

BERRY MEDICAL CENTRE

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NURSING STAFF

Leilani Donovan (RN and midwife)

Chris Bolt (RN)

Ebony Wasson (RN)

ADMIN STAFF

Leona Brooke (Practice Manager)

Linda Anderson (Reception Team Leader)

Lyn Burke (Receptionist)

Gail Norris (Receptionist)

Jodie Thompson (Receptionist)

Abbey Welsh (Receptionist)

Fiona Harrod (Receptionist)

HOURS AND SERVICES

CONSULTATIONS by appointment:

Monday to Friday 8:30am–5.30pm

URGENT medical problems are dealt with promptly.

The practice provides a complete range of general practice care, including home visits, hospital and nursing home care.

AFTER HOURS: For urgent after-hours problems please call the surgery on 4464 1577

SERVICES

- Diagnosis and management of short-term illness
- Surveillance of chronic illness
- Sports injuries
- Minor operative procedures (moles, ingrown toenails)
- Mirena and Implanon
- Palliative care
- Sutures and fractures
- Point of Care Ultrasound
- ECG (heart assessment)
- Iron infusion
- Q Fever Vaccinations
- Durolane Injection
- Microtoilet of ear
- Travel advice and immunisation
- Family planning
- Paediatrics
- Pregnancy care
- Newborn care
- Immunisations

OUR PHILOSOPHY

Our Doctors aim to provide a comprehensive service. We aim to do more than just give you a script or write a referral. We are keen to look at your health, to discuss preventive steps and provide a more personal approach.

YOUR DOCTOR

FREE!!
TAKE ME HOME

AUGUST 2018

Predicting the future of Alzheimer's

What if scientists could tell you whether or not you would get Alzheimer's disease? It seems like a far-off fantasy, but that is the reality thanks to a new blood test.

Alzheimer's disease is a neurodegenerative condition that involves the death and degeneration of brain cells and their connections. It's the most feared disease after cancer, with 160,000 Australians currently diagnosed with Alzheimer's and it's expected that 170,000 New Zealanders will be suffering from it by 2050.

Typically, it starts off as a slow process, with the most common initial symptom being short-term memory loss. As the disease advances, sufferers can then experience disorientation, motivational loss, behavioural issues, language difficulties, and poor self-care. Eventually, the disease takes hold of bodily functions and speech, before the sufferer usually dies between three and nine years after diagnosis.

Detection up to this point has been time-consuming and expensive. Lumbar punctures, spinal fluid analysis, and PET scans are all standard detection methods, but they can't predict the progression of the disease, nor provide any leads to further treatment or screening. However, now, thanks to Australian and Japanese scientists, a more straightforward detection process awaits in the wings.

A blood test, which has the potential to identify those at risk of Alzheimer's three decades before severe symptoms present themselves, may be able to revolutionise current Alzheimer's research and treatment methods. Those at risk merely give a sample of blood and have it tested for the presence of a type of peptide in the blood.

The peptide that researchers are looking for confirms the presence of a protein called amyloid beta which builds up in those who have Alzheimer's.

Current research on blood tests using techniques fronted by Japanese researcher Dr. Kiochi Tanaka, have been successful. As a result, the future is looking bright for speeding up clinical trials, providing routine screening for the condition, and eventually working toward treatment methods that clear the amyloid beta protein. However, because it's in its infancy stages, there is still a way to go until the test is commonplace.

Study co-author Professor Colin Masters from the University of Melbourne said the testing is highly specialised and involves a sensitive mass spectrometry technique to measure low levels of peptide. It was first trialled on two groups: 121 in a Japanese group, and 252 in an Australian group. The trial groups included those who were healthy, were diagnosed with Alzheimer's and had mild cognitive decline. The accuracy of determining who was at risk of developing Alzheimer's was over 90 percent.

Over the next 12 months, the research team will be screening participants for clinical trials, but hope that before long, the blood test as a detection method could be streamlined and made efficient for clinical practice throughout the world.

Research for the second-most feared disease has been progressing slowly for some years, but this blood test may just mark the beginning of something significant in the Alzheimer's field, and a rapid increase in additional studies taking place.

