



BLACKBURN CLINIC FAMILY GENERAL PRACTICE

Spring 2019 Edition

An independent association of medical practitioners.

BLACKBURN CLINIC

5/195 Whitehorse Rd, Blackburn
www.blackburnclinic.com.au

HOURS (open 365 days of the year)

Monday to Thursday 8 am - 7 pm
 Friday 8 am - 6 pm
 Sat-Sun 8 am - 12 noon
 Public Hols 8 am - 12 noon
 Good Fri, Xmas Day 9 am - 11 am

Dr Suzanne ASHDOWN

Dr Grant CONNOLEY

Dr Kathryn CUNNEEN

Dr Sean DAS

Dr Ann DONAGHY

Dr Scott GARDINER

Dr Melanie HATTOTUWA

Dr Janice KRELTSZHEIM

Dr Kazunori NAKAJIMA

Dr Peter LOVASS

Dr Andrew RAWLIN

Dr Claire St JOHN

Dr Jasdeep SANDHU

Dr Adrian TANG

Dr Aaron ZHANG



2/195 Whitehorse Rd, Blackburn
www.blackburnspecialistcentre.com.au

HOURS

Monday to Friday 8 am - 5 pm
 Hours extend past 5pm some days,
 dependent on GP availability.
 Weekend/Pub Hols Closed

Dr Andrew BROAD

Dr Peter ELLIOTT

Dr Yeganeh KHAVAR

Dr Praba RATNARAJAH

Dr Terence TING

General enquiries: 9875 1111

Appointments: 9875 1123

BOOK ONLINE AT:

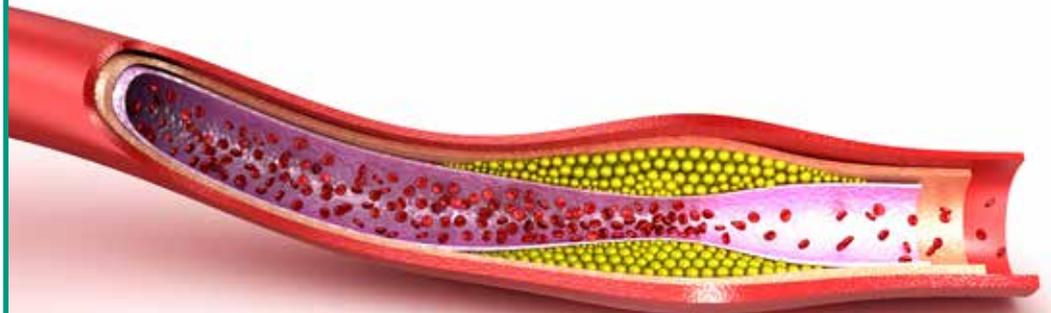
www.blackburnclinic.com.au

Get Your Cholesterol in Check

Cholesterol is a fatty substance which our body makes naturally and is found in some foods. It is carried around the body in our bloodstream by lipoproteins. The two main lipoproteins are low density lipoproteins (LDL) and high density lipoproteins (HDL). HDL cholesterol is known as 'good cholesterol' as it helps to prevent cholesterol from building up in the arteries. LDL, on the other hand, is referred to as 'bad cholesterol' as it is the main source of cholesterol build-up in the arteries, which can lead to narrowing and blockages.

While we need some cholesterol, too much LDL cholesterol in the blood can lead to heart disease or stroke.

While some people will need medications such as statins to help lower cholesterol levels, there are also many lifestyle changes you can make to reduce LDL cholesterol levels or prevent them from becoming high in the first place.



