

FREE!
PLEASE TAKE ONE



YOUR DOCTOR



MAY 2014

SHEPPARTON LISTER HOUSE MEDICAL CENTRE

56 - 60 Nixon Street
Shepparton 3630

P: (03) 5831 2333
F: (03) 5821 6334

60 NIXON STREET:
Dr Bruce Sterling
Dr Glen Russell
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 Yii
Dr Catherine Turnbull



PRACTICE NURSES
Jo, Janine & Tamara

RECEPTION
Trish, Kathy, Linda, Roe, Melisha, Paige, Jasmin & Michelle

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.



DON'T BITE OFF MORE THAN YOU CAN CHEW

It's fairly obvious that chewing is an important part of eating. In order to minimise the risk of choking, it's essential that we chew our food adequately. In addition to this, it's been thought that chewing food thoroughly helps to ensure that it's digested properly and may also increase feelings of fullness after a meal.

Researchers tested this theory, asking a group of volunteers to consume pizza and swallow after 15 or 40 'chews'. Participants were monitored over the next three hours answering questions regarding their level of fullness. Blood samples were also taken every 15 minutes. The results revealed that those who chewed for longer had a more sustained feeling of fullness compared to

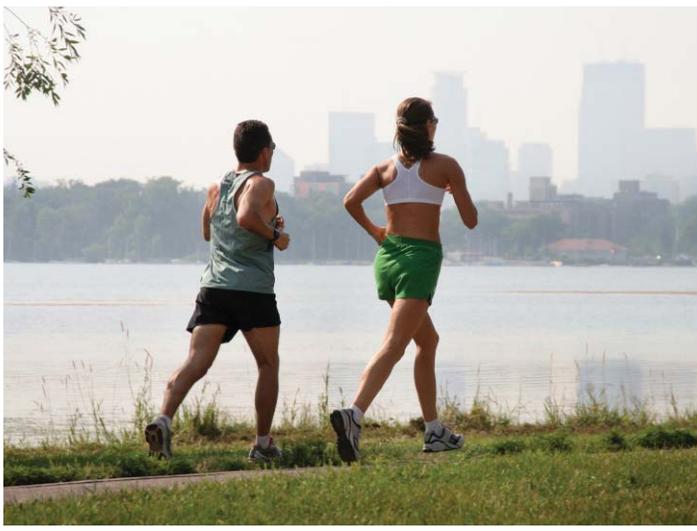
those who didn't and also had significant changes in the hormones that regulate hunger, which come from the intestine and communicate with the brain. Those who chewed their pizza 40 times per bite were found to have an increased digestion rate.

Giving your food an extra chew may help to keep hunger at bay in the few hours after a meal and provide more nourishment from what you eat.

For reference: Zhu Y et al. Increasing the number of masticatory cycles is associated with reduced appetite and altered postprandial plasma concentrations of gut hormones, insulin and glucose. British Journal of Nutrition 2013; 110: 384-390.

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A DIET FOR DIABETES

Nearly 300 Australians are diagnosed with type 2 diabetes every day. Lifestyle changes including a healthy diet and increased physical activity are known to lower the risk of type 2 diabetes but it's not been clear which is the best diet to follow.

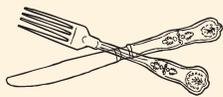
Researchers analysed different diets and their effect on risk of type 2 diabetes. The four patterns that showed the most promise were low carbohydrate, low Glycaemic Index,

Mediterranean, and high protein. Of these, the Mediterranean diet – which contains olive oil, legumes, unrefined cereals, fruits and vegetables, fish and moderate amounts of dairy and red meat products – came out on top.

This research should not be taken as an endorsement for one dietary approach however it corroborates general guidelines for reducing the risk of type 2 diabetes

including having a diet rich in fruits and vegetables, and low in red meat and processed foods. It's important to come up with an individualised diet plan that suits your lifestyle and tastes, and one that you and your family can maintain.

For reference: Ajala O et al. Systematic review and meta analysis of different dietary approaches to the management of type 2 diabetes. American Journal of Clinical Nutrition 2013; 97: 505-516.



