fad, the Australian Dietary Guidelines (ADGs) provide information about the types and amounts of foods, food groups and dietary patterns that aim to promote health and wellbeing and reduce the risk of diet-related conditions and chronic diseases.

The ADGs were developed by the National Health & Medical Research Council (NHMRC) with advice from a group of experts in nutrition, medicine and public health, who spent three years reviewing more than 55,000 scientific journal articles.

Accompanying the guidelines is a food selection guide – the Australian Guide to Healthy Eating. This guide provides a visual representation of the proportion of the five food groups which are recommended to be eaten each day, as outlined in ADGs.

The ADGs and The Australian Guide to Healthy Eating recommend eating a variety of foods from each of the five food groups each day, in the recommended amounts, in order to meet the nutrient requirements for good health.

Foods are grouped together because they provide similar amounts of the key nutrients characteristic of that food group.

For example, the key nutrients of the milk, yoghurt, cheese and alternatives group are calcium and protein, while the vegetables and legumes/beans group are good sources of dietary fibre and vitamins and minerals including vitamin C, magnesium and folate.

The five food groups are:

- ▶ Vegetables and legumes/beans
- ▶ Fruit
- ▶ Grain (cereal) foods
- ▶ Milk, yoghurt, cheese and/or alternatives
- ▶ Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans

The current dietary guidelines don't have a separate food group for fats and oils but an allowance is made for these.

The guidelines recommend replacing saturated fats (found in animal foods and many processed foods and fast foods) with polyunsaturated and monounsaturated fats found in foods like nuts, seeds, avocados, olives and oils made from these foods.

The guidelines also discourage the consumption of discretionary foods, which are those foods which are not a necessary part of a healthy diet.

To find out more about the Australian Guide to Healthy Eating and to calculate your own energy, nutrient and food group recommended serves, visit the Australian Government Department of Health Eat for Health website: www.eatforhealth.gov.au



Nutrition

Corn, zucchini and chick pea fritters

Preparation time:	Cooking time:	Serves:
10 minutes	12 minutes	7

Dairy and lactose-free, high in protein and low in fat

Ingredients

- 400g can chickpeas, drained
- 1 cup self-raising white flour
- ½ cup self-raising wholemeal flour
- ½ tsp salt
- 310g can corn kernels, drained
- 1 zucchini (courgette), grated
- 1 tbs chives
- 2 eggs, lightly beaten
- 1 cup So Good Almond Milk
- 2 tbs oil

Instructions

1. Place drained chickpeas in a food processor and process until roughly chopped.
2. Sift flours into a large bowl.
3. Add chickpeas, corn, zucchini (courgette) and chives.
4. Combine eggs and Almond Milk together and add to flour mixture, stirring until just combined.
5. Heat oil in a large non-stick frypan over medium heat. Add ¼ cup of mixture, flatten slightly and cook 3-4 minutes each side until golden.

Nutrition

PER SERVE: Energy 1210 kJ (288 Cal); Protein 10 g; Fat, Total 10 g; Saturated Fat 1.0 g; Carbohydrate, Total 37 g; Sugars 3.0 g; Fibre 6 g; Sodium 621 mg; Potassium 266 mg; Calcium 83 mg; Iron 2 mg.

© Recipe and image kindly provided by Sanitarium Health & Wellbeing Company.

Preventing Bowel Cancer

It doesn't get as much attention as other types of cancer, but bowel cancer is the second leading cause of cancer deaths in Australia. It is estimated that 1 in 12 Australians will develop bowel cancer in their lifetime. It can occur at any age but is more common after the age of 50.

Symptoms of bowel cancer:

The most common symptoms of bowel cancer include:

- ▶ A persistent change in your bowel habits
- ▶ Blood in your bowel movement or rectal bleeding
- ▶ A change in appearance of your bowel movements
- ▶ Abdominal pain, especially if it is severe
- ▶ Unexplained anaemia (iron deficiency) causing tiredness

If you do experience any of these, it's important to see your doctor for further investigations. Bowel cancer can be treated successfully in almost 90% of cases, if detected early.

