

# ST AGNES SURGERY

1251 North East Rd  
Ridgehaven 5097

P: 8264 3333



# TEA TREE SURGERY

975 North East Rd  
Modbury 5092

P: 8264 4555



## PRACTICE PARTNERS

**Dr John LePoidevin**

**Dr Karen Hand**

**Dr James Robertson**

**Dr Jyothi Menon**

**Dr Stephen Davis**

**Dr Hamad Harb**

**Dr Janet Davie**

## ASSOCIATE DOCTORS

**Dr Robert D Rushton-Smith**

**Dr Suresh Babu AM**

**Dr Paul Veitch**

**Dr Christopher G Platis**

**Dr Georgia Peters**

**Dr Emily Harty**

**Dr Siang Ding**

**Dr Natasha Lambert**

## SURGERY HOURS AND SERVICES

### ST AGNES SURGERY

**Monday to Friday** 8.00am–5.30pm

### TEA TREE SURGERY

**Monday to Friday** 8.30am–6.00pm

**Saturday** 8.00am–1.00pm

## WEEKEND AFTER HOURS & PUBLIC HOLIDAY HOURS

Tea Tree Surgery will close at 1.00pm on weekends. After hours service sessions are at **Tea Tree Surgery**.

**Saturday** 8.00am–1.00pm

**Sunday & Public Hols** 9.00am–1.00pm

An appointment time is required.

For urgent medical problems outside these hours, a duty doctor can be contacted on 8264 3333 (St Agnes Surgery) or 8264 4555 (Tea Tree Surgery). Follow the instructions on the recorded message.

You can now find us on the web at [www.stagnessurgery.com.au](http://www.stagnessurgery.com.au)

# YOUR DOCTOR

NOVEMBER 2021

FREE!

## This month we talk about...



**THE RUN DOWN ON CARDIO**



**DELICIOUS BLUEBERRIES**



**DANDRUFF FAQs**



**A DISEASE DETECTING PILL?**

## How food affects our mood

It's no surprise that what we eat affects the way we feel. But this goes beyond the short-term burst of energy we feel after something sweet, or feeling drowsy after a large meal. In fact, it seems like some foods can have a longer-term impact on our mental health.

Large-scale studies have found lower levels of depression among people who eat healthy, 'traditional' diets when compared to those on typical modern western diets. Traditional diets focus on whole foods – fresh fruit and vegetables, whole grains and lean, unprocessed protein sources. The Mediterranean diet and the traditional Japanese diets are good examples; high in fish, vegetables and whole grains, they're associated with long, healthy lives. Put simply; the more processed foods, added sugars and high-fat products we eat, the worse our brain chemistry becomes.

### WHAT ARE THE EFFECTS OF A POOR DIET?

There are different ways that our diet seems to act upon the complex body processes that affect our brains. A poor diet can contribute to:

- **Inflammation** – overactive inflammatory processes are thought to contribute to various conditions including autoimmune diseases, cardiovascular disease and some cancers.
- **Oxidative stress** – our ability to manage and remove certain harmful 'free radicals' – these occur naturally in our bodies, but high levels have been linked to certain diseases, such as cancer.
- **Gut microbiome** – the make-up of the gut bacteria closely affects the way we absorb and use nutrients, move food through the gut and even create some vitamins.
- **Neuroplasticity** – our brain's ability to develop connections and respond to changes. Reduced neuroplasticity is closely linked to depression and stress.

### WHAT CAN WE DO ABOUT IT?

Five key recommendations have emerged from research into the effects of nutrition on mental health. These are:

1. Follow 'traditional' dietary patterns, such as the Mediterranean or Japanese diet, which are high in essential nutrients and low in 'empty calories'.
2. Include high fibre, high nutrient value foods by eating more fruits and vegetables, legumes, wholegrain cereals, nuts and seeds.
3. Eat more foods that are rich in omega-3 polyunsaturated fatty acids; these include some nuts and seeds, oily fish, and some unrefined plant oils.
4. Replace unhealthy foods with wholesome nutritious foods; as well as improving overall health, this is a good tactic for those of us who struggle with snacks!
5. Limit your intake of processed-foods, 'fast' foods, commercial bakery goods, and sweets.

