

FREE!
PLEASE TAKE ONE

YOUR DOCTOR



AUGUST 2014

SHEPPARTON LISTER HOUSE MEDICAL CENTRE

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Shepparton 3630

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60 NIXON STREET:
Dr Bruce Sterling
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Dr Ursula Russell
Dr Helen Malcolm
Dr Chik Sing Chua
Dr Mohan Kulatunga
Dr Matthew Wong
Dr Kylie Siau



56 NIXON STREET:
Dr John Pedrotti
Dr Paul O'Dwyer
Dr Kristina Tavcar
Dr David Cory
Dr Jeneane Rea
Dr Priya Rupeshraj
Dr Barry McGrath
Dr Wil Chong
Dr Lang Lang Yui
Dr Catherine Turnbill



PRACTICE NURSES
Jo, Janine & Tamara

RECEPTION
Trish, Kathy, Linda, Roe, Paige, Jasmin,
Michelle and Alicia

PRACTICE MANAGER
Jenny

CLINIC HOURS AND SERVICES:
Consultations are by appointment:

Monday-Friday 8.30am-6pm

Saturday 9am-12noon
(emergencies only)

We provide a 24-hour medical service seven days a week. After 6.00pm weekdays and 12noon on Saturdays please call the After Hours GP Medical Centre at Primary Care Connect, 399 Wyndham Street, Shepparton on 5831-8022

The practice provides a complete range of medical care, including long consultations, home visits, hospital and nursing home care.

Fees & Billing: Fees are payable at the time of consultation by cash, cheque or EFTPOS. Our billing policy is displayed in the reception/waiting area of the Surgery. Pensioners are bulk billed and Health Care Card holders are charged a discounted fee. Veterans may sign the service voucher. If you have any difficulty in paying our fees please discuss it with us.

Management of your personal Health Information: Your medical record is a confidential document. 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 staff.

Telephone Access: Doctors in the practice may be contacted during normal surgery hours. 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. Your call will always be put through to the doctor in an emergency.



WEARING FRIED FOODS IN OUR GENES

Obesity is the result of a combination of genetic and lifestyle factors. The increasing prevalence of overweight and obesity in recent years, however, is thought to be mostly due to too many calories combined with not enough exercise. What's less clear is the effect that diet and physical activity have on genetic predisposition to obesity and vice versa. Researchers have investigated the link between consumption of fried foods and subsequent increases in body fat, and a person's genetic make-up.

Participants filled out a food questionnaire every four years in which they noted how often they consumed fried foods. Personal details were also recorded and genetic risk of obesity was measured. There was, in fact, an interaction between fried food consumption and genetic predisposition to

body fat. There was a stronger association between fried food intake and body mass index (BMI – a measure of body fat based on height and weight) in people who had a higher genetic risk.

This doesn't prove that there's a direct relationship between consumption of fried foods and genetic predisposition to obesity but even so, this research provides further incentive to ditch foods that are high in saturated fat and stick to a healthy and balanced diet.

For reference: Qi, Q et al. Fried food consumption, genetic risk, and body mass index: gene-diet interaction analysis in three US cohort studies. BMJ 2014; 348:g1610 doi: 10.1136/bmj.g1610

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THE COST OF EATING WELL

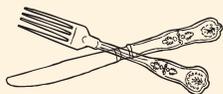
There is a common perception that eating healthily is expensive. This can cause people to avoid a healthy diet and instead consume high quantities of processed fast foods. A good diet full of fruits and vegetables, minimal processed foods and lean sources of protein assists in reducing the risk of a number of chronic diseases. Nevertheless, if there is a real or perceived higher cost to eating well people may opt for less healthy foods.

Researchers looked at 27 studies from 10 countries that assessed the cost of eating healthily versus unhealthily in real world situations. They found that eating healthily did cost more, however the difference was smaller than anticipated at just US \$1.50 a day per person. The healthier diets had a lower energy content per serve, with more fibre and less sugar and fat.

The benefits associated with eating healthily

are immense when compared to the small increase in price. Furthermore, a healthy diet will help control overeating and weight gain. For people on a tight budget, the extra cost of eating well will pay off in considerable dividends for their health.

For reference: Rao, M et al. Do healthier foods and diet patterns cost more than less healthy options? A systematic review and meta-analysis. BMJ Open 2013;3:e004277



Good Health on the Menu

BRUSCHETTA

A healthy snack that won't break the bank.

Ingredients:

- ½ wholegrain or rye baguette; cut into slices roughly 2.5cm thick
- 2 tablespoons fresh chopped basil
- 2 tablespoons diced red onion
- 2 cloves of garlic, minced
- 1 tablespoon fresh chopped parsley
- 3 tomatoes, diced
- 1 teaspoon extra virgin olive oil
- 2 teaspoons balsamic vinegar
- Salt and pepper

Method

1. Preheat oven to 180 degrees Celsius
2. Toast slices of baguette in oven until lightly brown and crunchy
3. Combine all ingredients in a bowl and mix well
4. Spoon mixture onto bread once it is out of the oven
5. Salt and pepper to taste



Enjoy!

