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PLEASE TAKE ONE

**YOUR  
DOCTOR**



**DECEMBER 2013**

## SHEPPARTON LISTER HOUSE MEDICAL CENTRE

56 - 60 Nixon Street  
Shepparton 3630

**P:** (03) 5831 2333  
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### 60 NIXON STREET:

Dr Bruce Sterling  
Dr Glen Russell  
Dr Ursula Russell  
Dr Helen Malcolm  
Dr Catherine Turnbull  
Dr Chik Sing Chua  
Dr Mohan Kulatunga  
Dr Lang Lang Yui  
Dr Matthew Wong

### 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

### PRACTICE NURSES

Jo, Janine & Tamara

### RECEPTION

Trish, Kathy, Linda, Roe, Melisha, Paige,  
Jasmin & Marissa

### 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.



## SMOKERS GET THE MESSAGE

### Quitting smoking is no small feat.

Despite the huge amount of information we have about the deadly effects of smoking on our health, giving up for good is not easy for those who are addicted and ongoing support is essential. Researchers in the UK have found help from our technologically orientated society, in that mobile phones may be the key to prolonged abstinence.

Researchers looked at 5800 people from a study involving personalised quitting advice and support via mobile phone text messages. Half of the participants were allocated to the intervention group and received an array of motivational messages that encouraged changes in habits and behaviour. The remaining half received a variety of texts messages about the trial that were unrelated to quitting. Abstinence, or lack thereof, was verified at six months using tests for a nicotine byproduct called cotinine.

The results were highly significant. The quit rate in those receiving supportive messages was double that of the control group. Given that phones are widespread and affordable,

this programme may be helpful in assisting smokers who want to quit but are finding it tough to do so. If you want to quit smoking, but don't know where to start, consult your doctor for some informed advice or call Quitline on the number below.

**QUITLINE: 13 7848**

## INSIDE:

- **JUNK JUNKIES**
- **A BREATH OF FRESH AIR**
- **DID YOU KNOW?**
- **DR NORMAN SWAN - A MATTER OF HEALTH**



## JUNK JUNKIES

**Do you love your bacon and eggs every morning?** Do you rely on a daily chocolate fix to get you through those long afternoons at work? Well according to research, you may actually be addicted to junk food. Scientists are discovering that 'junk food addiction' can be a real form of dependence, much like being addicted to drugs or alcohol. Studies have found that the nutrient profile of processed foods with a high fat and sugar content can trigger pathways in our brain that are linked to addiction.

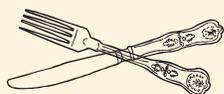
Researchers tested out this theory on rats by giving one group unlimited kilojoule-dense food such as bacon, chocolate, chips and cake and the other group a healthy diet. They put the foods on a mat that could administer small electric shocks to the rats' feet.

The rats who had been on the junk food diet repeatedly went back for more regardless of the electric shocks they received – the desire for the food outweighed the pain of the shocks. The group exposed to the healthy diet, however, when faced with the threat of an electric shock, stopped eating.

The researchers then removed the junk food from the rats and replaced it with healthy chow. The results were incredible. Faced with the thought of having to eat healthy foods after their extended junk food binge, the rats stopped eating altogether for two weeks. When researchers examined the brains of both groups of rats they found less dopamine receptors present in the rats that were fed junk food. Dopamine is a neurotransmitter that helps control the brain's

reward and pleasure centres – and changes in their expression are characteristic of drug addiction in humans. When the dopamine receptors were blocked in the rats that had been fed the healthy food, they became compulsive junk food consumers too.

This study may shed light on why people continue to eat so much junk food, despite knowing how bad it is for their health. The nutrient profile of junk foods may cause changes in the brain's capacity to gauge appetite and satiety (the feeling of fullness after a meal). Therefore, the question of whether self control and willpower is enough to fight the battle of the bulge is one that many researchers around the world are now looking at ways of overcoming.