To try the latest RECIPE take me home...



The critical two: what your teen needs

You may be aware of what a baby needs to be healthy, but do you know what your teenager should be eating?

When your teenager was a baby, it was easy to keep them satisfied. They drank breast milk or formula, and you knew they were getting all the nutrients and nourishment they needed. However, as they got older, it may have become harder to get them to eat what you give them and stay away from foods that are high in fat and sugar.

This is especially true during teenage years. If your teen is busy with sports and schooling, it becomes all too easy to pick up a bag of chips from the shop on the way to school or opt for an energy drink for a quick pick-me-up, as opposed to water. However, as a parent, it's crucial that you help them to receive as many vitamins and minerals as possible, with two of the most important being calcium and iron.

Why calcium?

Teenagers are growing, and it's not uncommon to see particularly males go through accelerated growth between the ages of 12 and 15. During this time, when the skeleton is experiencing significant changes, it's crucial to include as much calcium in their diet as possible. Opt for calcium-rich foods like canned fish, beans, nuts, leafy greens, and wholegrain bread.

Why iron?

Iron is vital for both teenage boys and girls, but it's particularly important for girls. Iron levels can drop dramatically during a girl's period, so iron-rich food becomes even more critical. Be sure to include eggs, lean meat, chicken, fish, seafood, cereals, beans, and nuts into their diet. If they are more likely to pick up foods high in sugar and fat from the shop as opposed to packing a lunch, it may be a good idea to set some time aside to pack a lunch for them. While this is far from promoting independence, it does ensure they are getting beneficial foods to help them in the long run.

It's hard to know whether your teenager is getting enough vitamins and minerals. After all, they are growing up and are starting to make food decisions for themselves. However, you can do your part by ensuring the cupboards are filled with nutritious and delicious snacks and meal choices that are rich in essential nutrients for growth.

ACROSS

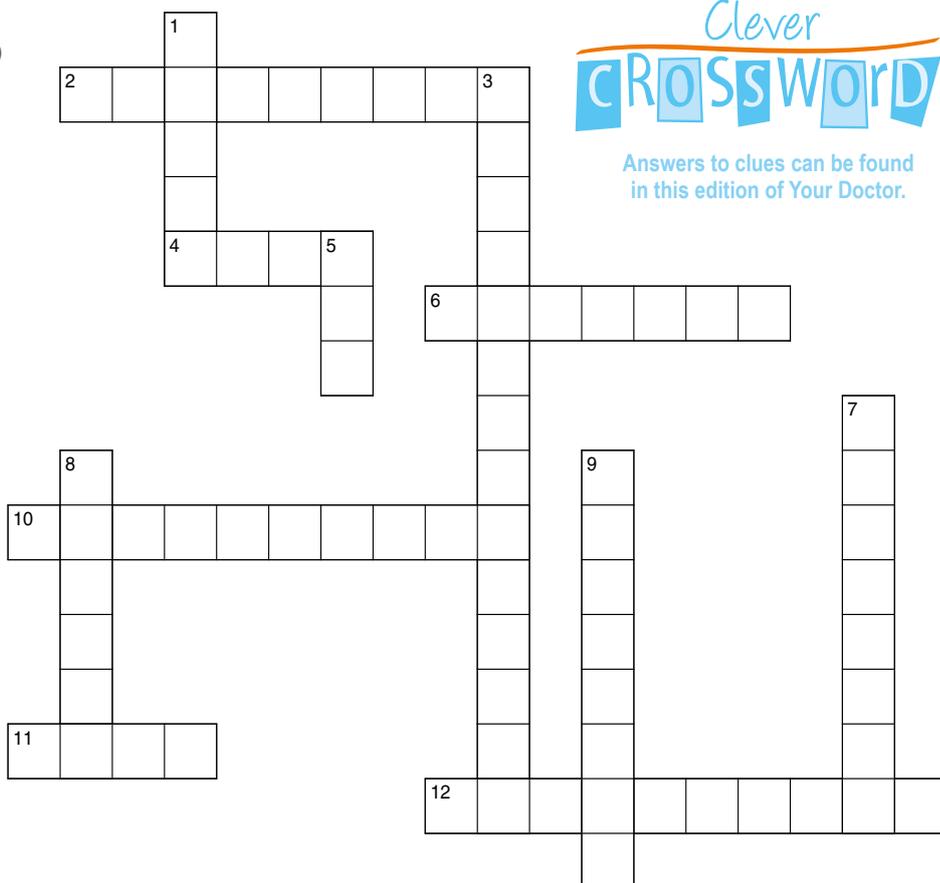
2. Type of support a caregiver can give. (9)
4. Adults need between seven and ____ hours sleep per night. (4)
6. The two most important vitamins and nutrients for teenagers are iron and _____. (7)
10. One in ten kiwis follow this type of diet. (10)
11. Type of injury a caregiver may develop from lifting patients. (4)
12. Common initial symptom of Alzheimer's disease. (6,4)