### CAN A HEALTHY DIET 'FIX' MENTAL HEALTH PROBLEMS?

Remember, the processes behind mental health are complex and there are many reasons people can suffer from psychiatric disorders. A healthy diet may help to reduce your risk of mental illness, and will certainly have a positive effect on other disease risk – and physical illness is closely linked to mental illness. It is not, however, a quick fix, and if you need help and support you can get advice from your GP.



*Our newsletter is free! You can take a copy with you.*

E A W K G H E O G V B L J X Z H I P G A L K H M Y O W  
O B O O W Z I Q E A N Z F I Z X Q Q H V S W V Y E X R  
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# WORD SEARCH

- ANTHOCYANINS
- ANTIOXIDANTS
- BLUEBERRIES
- CAPSULE
- CARDIO
- CELLS
- COGNITION
- DANDRUFF
- DEPRESSION
- DERMATITIS
- DIGESTIVE
- ENDOSCOPY
- FIBRE
- GULLET
- GUT
- INTESTINE
- ITCHY
- KILOJOULE
- LEGUMES
- MANGANESE
- MICROBIOME
- NEUROPLASTICITY
- NUTRIENTS
- POLYPS
- POLYUNSATURATED
- POTASSIUM
- PSYCHIATRIC
- STOMACH
- TREADMILL
- ULCERS

## Blueberries: truly delicious and nutritious!

Whether in pancakes, yoghurt, muffins or jam, blueberries are an amazing fruit, absolutely bursting with goodness.

Blueberries are native to North America but are now grown around the world, including Australia. They grow from shrubs; the farmed ‘highbush’ varieties produce the larger fruits that you find in shops, but wild ‘lowbush’ shrubs tend to have smaller, more nutrient-rich berries.

Blueberries have long been known as a ‘superfood’ due to their high levels of nutrients and antioxidants, but what are the real benefits of including them in your diet?

As they are relatively low in sugar and high in fibre they have a low glycaemic Index, which makes them a source of slow-release energy – good for maintaining steady blood sugar levels, and great for gut health.

Blueberries contain high quantities of Vitamin C and Vitamin K. Vitamin C is important for skin health and immune function, and Vitamin K is mostly involved in blood clotting. They also have vitamins A, B, and E, and a range of minerals.

They’re also rich in antioxidants, the molecules that fight harmful free radicals in your body. Free radicals occur naturally in your body, but high levels have been linked to cancer, heart disease and diabetes. Eating food with high levels of antioxidants helps your body maintain that all important healthy balance.

One group of antioxidants in blueberries is known as anthocyanins – these give blueberries and similar berries their natural blue colouring. Anthocyanins have been linked to all sorts of benefits, such as improved cognition and memory, as well as reducing cardiovascular disease and diabetes.

Some studies have shown that eating blueberries regularly can have an anti-inflammatory effect. This can protect your brain cells, improve blood flow and reduce blood pressure.

Alongside all these health benefits, they’re a delicious and versatile fruit. They last well when fresh, and can be flash-frozen to retain many of their nutrients – you can find them fresh or frozen in most supermarkets. This means it’s easier than ever to throw some in your next smoothie or on top of your porridge, and enjoy the fruity boost of a truly healthy food.



*Toss a handful into your salad*

## SIMPLE WAYS TO INCLUDE MORE BLUEBERRIES IN YOUR DIET



*Add to a cheese platter*



*Make a tangy sauce to accompany meat dishes*

## Capsule endoscopy – can swallowing a ‘pill’ detect disease?

Capsule endoscopy is also known as pill-camera or wireless endoscopy. It's been available for some time now, but new advances in technology have made this medical investigation more accurate and convenient than ever before.