### Good Health on the Menu

#### STICKY DATE PUDDING

*Try a healthier version of a classic, mouthwatering dessert.*

##### Ingredients:

- 250g dates, pitted and chopped
- 1 cup of water
- Olive oil cooking spray
- 1 tsp bicarbonate of soda
- 50g olive oil spread
- ¼ cup caster sugar
- 3 tbs golden syrup
- 2 eggs
- ¾ cup self raising flour
- ½ cup plain flour

##### Method

1. Preheat oven to 180 degrees
2. Grease six spaces in a muffin tray with olive oil spray then line with baking paper
3. Cook dates and water in a saucepan over medium heat until dates soften and almost all water is absorbed
4. Remove dates from saucepan and mix with bicarbonate of soda
5. Cool for 15 minutes
6. Beat spread, sugar and 1 tbs golden syrup together until combined
7. Add eggs, one at a time, and beat after each one
8. Mix date mixture in with eggs and sift flours together over mixutre. Stir to combine
9. Spoon mixutre into muffin tray
10. Bake for 30 minutes
11. Leave to cool for 5 minutes
12. Put warm puddings onto plate, drizzle with remaining golden syrup and serve

**Recipe serves 6.** Serve with scoop of low fat, sugar free vanilla icecream for extra flavour.

**Note:** *this is not calorie free so make sure you enjoy in moderation and practice portion control!*



*Enjoy!*

## DID YOU KNOW? FAVOURITE TEAM LOSES, JUNK FOOD WINS

Many people live and breath their most beloved sports team. A game lost can cause profound sadness and a game won, extreme happiness. Interestingly, researchers have also found that the results of our favourite team's match can affect the way we eat.

Researchers in the US analysed eating patterns in various cities after a series of football matches with close final scores. As US football support is often regionally orientated, food consumption in both winning and losing cities was measured after the games. In the area of the losing team, an increase in saturated fat and high energy junk food consumption was identified. In regions of winning teams the opposite was true, and a tendency towards healthier food purchasing was observed.

Researchers from this study argue that a team losing a game is perceived as threat to one's self, and therefore can effect the emotional wellbeing of the person mourning the loss. When people are down, for whatever reason, it is common to try and manage these feelings by reaching for comfort foods. While our favourite sports team may play an important role in our life it is important to remember that it is just a game. Acknowledging what is really important in life, and viewing sporting loss' with perspective can help reduce the need for comfort foods after a tough or close defeat on the field.

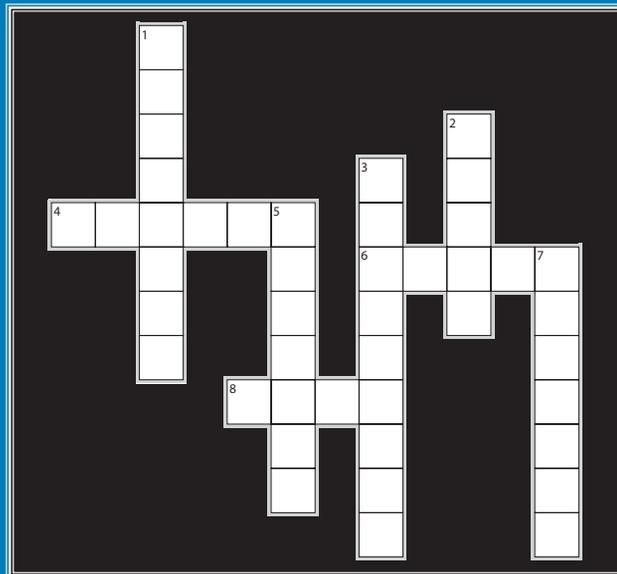
## Clever CROSSWORD

### Down:

1. Halitosis is mostly caused by what, within the surface of the tongue?
2. Junk food is high in fats and what?
3. Research suggests that, for some people, junk food may be what?
5. Text messages can assist you in quitting what?
7. Bad breath can be caused by poor oral what?

### Across:

4. Chlamydia, if left untreated, can lead to inflammation of the what?
6. Even low or moderate smokers have double the risk of what, than non-smokers?
8. When your favourite team loses, it can effect your what?



EACH OF THE  
WORDS CAN  
BE FOUND IN  
THIS ISSUE OF  
"YOUR DOCTOR".  
ANSWERS ARE  
SHOWN ON  
UPPER RIGHT  
BACK PAGE.



## A BREATH OF FRESH AIR

Most people experience bad breath at one point or another in their life. Whether it's when we wake up in the morning or when we are dehydrated, it can usually be helped by a mint or by drinking some water. There are, however, people for whom bad breath is a constant issue; it's called halitosis.

Halitosis is mostly caused by bacteria that live within the surface of the tongue and throat and affects roughly 2.4% of the adult population. Other common causes include dental infections, poor oral hygiene, dry

mouth (caused by medicines, alcohol or stress) and smoking, which deprives the mouth of oxygen. There are a range of symptoms that characterise bad breath and may indicate a need for treatment. Symptoms include a white coating on the tongue, post nasal drip, mucous, a burning tongue, thick saliva, and a constant sour, metallic taste in the mouth.