DOWN

1. Eating red meat may increase a woman's risk of developing this type of cancer. (5)
3. A current detection method for Alzheimer's disease. (6,8)
5. An iron-rich food. (3)
7. A health problem that an eye exam may reveal. (8)
8. One type of tissue at the back of the eye. (6)
9. If you have high levels of this hormone it may be suppressing your immune system. (8)



Answers to clues can be found in this edition of Your Doctor.



Keep an eye on your eyes

The eyes are more than windows to the soul. With advances in eye health technology, they can also give a unique look into your health.

The eye is a real window into what's happening in your body. It's a convenient way for a doctor to get a clear view of your blood vessels, nerves, and connecting tissue without surgery.

Getting regular eye exams is important, even if you think your vision is fine. Eye exams allow an eye care professional to monitor your eyes for common vision problems and signs of disease. Although there aren't early warning signs for the most common eye diseases, by identifying diseases early, you have the best treatment options and the best chance of preserving good vision.

A comprehensive exam will often include eye dilation. After checking your vision sharpness, the doctor will place drops in your eyes to dilate (widen) the dark centre of your eyes, called the pupil. This allows more light into your eyes, just like opening a door lets light into a dark room. Then the doctor can examine the inside of the eye.

A special magnifying lens is needed to examine the tissues at the back of the eye. These tissues include the retina (light-sensitive tissue), the macula (central part of the retina for sharp vision), and the optic nerve (carries visual messages from the eye to the brain). Damage to these areas may be a sign of an eye disease.

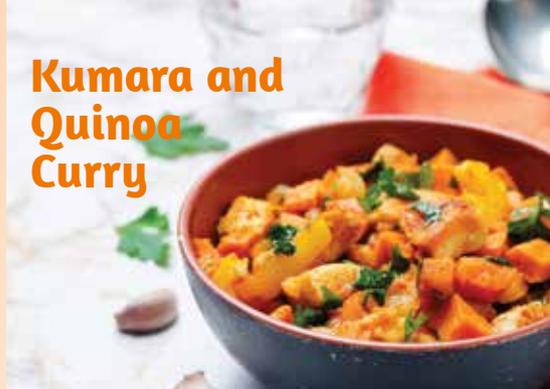
The eyes can also reflect illness that begins in other tissue far from the eyes themselves. Eye exams may reveal health problems like diabetes, high blood pressure, autoimmune disorders, sexually transmitted diseases, and cancers.

For example, eye doctors often detect diabetes by observing damage to the retina and blood vessels in the eye. The disease may show up in eye tissue before a blood glucose (sugar) test reveals it. Early detection can prevent not only vision loss but other serious complications.

Often there are things you can do to keep your good vision, if a problem is found early. So, whilst a regular eye exam can catch issues early, there's a lot you can do to keep your eyes healthy. These include not smoking, eating a healthy diet (especially dark leafy greens like spinach or kale), and maintaining a healthy weight. Also, know your family's eye health problems. Certain diseases can run in families. And make sure to wear sunglasses to block harmful sun rays and protective eyewear for activities like sports and home improvement projects.