There's a lot we can do to reduce our risk of bowel cancer. You can lower your risk of bowel cancer by:

- Exercising regularly, moving more and limiting sedentary time.
- Eating a diet high in fibre, particularly wholegrains.
- Consuming adequate calcium, from dairy products and supplements.
- Avoiding processed meats and, if you eat red meat, limiting it to 500g per week.
- If you drink alcohol, limiting this to no more than 2 standard drinks per day.
- Not smoking.
- Maintaining a healthy weight.

For further information you should consider speaking with your doctor or the nursing staff. You can also find out more from BowelScreen Australia by www.bowelscreenaustralia.org



Men's Health: Heart Health

Heart disease is Australia's single leading cause of death. In 2017, heart disease claimed the lives of 51 Australians each day – that's one person every 28 minutes. While both men and women are affected, men are more likely to develop heart disease than women.

There's no single cause for heart disease but there are many risk factors which increase your chances of developing it.

These risk factors include:

- Age
- Family history
- Ethnic background
- Smoking
- Being overweight
- Being physically inactive
- Eating an unhealthy diet
- Having high blood pressure and/or high cholesterol
- Having diabetes
- Social isolation and depression

Fortunately many of the risk factors for heart disease are modifiable by introducing a few simple lifestyle changes.

You can find out more about what's involved by speaking with your GP, or visiting the Heart Foundation website:

www.heartfoundation.org.au



REDUCE YOUR RISK

1. If you smoke, quit. This is one of the best things you can do to reduce heart disease risk.
2. Get moving. Schedule regular exercise and incorporate more movement into your day. It's also important to limit your sitting time.
3. Improve your eating habits. A heart-healthy diet contains plenty of fibre-rich veggies, legumes, fruits, wholegrains, moderate amounts of lean protein and healthy fats from foods like avocado, nuts, seeds and fish.
4. If you drink alcohol, try to keep it to no more than 2 standard drinks a day.
5. Get enough sleep.
6. Take care of your mental health.

Facts about the Flu Vaccine

Commonly called "the flu", influenza affects between 5 and 20% of Australians each year and has been estimated to result in around 300,000 consultations with general practitioners (GP) annually.

Having the influenza vaccine won't guarantee that you won't get flu, but it significantly reduces the risk. Studies have shown that the vaccine can provide between 50 and 70% protection against laboratory-confirmed influenza infection and similar protection against hospitalisation for the flu.

The influenza vaccine is made from influenza viruses that have been grown, highly purified, chemically killed and then separated to pieces of purified inactivated influenza virus.

The formulation of vaccines for use in Australia is determined each year by the Australian Influenza Vaccine Committee based on information and recommendations from the World Health Organisation (WHO).

The types of influenza viruses circulating in the community change. A new vaccine is made each year to protect against the current strains.

Some people worry that they might develop the flu if they have the vaccination. The vaccine doesn't contain any live viruses, so it cannot cause the flu. The most common reactions are local redness and swelling. Some people

may experience other mild symptoms such as headache, fever or muscle soreness. Serious reactions are rare. Speak to your doctor if you have a specific concern.

Available for anyone over 6 months of age, the vaccine is best given in autumn, before the flu season starts.

The vaccine is free for some 'at-risk' people under the National Immunisation Program, including:

- People aged 65 years and over
- Aboriginal and Torres Strait Islander people aged six months to less than five years
- Aboriginal and Torres Strait Islander people who are aged 15 years and over
- Pregnant women
- People aged six months and over with certain medical conditions

Several states have expanded their free vaccine offering to children under five years of age.

The vaccine is available through your local GP. You may also be able to access it at community health clinics, Aboriginal Medical Services, through school-based immunisation programs and at some pharmacies and workplaces.

For more information visit...

