

**FREE!**  
PLEASE TAKE ONE

# YOUR DOCTOR



**SEPTEMBER 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 and Yvonne

### 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.

## RED WINE: FRIEND OR FAUX?

**Resveratrol is a compound found in some plants, red wine, peanuts, cocoa powder, and certain berries and roots.** There's a lot of interest in resveratrol as it's thought to have antioxidant and anti-inflammatory properties and possible anti-cancer effects. While its benefits have been widely publicised, little solid research exists to back them up.

Italian researchers investigated the health effects of resveratrol in a group of older adults from the Chianti region in Italy. They measured the breakdown products of resveratrol metabolism in participants' urine compared to the rates of heart disease, cancer and death in these people over nine years.

The results showed that the levels of resveratrol metabolites in the urine didn't have any link to heart disease, cancer and death risks. Furthermore, blood tests for inflammation, which is thought to damage organs like the heart and brain, were also unaffected by resveratrol levels.

This study can't prove or disprove the health claims for resveratrol you might have seen in the papers or on television. Nevertheless, it does question the theory that resveratrol protects against various ills. Until further research is undertaken, it won't hurt to have your one glass of wine a day in combination with a healthy diet and plenty of exercise.

*For reference: Semba, RD et al. Resveratrol levels and all-cause mortality in older*



*community-dwelling adults. JAMA Internal Medicine Epub online May 12, 2014 doi: 10.1001/jamainternmed.2014.1582*

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## DIET TO LOWER BLOOD PRESSURE MAY ALSO HELP PREVENT KIDNEY STONES

**A diet first introduced to help lower blood pressure, holds some promise in being effective for preventing kidney stones.**

Kidney stones are a painful and reasonably common condition and while there are different types of kidney stones, the most common ones are formed when oxalate (a type of salt in the blood, and also found in many plant foods) binds to calcium. The only practical dietary advice for people with kidney stones and high levels of oxalate in their blood is to drink plenty of water and to avoid high oxalate foods. The problem

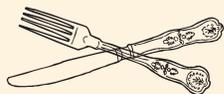
with this advice is that oxalates are found in a range of very healthy foods such as beetroot, beans, almonds, rice, spinach and sweet potatoes.

Taking a more holistic view, researchers looked at whether or not an overall healthier diet may be a better bet than following a restrictive diet that only focuses on oxalates. They turned to the DASH (Dietary Approaches to Stop Hypertension) diet, which is rich in fruits, vegetables, legumes and nuts, moderate in low-fat dairy and low in animal proteins, refined grains and high

sugar foods.

A small study has found that the DASH diet appears to lower the excretion of calcium-oxalate complexes and therefore could be protective. This needs more work however.

*For reference: Noori N, et al. Urinary lithogenic risk profile in recurrent stone formers with hyperoxaluria: a randomised controlled trial comparing DASH (Dietary Approaches to Stop Hypertension)-style and low oxalate diets. American Journal of Kidney Diseases 2014;63:456-463*



### Good Health on the Menu

#### MARGHERITA PIZZA

*Try this DASH diet margherita pizza.*

##### Ingredients:

- 1 teaspoon active dry yeast
- ¾ cup whole-wheat flour
- 2 tablespoons barley flour
- 2 teaspoons gluten
- 1 tablespoon oats
- ¾ cup warm water
- 1 tablespoon olive oil

##### Topping:

- 2 tomatoes finely sliced
- 2 cups chopped spinach
- ½ cup chopped fresh basil
- 1 tablespoon oregano finely chopped
- 1 tablespoon crushed garlic
- 1 teaspoon black pepper
- ½ cup sliced fresh mozzarella

##### Method

###### Dough

1. Dissolve yeast in warm water and let it rest for 5 minutes
2. Mix dry ingredients together in a bowl
3. Add water/yeast mixture and oil to the dry ingredients
4. Knead for 10-15 minutes until smooth
5. Put dough in refrigerator for minimum of 1 hour

##### Pizza

6. Preheat oven to 200 degrees Celsius
7. Smooth flour evenly over flat surface or large chopping board
8. Remove dough from refrigerator and place on floured surface
9. Roll out dough with a rolling pin to just over half a centimeter in thickness
10. Place flat dough on baking paper or baking tin
11. Top with tomatoes, spinach, basil, oregano, garlic, black pepper and mozzarella
12. Bake for 10-15 minutes or until crust is crisp and cheese has melted



Enjoy!