Kumara and Quinoa Curry



INGREDIENTS

- 1 cup quinoa
- 1 tbsp coconut oil
- 3 cloves garlic, crushed
- 1 tbsp fresh ginger, crushed
- 1 onion, chopped
- 3 tsp turmeric powder
- 1 tsp ground cumin
- 1 tsp chilli, or more to taste
- 1 can coconut milk
- 2 cans diced tomatoes
- 2 orange kumara, diced
- 1 potato, diced (or another kumara)
- 1 lime, juiced
- Baby spinach, chopped (or other green leafy vegetables)
- Salt and pepper

METHOD

- Cook quinoa as per packet instructions.
- Meanwhile, heat oil in a pan over medium heat. Add garlic, ginger and onion and cook for 3 minutes.
- Add all other ingredients except the spinach and lime. Simmer, covered, for approx 25 minutes (or until kumara and potato is cooked). Stir in spinach and lime juice, and cook for 1 minute. Add salt and pepper to taste.
- Add cooked quinoa and stir to combine.

A dietary dilemma for women

If you're a woman and a regular consumer of red meat, you may want to consider making some dietary changes.

In recent years, studies have shown links between red meat and Alzheimer's disease, heart failure, and accelerated aging. However, a new study conducted in the UK shows that red meat may also increase a woman's risk of developing colon cancer.

Data was collected from 32,147 women who were selected as part of a Women's Cohort Study in Scotland, Wales, and England. They were tracked for 17 years and during this time, 462 cases of colorectal cancer were discovered, 119 of which were distal colon cancer.

The distal colon includes both the descending colon (left side of the colon) and the sigmoid colon (s-shaped section that connects to the rectum). The study showed that there may be a reduced risk in cancer of the distal colon for women who did not consume red meat, and an increased risk for those who did.

In April this year, researchers from the University of Leeds completed an analysis on that initial study and published it in the International Journal of Cancer. It was titled 'Common dietary patterns and risk of cancers of the colon and rectum' and involved research into various food products and their connection with

distal colon cancer. Out of poultry, fish, vegetarian and red meat diets, higher rates of distal colon cancer were discovered in those whose diet included red meat.

While further analysis and more extensive studies are required to prove the connection, it is thought that reducing your red meat intake, or cutting it out altogether, may reduce your risk of developing this form of cancer.

Australia is a country of meat eaters, outranking even the United States on consumption. New Zealanders, on the other hand, are eating less meat than ever before, with one in 10 Kiwis choosing to follow a vegetarian lifestyle. While both countries have improvements to make, this study could go a long way to reducing the risk of colon cancer and helping both Australians and New Zealanders to make better food choices.

Given that bowel cancer, made up of colon and rectal cancers, is the third most diagnosed cancer in Australia, and the most commonly reported cancer in New Zealand, it's crucial to make lifestyle changes to reduce your risk. If you require more information or advice, consult your doctor.



Tell the bugs to **back off**

How well prepared is your body to tackle bugs and germs? Learn how you can boost your immunity naturally.

Each year, 10 to 20 percent of the New Zealand population get the flu, and in Australia, GPs are swamped with over 300,000 consultations for flu symptoms every year. If your body isn't well equipped to handle influenza or even the common cold, then you may find yourself fighting a losing battle against bugs and germs, year after year.

Your immune system should always be at the top of its game, but your lifestyle choices and overall health may dramatically alter its capabilities to protect you from illness. If you're tired of catching every bug that seems to be going around, consider any of these approaches to strengthen your immune system.

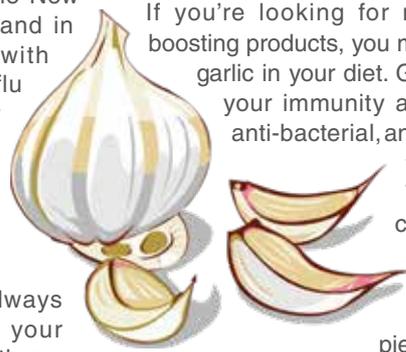
Sleep

Adults need between seven and nine hours of sleep per night, and if you're not getting that, you may be putting your immune system at risk. There are many reasons why sleep may evade you, including stress and caffeine. However, when you are sleep deprived or stressed, your body produces more of the hormone called cortisol. The

longer your cortisol levels remain high, the more suppressed your immunity becomes.