- www.immunise.health.gov.au
- www.immunisationcoalition.org.au/
- www.isg.org.au/
- www.health.gov.au/flureport

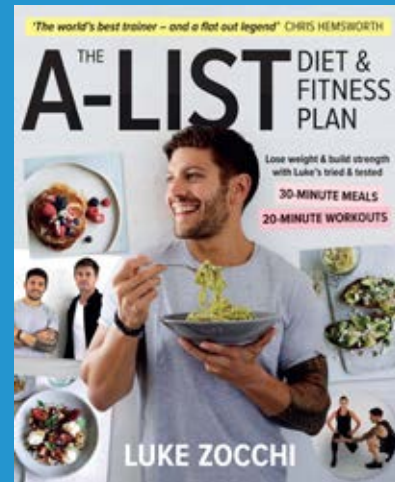
Dr.LoL:)



COMPETITION

Win one of 3 copies of *The A-List Diet and Fitness Plan* by Luke Zocchi.

Luke has been the personal trainer to celebrities such as Chris Hemsworth and Cate Blanchett.



This amazing book will provide you with a selection of meals and workouts to help you loose weight and build strength. It has been provided courtesy of Pan Macmillan Australia.

To enter visit us online at win.yourhealth.net.au

Competition opens 1st March 2019. The winning entry will be selected on 31st May 2019. The prize winner will be notified by email. Good luck!

Women's Health: Morning Sickness

Morning sickness is a common symptom of pregnancy and often goes away by the end of first trimester, but in some cases may continue for the duration of pregnancy.

The exact cause of morning sickness is unknown, but is thought to be caused by changes in hormones during pregnancy. And while it's called morning sickness, nausea and vomiting in pregnancy can occur at any time of the day.

If you are experiencing morning sickness, the following suggestions may help:

- ▶ Eat small regular meals and snacks over the day – going too long without eating can often make nausea worse.
- ▶ Eat according to your appetite rather than worrying about normal mealtimes.
- ▶ Avoid strong smelling foods and if possible, get someone else to help with cooking and preparing your meals.
- ▶ Avoid fatty, fried and highly spiced food.
- ▶ Try a piece of dry toast or dry cracker biscuits before getting out of bed – you might want to keep a supply of dry crackers by your bed.
- ▶ Ginger tea, dry ginger ale or ginger tablets, may help with nausea in pregnancy.

- ▶ Drink plenty of fluid to prevent dehydration but you may find it better to sip on fluids across the day rather than drinking large amounts at one time.

If these suggestions don't help, speak with your doctor about medications to treat morning sickness which are safe during pregnancy.

Morning sickness doesn't usually cause any problems for your baby but if you have severe and persistent vomiting, if you are unable to keep down any food or fluids or if you feel weak, dizzy or unwell, it's important to seek urgent medical attention.

For more information:

- www.pregnancybirthbaby.org.au/dealing-with-morning-sickness





Children's Health

What to do when your kids won't eat their vegetables?

According to the latest National Health Survey (2017-2018), only one in 17 children ate the recommended daily amount of fruit and vegetables. So what can you do if your child refuses to eat them? Here are a few ideas that may help:

- ▶ Offer variety. Offer your kids a range of different types of vegetables daily, aiming to make their plate as colourful as possible. Also aim for variety in the way you serve vegetables – for example they could be stir-fried, steamed, curried, mashed, roasted or grated into other dishes.



- ▶ Praise but don't punish. Praise your child when they try or eat their vegetables. However, don't force them to eat anything, or punish them if they don't. If they refuse to eat their veggies, don't make a fuss. Just try again soon.

- ▶ Persist. Some children need to try a new food up to 10 times before they accept it and another 10 times before they decide they like it. So, don't give up the first time they refuse a new vegetable.