DID YOU KNOW? AUSSIE MEN NEED VIGOROUS ACTIVITY FOR LONG LASTING HEALTH

Exercise is known to have major positive effects on our health and wellbeing.

Research also suggests that it's a crucial part of ensuring lasting good health including many years free from serious medical complications and the mental capacity to fully participate in the wider world. A study of around 12,000 Australian men over the age of 65 analysed the link between varying levels of physical activity and ageing outcomes over a decade. They found that the risk of dying was one third lower in active males when compared to their sedentary peers. Furthermore, the men who reported doing over 2.5 hours of vigorous physical activity a week had lower rates of depression, slower loss of brain function and improved overall mood.

This research supports the benefit of maintaining an active lifestyle into old age. Healthy ageing, including a healthy body and mind, is supported by consistent and varied long-term exercise.

For reference: Almeida, O P et al. 150 minutes of vigorous physical activity per week predicts survival and successful ageing: a population-based 11-year longitudinal study of 12,201 older Australian men. British Journal of Sports Medicine 2014; 48:220-225

Clever CROSSWORD

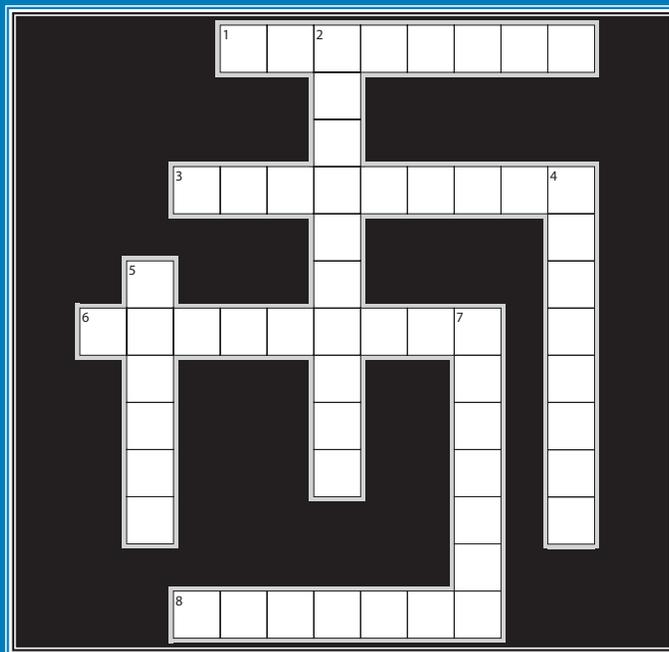
Down:

- Having a _____ in a child's bedroom can potentially lead to weight gain.
- What is known to have major positive effects on our health and wellbeing?
- Consuming too much red meat might increase your risk of what cancer?
- Reducing alcohol fuelled violence will save the healthcare system wasted what?

Across:

- Too much screen time, including computers and video games can compromise physical _____ levels.
- Obesity is the result of a combination of genetic and _____ factors.
- A good healthy diet is full of fruits, vegetables and minimal what foods?
- One risk factor for breast cancer is how early your _____ started.

EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF YOUR DOCTOR. ANSWERS ARE SHOWN ON THE BOTTOM LEFT OF THE BACK PAGE.



TV IN KIDS' BEDROOMS: A WEIGHTY ISSUE

Kids are surrounded by technology.

The current National Physical Activity Recommendations for 5 – 12 years olds advise a maximum of two hours screen based activity for entertainment/non-education purposes per day. Too much screen time, including time spent using a computer, games console or watching television, can compromise physical activity levels, muscular growth and the development of physical skills in children potentially leading to weight gain.

A study in the US analysed the effect of

kids having a television in their bedroom on subsequent weight gain over a five-year period. The screen time for those who had a TV in their bedroom was 3.2 hours compared to 2.9 hours for those who didn't. Furthermore, the time spent using other technological devices, namely video games, was greater in the group that had televisions in their room. Having a TV in the bedroom increased weight gain by 2.5 kg over a five-year period.

Not allowing your children to have a television in their bedroom may be an

effective way to minimise unhealthy behaviours. It's important to encourage healthy lifestyle habits, including a good diet full of fruits and vegetables and adequate physical activity levels, in childhood so that these are maintained later in life.

For reference: Gilbert-Diamond, D et al. Association of a television in the bedroom with increased adiposity gain in a nationally representative sample of children and adolescents. JAMA Pediatrics 2014; doi: 10.1002/jamapediatrics.2013.3921



Dr Norman Swan

A MATTER OF HEALTH

RED MEAT AND BREAST CANCER

The trouble with breast cancer is that unlike lung cancer or heart disease, there aren't many things you can do to reduce your risk. With lung cancer you can stop smoking (or never start) and for heart disease there's also smoking, and blood pressure, cholesterol, diet and exercise as well.