Having chronic bad breath can compromise quality of life, making people self-conscious and withdrawn. It's important to know that

there are a number of treatments available tailored to the various causes of halitosis. Good oral hygiene is very important, as well as a number of mouthwashes, lozenges, sugar-free chewing gum and toothpastes which have been developed to assist with the condition. Avoiding dehydration is another useful measure to take and, in rare cases, antibiotics can be helpful in reducing the bacteria growth. For more information, or to discuss the best treatment option for you, talk to your GP or dentist.



**Dr Norman Swan**

## A MATTER OF HEALTH

### CHLAMYDIA NOT TO BE IGNORED

**A few weeks ago**, Melbourne based researchers released statistics about chlamydia infections which were quite troubling. Chlamydia is a sexually transmitted infection (STI), which if undetected and untreated can lead to inflammation of the uterus (womb) and the Fallopian tubes which take eggs from the ovary to the uterus. This so called pelvic inflammation can cause pain and infertility. The irony is that chlamydia is easily diagnosed from a urine test and very easily treated with antibiotics - and even more to the point, it's preventable with the use of condoms.

The study surveyed 15 pathology laboratories looking at chlamydia tests ordered by GPs and other doctors in young people. What they found was that the highest rate of positive results (around 13%) was in young teenage girls of about 14 years old. Similar rates were found in slightly older boys but in general, the older the person

being tested, the lower the rate of positive chlamydia findings.

The messages from this are what people have been saying for a long time, which is that the earlier a person starts having sex, the riskier it is, partly because they are too young to be assertive about the use of condoms. It also reinforces the fact that kids are having sex at younger ages and it's important they hear safe sex messages and that if they are sexually active they develop a trusting relationship with their doctor so they can have regular chlamydia testing and treatment if needed. Being judgemental won't help and certainly won't do much to stop a young girl growing up into an infertile woman.

**What's needed is your doctor.**



### MYTH VS FACT?

### LIGHT / SOCIAL SMOKING DOES NOT EQUAL LOW RISK

**Contrary to anecdotal reports**, light or social smokers are not off the hook when it comes to the serious health consequences of smoking cigarettes. Research emerging from the Sax Institute's 45 and Up Study (a long term study following the health and wellbeing of men and women aged 45 years and over living in New South Wales) revealed that even moderate and light smokers have over double the risk of death when compared to non-smokers. The analysis looked at 200,000 people over a four year period, finding that current smokers were reducing their lifespan by as much as a decade. Furthermore, the analysis found that two thirds of deaths in people that currently smoke can be directly attributed to smoking.

The figures also show that paradoxically, while the risk of death increases with the number of cigarettes smoked per day, the most rapid rise in danger is in the first five or ten per day. The negative health implications of smoking are countless – cancer, heart disease, lung disease, gum disease, blindness – the list goes on. Cancer Council NSW, a major partner of the 45 and Up Study, stresses that it is never too late to quit; giving up cigarettes at any age after any level of addiction is better than nothing, and reduces your risk of death or disease. Of course, the sooner you quit, the better so see your GP or call quitline on 13 QUIT (13 7848) for advice on how to kick the habit for good.

## ANSWERS TO THE CROSSWORD

**Across:** 4. Uterus; 6. Death; 8. Diet  
**Down:** 1. Bacteria; 2. Sugar; 3. Addictive; 5. Smoking; 7. Hygiene

### PRACTICE UPDATE

#### ONLINE BOOKINGS:

Patients are now able to book their appointment online! Just log on to [www.listerhouse.com.au](http://www.listerhouse.com.au) and click on "Online Bookings" and follow the prompts.

#### DOCTORS:

**Dr Wil Chong** and his wife celebrated the birth of their first child, Chloe, in November 2012 and Dr Wil is enjoying his role as a "dad"!

**Dr Lang Lang Yii** and **Dr Chik Chua** also welcomed the arrival of their new baby "Sean" in December 2012. Dr Lang Lang Yii is currently on maternity leave and will return later this year.

Meanwhile **Dr Catherine Turnbull** has completed her maternity leave after the birth of "Petra" and is now working two days per week.

**Dr Matthew Wong** commenced full time with us in February this year, having moved with his family to Shepparton from Wodonga. Dr Wong graduated at the University of Melbourne with a Bachelor of Medicine and Bachelor of Surgery (MBBS) and Bachelor of Medical Science (BMedSc).

His post graduate education includes 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:

**Florah Mwilambwe** and **Essam Qazag** (fifth 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.