- ▶ Include vegetables across the day. Don't leave all your kids veggie serves to dinner. Incorporate them into all meals and snacks. For example, baked beans or a cheese and tomato toastie at breakfast, salad in a wrap for lunch and vegetable sticks with dip as a snack.
- ▶ Involve them in shopping and cooking. Children are more likely to eat food that they have helped prepare, so involve your kids when preparing meals – even something as simple as letting them choose the vegetables when shopping or for each night's meal from the fridge can work.
- ▶ Grow your own. Growing a few vegetables in the garden or in pots is a great way to encourage kids to eat their veggies. Spinach, tomatoes and herbs are easy to grow and don't much space.
- ▶ Hide them. For the very fussy eaters, try hiding vegetables in foods you know they will eat. Try grated vegetables in cakes and muffins, and diced or grated in bolognese sauce and casseroles.
- ▶ Be a good role model! Your children learn about food choices from you, so it's important that they see you eating and enjoying your vegetables. Use family mealtimes to teach your child about healthy eating by ensuring that vegetables and salads feature regularly as part of your meals.

For more information:

- raisingchildren.net.au/toddlers/nutrition-fitness/healthy-eating-habits/vegetables
- www.abs.gov.au/ausstats/abs@.nsf/mf/4364.0.55.001

Mythbusting : Myths and facts about diabetes

Sugar causes diabetes.

While diabetes means having too much sugar (glucose) in the bloodstream, this doesn't mean that sugar causes diabetes. It isn't that simple. Type 1 diabetes occurs as a result of the body's immune system attacking the insulin-producing cells and this isn't affected in any way by eating sugar. In Type 2 diabetes, the problem is insulin resistance and this is worsened by carrying extra weight, being inactive and high intakes of saturated fat. Sugar per-se doesn't cause insulin resistance although when eaten in excess can contribute to weight gain which increases the risk.

Only overweight people develop diabetes

While carrying extra weight, particularly around the middle, is a significant risk factor for type 2 diabetes, genetics also play a part. This means some people who are carrying extra weight won't

develop diabetes while others who are thin will. It's the interaction between our genes and our lifestyle that influences the development of Type 2. Type 1 has a very different underlying cause and weight doesn't play a part.

Type 2 diabetes isn't really that serious.

Unfortunately, this isn't the case. The issue with diabetes is the complications that occur when blood glucose levels remain high over long periods of time, so keeping glucose levels on track, regardless of the type of diabetes and how it is treated, is what's important. Taking diabetes seriously from the start, including putting the right lifestyle changes in place and adding medication when needed, will help to slow the progression and reduce the chances of developing complications.

OUR SERVICES

- Annual Health Checks
- Asthma Management
- Children's growth & development
- Check ups
- Cervical/Pap Screening
- Diabetes Management
- ECG
- Health Assessments > 75 yrs
- Immunisation
- Liquid nitrogen/ freezing therapy
- Men's Health
- Minor Surgery
- Medicals
- Occupational Health
- Obstetrics
- Online Appointments
- Pregnancy test, Family planning & Antenatal care
- Quit smoking assistance
- Sexual Health Checks
- Spirometry: lung function
- Sports Medicine
- Skin Checks
- Women's Health
- NEW SERVICES
- Audiology (Iain Summerlin Audiologist)
- Pathology (PathWest)
- Counselling (Nudge Psychology)
- Physiotherapy (Tim Lyster)

COMMUNICATION POLICY

You can contact your doctor by ringing during surgery hours. Urgent calls will always be dealt with promptly. For emergencies, please dial 000.

FOLLOW-UP OF TEST RESULTS

At the time of consultation, your doctor will advise when they expect your results and whether you can call or need to make a return appointment.

YOUR PRIVACY

We value your privacy - it is our policy to maintain the security of your health information at all times and to ensure that this information is only available to authorised staff.

FEEDBACK & COMPLAINTS

If you are concerned with the service you receive, we are keen to hear about it. Please speak to our Practice Manager to discuss your concerns

You may also contact the:

Health & Disability Complaints Service
GPO Box B61, Perth WA 6001
P: 1800 813 583
E: mail@hadsco.wa.gov.au

FEES

This is a private billing practice. Fees are payable at the time of consultation by cash, Mastercard, Visa or EFTPOS. All Pensioners, Child Centrelink Card holders and Veterans Affairs Card holders will be bulk billed. Centrelink Health Care Card will be billed privately at a reduced fee. Your Doctor may bulk bill at their discretion. If you have difficulty in paying for your consultation, please discuss this with our Practice Manager.