Many of the strongest risk factors for breast cancer, however, are hard or impossible to change, for instance the age at which your periods started (the later the better) how many babies you've had (no babies isn't good for your breasts), whether you've breast-fed (good), your age (older women are at higher risk) and family history.

So when researchers find a breast cancer risk factor that you can change, it's good news. It's known that smoking and

alcohol raise the risk significantly and now suspicions about red meat eating have been confirmed.

Researchers at Harvard University in Boston have been following the health of over 100,000 female nurses since 1989. They have found that when you compare women who eat red meat every day to those who eat it once a week or less, there's a 22% increased risk in the daily meat women. This is allowing for all the other things in such women's lives, which could also have affected their chances of developing breast cancer.

This is why they call it a link between red meat and breast cancer. It doesn't prove cause and effect but other checks on the results do make red meat look like a cause of the disease perhaps in around 9% of women who have breast cancer.

Why should it be so if the finding's real?

Well, it doesn't appear to be the saturated fat but it could be chemicals in processed meat or the carcinogens in fast cooked meat, especially on the BBQ.

The good news is that reducing red meat in your diet does you no harm and if part of a Mediterranean style diet, could even also reduce your chances of diabetes and make you live longer!



MYTH VS FACT: DO EARLIER PUB CLOSURES LEAD TO SAFER CITIES?

In the wake of tragic deaths caused by alcohol fuelled violence there's been debate surrounding the efficacy of 'lockout times' imposed on pubs and clubs. In 2008, a lockout and alcohol restrictions were placed on 14 pubs in the CBD area of Newcastle, NSW. New patrons were refused entry after 1:30am and the venues closed at 3:30am. Furthermore, there was a ban on ordering alcohol shots after 10pm and no alcohol could be served in the half hour prior to the venue closing. Five years on from the implementation of these restrictions, the number of assaults in the area has fallen from 99 to 71.

While this may seem like a modest reduction, the effects over the long term can be quite considerable. Reducing the burden of alcohol fuelled violence will save the healthcare system wasted dollars and improve social outcomes. Considered management of pubs and clubs, including limiting unnecessary binge drinking opportunities, may reduce the risk of senseless violence on our streets.

For reference: Kypri, K et al. Restrictions in pub closing times and lockouts in Newcastle, Australia five years on. Drug and Alcohol Reviews 2014; doi: 10.1111/dar.12123

READER COMPETITION: BE IN TO WIN A \$50 SHOPPING VOUCHER

Choose from either **Woolworths, JB Hi Fi or Dymocks Book Stores.**

Simply complete the following sentence from one of the articles featured in this newsletter: **"Obesity is the result of a combination of genetic and _____ factors."**

Email your answer, along with your name, address, phone number and the clinic you attend to: cliniccompetition@gmail.com with the subject heading 'August Doc 2014'.

Entries must be received by 31/08/2014.

THAT'S IT! GOOD LUCK!

PRACTICE UPDATE

ONLINE BOOKINGS:

Patients are now able to book their appointment online! Just log on to www.listerhouse.com.au and click on "Online Bookings" and follow the prompts.

DOCTORS:

Dr Kylie Siau commenced with us in February this year. Kylie grew up in Shepparton completing year 12 at Notre Dame College. She also completed part of her medical degree at The University of Melb Rural Clinical School based in Shepparton and worked as an intern at GV Health in 2011-12. Kylie also has a Diploma of Obstetrics and Gynaecology (DRANZCOG).

Dr Mohan Kulatunga who has an Advanced Diploma of Obstetrics is becoming very popular with our mums and bubs. He is also enjoying his work as a General Practitioner and is studying for his fellowship of the RACGP.

Dr Graeme Jones, one of our Partners, retired on 30th June 2013. Dr Jones has been part of Lister House for over 40 years and has been an integral part of promoting general practice and is recognised nationally for his contribution to the field. He was involved in the development of the Rural Health School of Medicine in Shepparton and strongly supported the training of medical students. He continues to be involved with the training of General Practice Registrars.

We all wish Dr Jones the best in his retirement and he will be sadly missed by us all.

MEDICAL STUDENTS:

Damian Johnson and **Matthew Elliott** (third year ERC students) have joined us for a six month placement. Having them in our Practice will be hugely rewarding to us all, bringing their up-to-date knowledge to us and assisting with the patient load whilst learning significantly on the job.

We trust that our patients will support our two new students, as they have in the past, as our patients are critical to their learning and gaining a quality experience.

Across: 1. Activity; 3. Lifestyle; 6. Processed; 8. Periods.

Down: 2. Television; 4. Exercise; 5. Breast; 7. Dollars.

ANSWERS TO CROSSWORD