Good Health on the Menu

MEDITERRANEAN SALMON

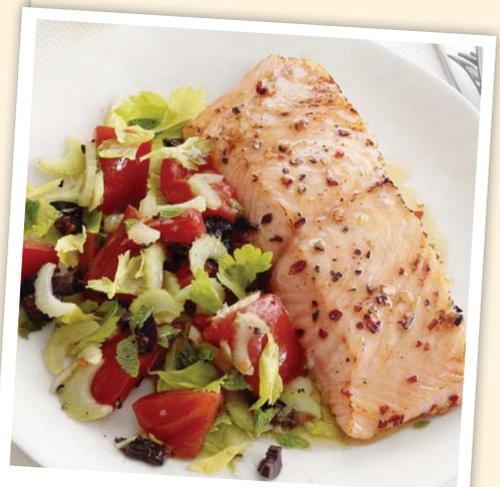
Try this for an easy and delicious dinner with a Mediterranean twist.

Ingredients:

- 4 salmon fillets
- 2 cups diced tomatoes
- 1 cup diced zucchini
- 2 tablespoons capers
- 1 jar pitted black olives
- 1 tablespoon olive oil
- Salt and pepper to taste

Method

1. Preheat oven to 180 degrees
2. Line a baking dish with non stick baking paper
3. Season salmon with salt and pepper on both sides
4. Put salmon in baking dish and place in oven
5. While salmon is cooking combine tomatoes, zucchini, capers, olives and olive oil in a bowl
6. Bake in oven for 25 minutes or until cooked through
7. Remove from oven and season with mixture



Enjoy!

DID YOU KNOW?



SAD POSTURE

We've often heard people described as "stiff necked" or "up tight". While these expressions are typically used as figures of speech, it has been suggested that they could have some grounding in our response to negative emotions.

Researchers tested the connection between posture and emotional state using a group of healthy young women. The women were photographed side on and researchers measured the angle of their shoulder droop from their head. The sadder the women reported to be, and the more often they reported being sad, the more drooped their shoulders were.

While posture may provide some insight into a person's emotional state it is by no means the best way to judge someone's mental health status. More research is needed to understand the link between posture and sadness and what impact things such as exercise, that assist with our posture, have on our mood.

For reference: Do Rosario JLP et al. Can sadness alter posture? Journal of Bodywork and Movement Therapies 2013;17:328-331.

Clever CROSSWORD

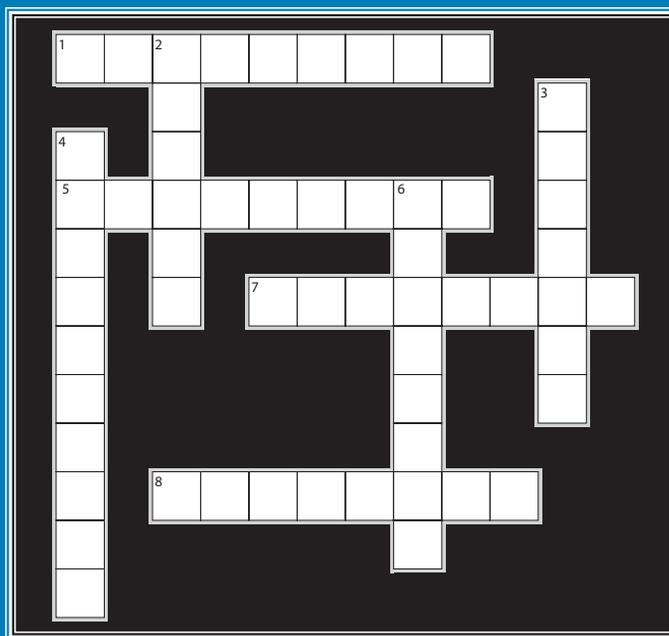
Down:

- Greater what loss, has been reported in males?
- Lifestyle choices play a significant role in the development of what?
- A diet rich in fruits and what, can help reduce the risk of type 2 diabetes?
- Lifestyle choices including a healthy diet and increased physical what, are known to lower the risk of type 2 diabetes?

Across:

- Televisions and _____ are linked to weight gain by increasing sitting time.
- Posture may provide some insight into a person's _____ state.
- A large population of _____ live in our bowel.
- Chewing food thoroughly helps to ensure that it's _____ properly.