- ▶ Aim for at least five serves of vegetables and two serves of fruit each day — the more colours the better.
- ▶ Replace saturated fats (found in animal foods, palm and coconut oil) with healthy fats from foods like extra-virgin olive oil, nuts, seeds, avocado and oily fish.
- ▶ Avoid trans fats found in processed foods such as biscuits, pastries, snack foods and fried takeaway foods.
- ▶ Increase your intake of soluble fibre from foods such as oats, barley and legumes.
- ▶ Avoid processed meats. Choose only lean cuts of meat and replace some red meat with oily fish and plant proteins such as legumes, tempeh and tofu.
- ▶ Include a handful of unsalted nuts each day.
- ▶ Replace processed snack foods with healthier options such as fresh fruit and unsalted nuts.
- ▶ Consider including plant-sterol enriched food, such as spreads, breakfast cereals and milk. Plant sterols are naturally occurring components of all plants and can lower cholesterol levels in the blood. They are found in small amounts naturally in foods such as nuts, seeds, legumes, wholegrains, fruits and vegetables, but it is difficult to get the amount you need to have a cholesterol lowering effect (2–3 grams per day) from natural foods, so if you have high cholesterol, plant-sterol enriched foods can be a useful addition to a heart-healthy diet.
- ▶ Get moving! Regular exercise can also help to lower cholesterol levels. Aim for 30 minutes of moderate intensity exercise most days, such as walking, cycling, dancing or running.
- ▶ If you smoke, quit. Smoking increases heart disease risk in several ways including increasing levels of LDL cholesterol and lowering HDL cholesterol.

For more information visit the Heart Foundation website: www.heartfoundation.org.au/your-heart/know-your-risks/blood-cholesterol

Nutrition

Pesto Zucchini Roll up Lasagne

Preparation time:	Cooking time:	Serves:
30 minutes	30 minutes	4

Rolling the ingredients in the strips of zucchini to form pinwheels and baking them in a tomato sauce gives a new feel to a family favourite.

Ingredients

- 4 red capsicum
- 3 medium zucchini, thinly sliced lengthwise
- 1/2 cup pesto
- 1 cup baby spinach leaves
- 690 g bottle passata sauce
- 2 tablespoons pinenuts

Instructions

1. Place whole capsicum on a lined baking tray and bake in a hot oven, 200°C, for 30 minutes or until charred and blistered. Remove from oven and place in paper bag to cool. Remove skin from capsicum and slice as wide as the zucchini.
2. Cut zucchini into thin slices lengthwise.
3. Spread pesto over the zucchini slices, top with a few baby spinach leaves and a slice of capsicum. Roll up.
4. Place a small amount of passata sauce in a square ovenproof dish. Arrange zucchini rolls, filling side up, and pour over remaining sauce.
5. Sprinkle with pinenuts and bake in a moderate oven, 180°C, for 20–30 minutes. Serve with a green salad.

Nutrition

PER SERVE: Energy 1832 kJ (438 Calories); Protein 12.7 g; Fat, Total 28.2 g; Saturated Fat 3.8 g; Carbohydrate, Total 28.2 g; Sugars 25.2 g; Fibre 12.9 g; Sodium 507 mg; Potassium 1528 mg; Calcium 168 mg; Iron 4.2 mg.

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

The facts about intermittent fasting

Intermittent fasting refers to fasting for certain periods of time during the day or week. This could be true fasting (consuming nothing but water) or consuming significantly less energy (calories) than usual during the fasting periods.

There are three main types of fasting:

1. **Periodic fasting:** fasting or eating a very low energy intake for up to 24 hours once or twice a week and eating according to your appetite on the other days. An example of this is the '5:2 diet' where you fast for two days and eat your normal diet for the other five days each week.
2. **Alternate day fasting:** switching between fasting days (where you either completely fast or consume a very low energy diet) and feasting days (where you eat according to your appetite).
3. **Time-restricted feeding:** food is eaten only during certain time periods of the day. An example is the 16:8 diet where you eat only during 8 hours of the day and fast for the remaining 16 hours.

Intermittent fasting has been shown to result in weight loss and improvements in certain health markers. In fact, several well-designed studies of intermittent fasting have concluded that intermittent fasting provides similar benefits for weight and metabolic risk factors (such as glucose and insulin levels, blood fats and blood pressure) as continuous energy restriction (reducing energy intake by a smaller amount on a daily basis).

But there are very few longer-term studies looking at whether the benefits of intermittent fasting are sustained, or whether the same benefits would be seen in those with a chronic health condition.