Usually, to examine the inside of your digestive tract, a thin tube ‘camera’ has to be passed through your mouth or anus, and manoeuvred through your upper or lower gastrointestinal (GI) system. During the procedure the practitioner watches the relayed images on screen. Although it's an effective and safe way to detect some diseases and disorders of the GI system, a traditional endoscopy has two drawbacks – firstly that it can feel very invasive and intrusive, and secondly that most of the small intestine can't be visualised.

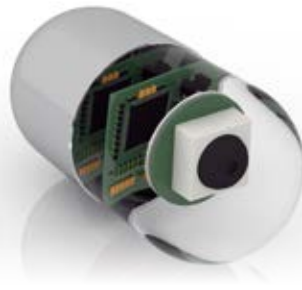
A capsule endoscopy bypasses these drawbacks – it's a small device which can be swallowed. The capsule is disposable and will pass out of your body naturally in your bowel movement.

It passes through the entire gastrointestinal tract taking photos as it goes. These images are relayed – at a rate of two images per second – to a device carried by the patient, and transmitted to a computer. It gives doctors a good view of its journey through the entire digestive system.

Being able to visualise the inside of the gut is an essential tool for identifying some serious diseases like cancers, inflammatory bowel conditions, ulcers, and internal bleeding.

Although capsule endoscopies have been in use for more than 20 years now, recent developments in this technology means it's becoming more widely available and providing better results, with clear images of the entire bowel as well as the gullet, stomach, and ducts of the GI system.

Although the capsule endoscopy has some benefits over and above a traditional tube endoscopy, one significant benefit of a traditional endoscopy is that the practitioner is able to use the tube to take biopsies and even treat some issues as they find them, such as removing polyps or cauterising small bleeding points.



## Dandruff FAQ's

Have you ever experienced an itchy scalp and noticed little white flakes after you've scratched your head? You're not alone; dandruff is very common, and thought to affect around 50 percent of the population at some point in their lives.

### HOW AND WHY DOES IT HAPPEN?

Our skin cells have a natural lifecycle, and are shed at regular intervals. Usually, this happens without us even noticing. Sometimes, however, those shedding cells can ‘clump’ together, creating scaly patches which flake off and are visible as whitish flecks in the hair.

There isn't always a clear cause; it can be anything from dry skin to a reaction to hair products. Sometimes, however, it is related to other conditions like seborrheic dermatitis or scalp psoriasis.

### IS IT CAUSED BY POOR HYGIENE?

This is a myth – dandruff isn't caused by poor hygiene.

### WILL YOUR HAIR GET THINNER?

Mild cases of dandruff shouldn't make your hair fall out any more than it naturally does, or affect the thickness of it. On the other hand, scratching an itchy scalp a lot can weaken the hair and make the hair shafts snap more or fall out.

### DO YOU NEED TO SEE A DOCTOR?

This depends on what's causing it – most cases of mild dandruff can be managed by using anti-dandruff shampoos. Some people find that washing their hair more or less often can affect it, and can work out how to manage it with simple solutions.

If you're finding it difficult to manage, or it's causing particular problems like extreme itchiness, hair loss, or a bleeding scalp, consult your doctor. These can sometimes be signs of other skin conditions which may need different treatment to dandruff, so it's best to get medical advice and care.

**Almost half of all Australians have health conditions that could be prevented.**

**Look after your mind and body by eating well, being active, getting vaccinated and avoiding risky behaviours.**



## Blueberry and chia seed pudding

*This recipe makes two creamy, delicious bowls of goodness. Perfect for a healthy dessert or breakfast!*

### INGREDIENTS

- ½ cup fresh or frozen blueberries
- 1 cup of milk (or soy, cashew, or almond milk)
- 2-4 tsp maple syrup
- ½ tsp vanilla extract
- 6 Tbsp chia seeds

### Topping suggestions

Shredded coconut, mixed fresh berries, mint leaves, nuts, grated chocolate.