## DID YOU KNOW? INACTIVITY: THE GREATER HEART DISEASE RISK TO WOMEN

**Heart disease is the single biggest killer of Australian women.** A number of lifestyle factors affect heart health to varying degrees and at different times in a woman's life. These include excess weight, smoking, poor diet, too much alcohol and too little physical activity.

Researchers looked at the most potent risk factors for heart disease in Australian women at various ages. They found that, for women aged between 22 and 27, the greatest determinant of poor heart health was smoking and for those aged 30 and above, it was physical inactivity (partly because many women have quit by this age).

This research can help to target women according to their age group and the factors that most influence their risk of heart disease. In general, quitting smoking and increasing your level of physical activity will reduce your risk of heart disease as well as a host of other chronic illnesses.

*For reference: Brown, WJ et al. Comparing population attributable risks of heart disease across the adult lifespan in women. British Journal of Sports Medicine Epub online May 8, 2014 doi: 10.1136/bjsports-2013-093090*

## Clever CROSSWORD

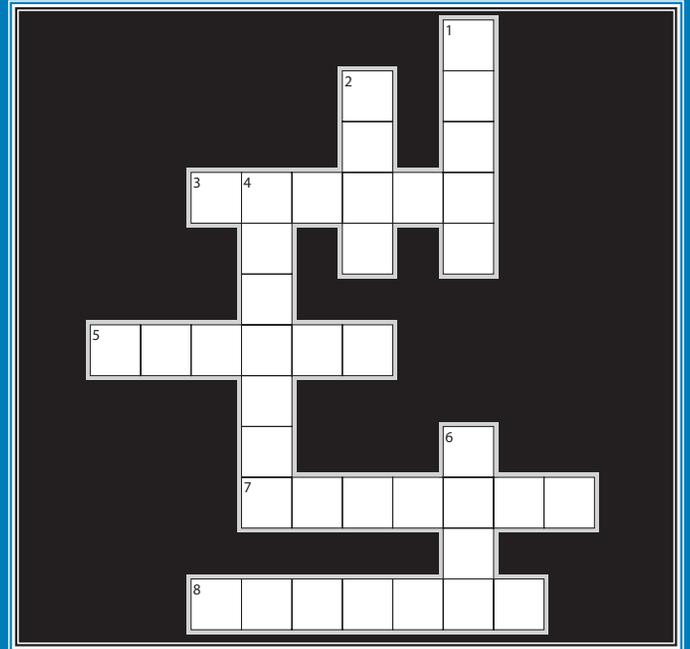
### Down:

1. \_\_\_\_\_ disease is the single biggest killer of Australian women.
2. 80% of us will have a bad what, at some time in our lives?
4. Oxalates are found in a range of healthy foods such as beetroot, beans and what?
6. Heart health is affected by excess weight, smoking and a poor what?

### Across:

3. Smoking is deadly and contributes to the risk of preventable diseases including \_\_\_\_\_.
5. Walking may improve the brain's thinking speed and \_\_\_\_\_.
7. Excess time spent \_\_\_\_\_ is linked to increased risk of heart disease.
8. Kidney stones are formed when calcium binds with what?

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



## SMOKING AND MENTAL HEALTH

**It's known that smoking is deadly and contributes to the risk of preventable diseases** including cancer, stroke, heart and respiratory diseases. The association between smoking and mental health, however, is not as clear. Many people with mental illness believe that smoking helps to reduce feelings of stress and anxiety, and clinicians are often reluctant to insist upon smoking cessation in people with mental illness in case it aggravates their condition.