What does all of this mean? While you will be likely to see some weight loss and improvements in health markers with intermittent fasting, current research suggests you could achieve similar results by just eating a bit less each day.

However, if you decide you want to give intermittent fasting a go, it's a good idea to speak with your doctor first, particularly if you have any existing health problems or take prescription medications. Fasting can affect the absorption of medications or increase their side effects. It's also important to keep hydrated and not to fast when you are feeling unwell. And there are some people for whom fasting isn't recommended, including pregnant and breastfeeding women, children under the age of 18 years, people with an eating disorder and those who are underweight.

Men's Health: Optimise Your Fertility!

Preparing for pregnancy isn't just for women. Fertility problems are equally as likely to occur in males as they are females. The good news is there are a number of things men can do to improve fertility and increase their chances of helping conceive a healthy baby.

Quit smoking. Both active and passive smoking can damage sperm DNA and increase the chances of miscarriage and likelihood of the child developing childhood cancer.

Limit or avoid alcohol. Alcohol, particularly daily consumption and binge drinking, reduces fertility.

Keep your weight healthy. Excess weight is associated with reduced sperm concentration and mobility, damage to sperm DNA and changes in reproductive hormones.

Exercise regularly. Too long sitting down can reduce sperm production and quality.

Eat a healthy diet. Diets high in antioxidant-rich plant foods, like fruits, vegetables, nuts and seeds, and low in saturated fat, are associated with improved sperm quality.

Avoid recreational drugs. These can decrease sperm quantity and increase the number of abnormal sperm.

Don't misuse anabolic steroids (e.g. for body-building purposes). They can lead to shrunken

testicles and stop sperm production.

Have frequent sex. It's a myth that sperm becomes more potent if a man abstains from sex or ejaculation. On the contrary, sperm that is stored for too long in the testicles can become damaged. If you are trying for a baby, it is recommended that you ejaculate or have sex 2–3 times a week.

Keep them cool. Sperm production is optimal when the temperature inside your scrotum is cool, so choose boxer shorts or underwear with fabrics that allow for good airflow.

Review your medications. If you take any prescription medications, check with your doctor if they could affect fertility.

Minimise exposure to chemicals. Pesticides, heavy metals, some chemicals, plastics and radiation can affect your sperm. Try to limit your exposure to these at work or in daily life. Wear protective clothing if you are trying to conceive.

For more information visit www.pregnancybirthbaby.org.au/preconception-health-for-men

Lifestyle tips for preventing dementia

According to Dementia Australia, more than 447,000 Australians in 2019 are estimated to be living with dementia. It's the biggest cause of disability in those aged 65 plus and, as more of us are living for longer, rates are rising.

Age is the biggest risk factor, and genetics also play a part. Having a direct relative with dementia, for example, increases your risk by two to three times. However, there is evidence that at least half of the risk of dementia is attributed to lifestyle factors, including diet, exercise and smoking.

Alzheimer's Australia has developed a brain health program. It is based on scientific evidence that a number of modifiable health and lifestyle factors are associated with brain function and the risk of developing dementia. The program focuses on looking after your brain, body and heart. The earlier you start, the better. While it may not be diagnosed until later in life, the disease process contributing to dementia occurs over several decades. So what can you do to reduce your risk?

- ▶ Look after your heart. Heart and blood vessel disease not only increases the chances of having a heart attack or stroke, but is also one of the biggest contributors to dementia risk.
- ▶ Be physically active. Keeping active not only helps to keep your body in top shape but also your brain. There is strong evidence that people who do regular physical activity have healthier brains and a lower risk of dementia.
- ▶ Mentally challenge your brain. Having a higher education, a mentally demanding job, taking part in mentally challenging leisure activities and being socially active all reduce the risk of dementia.
- ▶ Follow a healthy diet. The same eating plan that is good for your heart is good for your brain.
- ▶ Enjoy social activity. Spending time with people whose company you enjoy and in ways that interest you creates better brain function and reduces your risk of dementia.