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



OBESITY AT THE HEART OF THE HOUSEHOLD

Our lifestyle plays a significant role in obesity. The combination of high calorie, low nutrient diets and sedentary lifestyles explains most of the prevalence of obesity in Australia. Televisions, computers and cars are linked to weight gain by increasing sitting time and reducing physical activity. Researchers looked at the association between ownership of these items and incidence of obesity and diabetes.

Increased ownership of these common household items was associated with

increased sitting time, high dietary energy intake, growing body mass index (BMI) and waist circumference, and decreased physical activity. The households that owned two of the devices had a significantly increased risk of both obesity and diabetes compared to those who owned one or none.

Televisions, computers and cars have become an indispensable part of modern life however it's important to try and moderate usage. Various strategies can be adopted to increase daily physical activity levels

including catching public transport to work, using stairs instead of elevators and getting a standing desk for your office. Replace family time in front of the TV with an outdoor activity and your bodies will thank you for it. It will also remove unhealthy advertising from your children's eyes and ears.

For reference: Lear, S et al. The association between ownership of common household devices and obesity in high, middle and low income countries. CMAJ 2014. DOI: 10.1503/cmj.131090



Dr Norman Swan

A MATTER OF HEALTH

INSIDE OUT AND BACKSIDE FORWARDS

There are two facts about human biology that people are often surprised by. One is that the inside of our bowels are actually outside our bodies and a second (and related) is that more than 99% of our DNA isn't ours. It belongs to germs hanging around body surfaces - the most fertile of which is the surface of our bowels. On the first mind bender, it's actually easier to appreciate when you think of the intestines as being a tube from your mouth downwards. So just like any pipe, the inside surface is open to the outside world and therefore "external".

On the second mind bender, we're talking about the microbiome - the vast population

of bacteria and other largely harmless bacteria which live in our bowel. They live in a place where, as they say, the sun don't shine, exquisitely adapted to a hostile environment and very hard to isolate and grow in the laboratory. So hard that scientists haven't a clue what's in there apart from the ones which are easiest to detect such as the lactobacilli. They're what the probiotic industry markets to us, when in fact lactobacilli are only a tiny proportion of the menagerie inside us. But just to give you an idea of the potential importance of even lactobacilli, there is some evidence in mice that *Lactobacillus rhamnosus* can perhaps make them less stressed.

The latest research is showing that when someone has put on weight and is at risk of diabetes, their microbiome is decimated with about 40% fewer of these health-giving organisms living in the bowel. The good news is that when you lose weight, take more exercise and improve your diet, your internal world improves and the population of bacteria is restored – without a single probiotic being swallowed!



MYTH VS FACT : ARE MEN MORE FORGETFUL THAN WOMEN?

People often joke about the male tendency to forget special occasions like birthdays and anniversaries – which can get them into a bit of trouble with their significant other. Well, Norwegian research has found that this may be more than a joke and men might really be more forgetful than women.

Over 50,000 men and women between the ages of 20 and 80 years volunteered to be part of the study. It involved a health examination and a questionnaire dealing with a range of topics, one of which was forgetfulness.

Greater memory loss was reported in males across all ages when compared to females. Primary issues involved the recollection of names and dates, and keeping track

of conversations and planned activities. Furthermore, male participants performed worse when asked to recall things that had happened a few minutes ago, a few days ago and a few years ago.

These results were self reported so you have to be cautious in drawing conclusions. Even so, memory problems, particularly at an early age, can be a sign of increased risk of dementia. Keep an eye out for rapid and sustained memory loss and, if concerned, talk to your doctor.

For reference: Holmen J et al. Gender differences in subjective memory impairment in a general population: the HUNT study, Norway. BMC Psychology 2013;1:19 (doi:10.1186/2050-7283-1-19)

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

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

Simply email us your **favourite recipe**, with a full list of ingredients and cooking instructions to be in to win!! The winning recipe will be featured in the **July Your Doctor**.

Email your recipe, name, address, phone number and the clinic you attend to: cliniccompetition@gmail.com

with the subject heading 'May Doc 2014'.

Entries must be received by 31/05/2014.

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. Computers; 5. Emotional; 7. Bacteria; 8. Dusted.

Down: 2. Memory; 3. Obesity; 4. Vegetables; 6. Activity.

ANSWERS TO CROSSWORD