It's been thought, however, that cigarette dependency might actually be causing the

negative moods, with withdrawal symptoms making feelings of anxiety and stress worse. A study examined the available data on changes in mental health between people who continue to smoke, and those who quit, measuring outcomes in anxiety, depression, positive mood psychological, quality of life and stress.

Quitting smoking was associated with reduced symptoms of all mental illness outcomes measured. Increased positive mood and improved reported psychological quality of life were also observed in

those who quit. Quitting smoking has tremendous benefits to our physical health and this evidence suggests that it could be advantageous for our mental health too. If you still smoke, it's time to quit. For quitting advice speak to your doctor or call Quitline on 13 7848.

For crisis support call Lifeline on **13 11 14**.

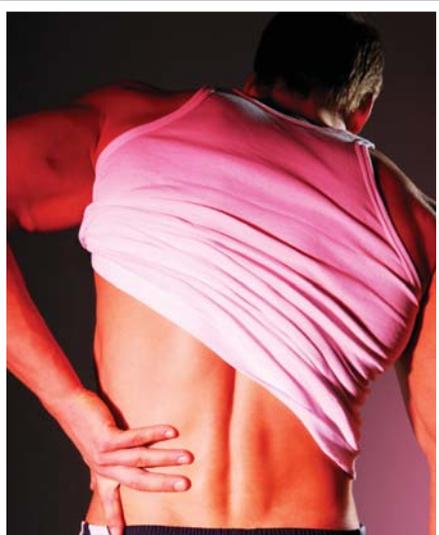
*For reference: Taylor, G et al. Change in mental health after smoking cessation: systematic review and meta-analysis. BMJ 2014; 348:g1151 doi: 10.1136/bmj.g1151 (Published 13 February 2013)*



**Dr Norman Swan**

## A MATTER OF HEALTH

### YOUR GP'S ADVICE IS WHAT COUNTS



**80% of us will have a bad back at some time in our lives and it can be incredibly painful.** For years, doctors have been advising their patients not to lie down to the pain and keep moving. People have also been advised to take paracetamol. The trouble is that there's been a suspicion that paracetamol doesn't work very well. Experts in how medicines should be taken have thought the reason was that rather than taking paracetamol when needed it actually should be taken three times a day to have an effect.

Well a trial conducted in 1600 patients with acute back pain tested this and divided them into three groups. One got a placebo – dummy tablets, one group were told to take the paracetamol when they felt they needed it and a third group were given extended release paracetamol three times daily. What they found was that neither way of taking paracetamol was any better than a dummy tablet. What seemed to count was the GP's advice not to lie down to the pain.

And if you're wondering whether other painkillers like ibuprofen are any better, there's not much evidence for them or even paracetamol plus codeine or stronger drugs.

Maybe in this case, natural is best and follow doctors' orders!



## MYTH VS. FACT: WALKING, RATHER THAN SITTING, BOOSTS BRAIN POWER

### Generating creative ideas is no small feat.

Achieving a creative outcome requires both generating an idea and bringing that idea into fruition. A number of strategies exist for attempting to generate and foster creativity like deliberately shifting points of view to challenge oneself and frequently exposing oneself to new experiences.

Walking has been shown to improve thinking speed, memory and alertness. Based on this, researchers looked at whether or not walking had an effect on either stage of the creative process.

Testing procedures were developed whereby it was possible to measure the generation of ideas and the subsequent refinement

process. Researchers found that, compared to sitting, walking boosted creativity 81% of the time. The benefits were even more apparent when participants were walking outdoors in the open.

Aside from potentially increasing your creative capacity, walking is a great way to stay fit. Increased sitting time is linked to increased risk of heart disease so there's no better time to get up and get active.

*For reference: Oppezzo, M and Schwartz DL. Give you ideas some legs: The positive effect of walking on creative thinking. Journal of Experimental Psychology: Learning, Memory, and Cognition. Advanced online publication doi: 10.1037/a0036577*

Across: 3. Cancer; 5. Memory; 7. Sitting; 8. Oxalate.  
Down: 1. Heart; 2. Back; 4. Almonds; 6. Diet.

## ANSWERS TO CROSSWORD

### 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 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.