You can also reduce your risk of dementia by:

- ▶ Dealing with depression. Studies show a strong link between depression and dementia.
- ▶ Preventing head injuries. These have been shown to increase the dementia risk, particularly where there is loss of consciousness. Wearing helmets where appropriate (for example when cycling) and reducing falls is key.

For more information, tips and free resources, visit yourbrainmatters.org.au

Women's Health: Relieving Labour Pains

Labour and childbirth is usually a painful experience. Knowing all of the options available for pain relief will help you to decide what is best for you.

You may prefer to avoid drugs and other medical interventions or be happy to consider all available options. Include your wishes in your birth plan, but its best to keep an open mind, especially if you are having your first baby.

Natural pain relief options

- Breathing techniques can help you relax, stay calm and 'ride the waves' of each contraction.
- Keep moving. Changing postures can help so you might try kneeling, squatting to one side, walking around or rocking on a ball
- Close support from a partner, friend or relative during labour can help to reduce anxiety. However, if you don't have anyone, your midwife will provide the support.
- Using distractions like music to take your mind off the pain.
- Placing hot water bottles or hot packs on your back or lower abdomen.
- Being in water, such as a warm bath or birthing pool, can help you relax and make contractions seem less painful.
- Try massage, although you may find you don't want to be touched.

- There is little research into the use of hypnosis, acupuncture and acupressure for pain relief in labour, but some women may find it helpful. However, it is important that it is only practiced by qualified practitioners.
- Transcutaneous electrical nerve stimulation (TENS) is a device that delivers small pulses of electrical current that may help to reduce perceptions of pain during labour. It is most effective in the early stages of labour and has no known side effects for mother or baby.

Medical pain relief options

- Gas is a mixture of oxygen and nitrous oxide. It won't remove all the pain, but it can help reduce it and make it more bearable. Many women like it because it's easy to use and control it themselves.
- An epidural is a special type of local anaesthetic that numbs the nerves that carry pain from the birth canal to the brain. It usually provides complete pain relief.
- Pethidine is a strong painkiller given by injection. It doesn't completely take away the pain but helps reduce the severity.

Whichever pain relief options you choose, being prepared can help to reduce anxiety and better cope with labour. Antenatal classes are strongly recommended as they show you what to expect at each stage and to feel more in control.

Dr. LoL:)



COMPETITION



Win a copy of *9 Months: The essential Australian guide to pregnancy* courtesy of *Pan Macmillan*.

Can I still dye my hair? Is it safe to sleep on my back? Why is my friend's bump bigger than mine? Can I eat soft cheese? How do I know my waters have broken? What is colostrum anyway?

Easy to use and comprehensive, *9 Months* is a complete guide for Australian women wanting the latest advice from a medical expert as well as practical reassurance and emotional support during the sometimes scary, but often wondrous, months of pregnancy.

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

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



Children's Health

Managing Constipation in Kids

Constipation refers to difficulties passing a hard bowel motion (poo). Bowel habits vary in children and some may only go every 2–3 days while others may go up to 3 times a day. The consistency of the poo and how hard it is to pass is more important than how often your child goes to the toilet.

Constipation is quite common in children, particularly around the time of toilet training. While there are a number of possible reasons a child might become constipated, there isn't usually a serious cause. Signs of constipation may include complaining of pain or discomfort when doing a poo, having tummy pains that come and go, becoming irritable, upset or refusing to sit on the toilet, and loss of appetite.

Possible causes of constipation in children include:

- A lack of fibre in the diet, particularly in children who are drinking too much milk and not getting enough solid food.
- Ignoring the urge to go to the toilet due to being too busy playing.

- Not wanting to do a poo because it has hurt in the past.

There are also plenty of things you can do to help your child if they do develop constipation.

- Increasing fibre in their diet, from foods such as fruits, vegetables and wholegrains.
- Encouraging them to drink more water.
- Encouraging them to exercise more.
- Establishing a regular toilet routine to help them get used to doing a bowel movement at a similar time each day.
- Teach healthy bowel habits, such as not holding on.
- Address any concerns they have about going to the toilet, including at school or preschool, such as lack of privacy or a smelly toilet
- Limit the use of laxatives and if you do use them, try a natural laxative such as prune juice.