### DIRECTIONS

1. Place blueberries, milk, maple syrup and vanilla in a blender on high for 10 seconds.
2. Transfer mixture into a bowl and add chia seeds. Stir well.
3. Let chia seeds rest for about 10 minutes to absorb the liquid and expand. Then stir again with a whisk to ensure seeds are not clumped.
4. Divide mixture into small jars or bowls and place in the fridge for four hours or overnight.
5. Add your toppings and enjoy!



# Cardiovascular exercise

Cardiovascular exercise is also known as 'cardio' or aerobic exercise – it's the type of exercise which triggers a rise in heart rate and gets you breathing harder and working your joints and muscles. It differs from weight training as it's a more sustained, full-body workout.

## WHAT ARE THE HEALTH BENEFITS?

Cardiovascular exercise has a whole host of health benefits, including:

- **Cardiovascular health:** exercise which gets your heart and lungs working harder helps to improve your heart and lung health and prevent serious conditions like stroke and heart disease.
- **Improved circulation:** exercise which gets your blood pumping, and which involves your whole body supports circulatory system health.
- **Weight control:** if you need to lose weight, cardiovascular exercise combined with a healthy diet and sensible kilojoule intake is a great way to do it.
- **Bone health:** weight-bearing exercise that uses your own body weight, not just equipment – strengthens bones and the muscles that support your joints.

## HOW DO I START?

We all start at different levels – some of us are lucky enough to find cardiovascular exercise easy and enjoyable from the beginning, whereas others of us have to work hard to get to a point where we

feel good when we exercise. Our starting level of fitness and any pre-existing health conditions may affect the amount of exercise we can do at first.

Cardiovascular exercises are adaptable; they can be tailored to people of any age, ability, and those with some mobility restrictions. If you have any underlying health issues which might restrict your ability to exercise safely, you should consult a health professional before beginning any exercise regime.

## WHAT SHOULD I DO?

Cardiovascular exercise can be as simple as going for a brisk walk, run or bike ride. The aim is to push your body enough to raise your heart rate and make you breathe harder. It's even more beneficial if you can add a range of activities that include strength, balance and flexibility.

If you do go to the gym; the cardiovascular machines are the ones that keep you moving – the exercise bikes, treadmills, cross trainers and steppers. It's great if you are able to combine those with some weight training too.

However, you don't need a gym membership to do cardio, as long as your body is working harder than normal then that's a great start. Try to be active every day – remember doing any physical activity is better than doing none. It's important to listen to your own body and start slowly, or cut back if you have any problems.

To find out the recommended activity levels for your age, check the guidelines at [www.health.gov.au/health-topics/physical-activity-and-exercise](http://www.health.gov.au/health-topics/physical-activity-and-exercise)

## Discuss your concerns with the doctor

It can be helpful to make a note of what you'd like to discuss with your doctor before your visit. After you make an appointment, take a minute to write down the doctor's name and appointment details and use this form to make a list to take with you..

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

**Disclaimer:** The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

# PRACTICE INFORMATION

## MOLESCAN

Molescan is available again through Dr Harb at Tea Tree Surgery.

## DUTY DOCTOR CLINIC

Each weekday from 4.00pm to 6.00pm our patients who need to be seen on that day, but cannot get an appointment, can be seen at Tea Tree Surgery by the Duty Doctor. An appointment time is required. Normal fees apply.

## DIABETES CLINICS

St Agnes Surgery and Tea Tree Surgery offer a Diabetes Clinic which is proving very successful with patients achieving significantly improved control and knowledge of their diabetes.

## SENIOR'S HEALTH ASSESSMENTS

St Agnes Surgery provides a comprehensive health assessment for patients 75 years of age and over – the program involves a detailed functional and safety assessment conducted by our Nurse, followed by a medical check-up with your Doctor.

## PRACTICE ACCREDITATION

St Agnes Surgery and Tea Tree Surgery have achieved FULL ACCREDITATION until 2023. Accreditation reflects the attainment of national standards of quality at a practice level.

## PRIVACY

This practice is committed to maintaining the confidentiality 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 members of staff.

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