Occasional bouts of constipation are usually nothing to worry about but if the constipation goes on for a long time it can cause other problems, such as faecal incontinence, and be harder to treat. If the suggestions above don't help, see your child's doctor for further advice.

Mental Health : Dealing with Grief & Loss

Grief is a natural response to loss. For some, it may be the loss of control and independence that comes with getting older and moving out of their family home into an aged care facility.

Everyone experiences grief and loss differently. It is normal to feel sad, angry, anxious, shocked, confused, frustrated, overwhelmed, isolated, irritable, resentful or numb. These feelings can affect both physical and mental health.

Some people may grieve for weeks or months and others may experience grief for many years. Having the support of friends and family is important. Some people may also find it helpful to seek professional help.

Beyond Blue recommend the following ways to help yourself:

- Talk to friends and family about how you are feeling.
- Consider joining a support group.
- Take care of your physical health including a healthy diet, exercise and enough sleep.
- Lighten your load by asking others to help you with some chores or commitments.
- Incorporate relaxation and gentle exercise can help with managing stress levels.
- Keep doing things you normally enjoy, even if you don't really feel like doing them.

If someone close to you is experiencing grief and loss, you can help them by:

- ▶ Ask how they're feeling and take time to listen and understand
- ▶ Offering to go for a walk or do something enjoyable with them
- ▶ Encourage them to seek professional support if their grief doesn't ease over time.

GriefLine offers grief counselling services. Call 1300 845 745, from midday to 3 am, 7 days per week or visit griefline.org.au



WHEN WE ARE CLOSED

Phone the clinic after hours on 9875 1111 and your call will automatically be transferred to the After Hours GP Clinic at 36 Wellington Rd, Box Hill (Ph 9899 9980), during their opening hours:

Mon-Fri 6.30pm-11.00pm,

Sat 1pm-11.00pm,

Sun & Pub Hols 10am-11.00pm.

Outside these hours your call will divert to our Home Doctor Service (Ph 13 74 25). Box Hill, Maroondah and Knox Private Hospitals all have emergency departments.

APPOINTMENTS

Appointments should be made to see the doctor of your choice. Urgent problems are always seen quickly – please notify the receptionist. Book online at: www.blackburnclinic.com.au

BILLING POLICY

We are a private billing clinic. Fees are payable at the time of consultation and full payment on the day will attract a discount. Fees are subject to regular review. Current fees and changes to fees are displayed in the waiting room and our website. Veterans Affairs gold card holders will be bulk-billed. If you have difficulty paying our fees at any time, please discuss this with your doctor.

DIABETES CLINIC

Education and information about use of devices, healthy eating, and strategies to help manage your condition to avoid complications. Our Diabetes Clinic will keep you up to date with the latest approaches. Ask your doctor for a referral.

SKIN CANCER CHECKS

Most patients should have a skin cancer check once per year. Please ask your doctor for a specific appointment for this, and to send you a reminder when your next SKIN CHECK is due

IRON INFUSIONS

We can treat iron deficiency anaemia on-site, where medically appropriate, at considerable savings compared to the traditional day-surgery model. Please see your doctor for advice.

HOME VISITS

On weekdays we do home visits for our patients in the local area if necessary. Where possible we ask that you ring before 10:00am to arrange this. Sometimes demand for this service will exceed our ability to respond and a locum visit may need to be arranged. AMA fees will apply for all home visits.

ONSITE CLINICAL PHARMACIST

Free service for our patients, providing a range of medication support services. Suitable for those with chronic conditions, taking multiple medications, or patients taking medications who may be experiencing side-effects.

MELBOURNE PATHOLOGY

Blackburn Clinic patients are able to access Melbourne Pathology services within Blackburn Clinic, from 8.00am - 1.00pm, Mon - Fri. Please take a number at reception and wait in our reception waiting area to be called.