Give garlic a go

If you're looking for natural immunity boosting products, you may wish to include garlic in your diet. Garlic can enhance your immunity as well as provide anti-bacterial, anti-fungal, and anti-viral properties. The best way to consume garlic for immunity is raw. You can crush or chop it, swallow pieces with a drink of water, or sprinkle it over food.



Put a stop on sugar

If you've got a sweet tooth, it might be time to cut back on treats for the sake of your immunity. Refined sugars with no nutritional value deplete your nutrient supplies when it's metabolised in your system. When these stores are empty, your immune system has a real battle on its hands as it tries to fight off colds and the flu.

Spring and winter are prime times for colds and influenza to make the rounds. If your immune system isn't ready to fight, there's no time like the present to get it battle-ready.

PRACTICE FEES

We are a fee for service practice. Unfortunately, the Medicare rebate has failed to keep pace with costs of general practice, which means that your out of pocket expenses may have increased. Our fees will remain in line with AMA recommended fees.

MEDICARE REBATES

Our practice offers the facilities for your Medicare Rebate to be deposited immediately into your bank account.

SKIN CLINIC

Dr Neil Donovan and Dr Ingrid Buchner have undertaken post graduate training in skin cancer detection and management. Our Practice also has the latest skin cancer digital diagnostic technology (MoleMate). The clinic runs on a Tuesday and Thursday by appointment.

PRACTICE NURSE

We have Practice Nurses on site every day. This means that we can provide better access to health screening and management of long-term health problems like diabetes and heart failure.

HEALTH CHECKS

If you are making an appointment for a health check, please book a long appointment. It may best be preceded by a visit with the nurse, fasting blood tests and perhaps an ECG of your heart.

PRESCRIPTIONS

Unfortunately we cannot issue prescriptions to patients without seeing them. It is illegal for an Authority prescription to be issued unless it is accompanied with a consultation. Please make sure that you make an appointment ahead of time so that you do not run out of medications, and give us the time to help manage your medicines in a safe manner.

PATHOLOGY & RESULTS

Southern IML Pathology collect samples in the surgery Monday to Friday, mornings from 8am to 12pm. Appointments are not necessary.

Receptionists are unable to give specific results to patients over the phone or in printed form. It is a legal requirement that results are reviewed by the ordering doctor and discussed with the patient by the doctor. We can, however, let you know if your results require action. Please call for results between 2:30pm and 4:00pm.

NEED A LONG APPOINTMENT?

Being late is annoying for patients and stressful for staff and doctor. One of the causes is that our consultations often run over time. Just four minutes extra per consultation means that the doctor is one hour late at the end of the morning. You can help by being aware that your time with the doctor will be about 12-15 minutes, which is usually only enough time for one problem. If you have more than one problem, longer appointments are available - please ask our receptionist when you make your appointment.

COMPLAINTS

We value patient feedback and take your concerns seriously. If you have a suggestion or complaint, please feel free to use our suggestion box or talk to our Practice Manager. If you have a problem you wish to take beyond this practice, you can contact:

The Health Care Complaints Commission

Locked Bag 18

Strawberry Hills NSW 2012

Regional Free Call: 1800 043 159

<http://www.hccc.nsw.gov.au>

Take care of yourself while caring for others

It can be a labour of love, and sometimes a job of necessity. A total of 2,145,197 people in Australia provided unpaid care for someone with a serious health condition in 2016. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health.

Many of us will end up becoming a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves. Such caregiving can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also include managing medicines, doctor visits, health insurance, and money. Caregivers often give emotional support as well.

Studies have shown that some people can thrive when caring for others. Caregiving may help to strengthen connections to a loved one. Some find joy or fulfilment in looking after others. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role

without any training. They're expected to meet many complex demands without much help. Most caregivers hold down a full-time job in addition to the hours of unpaid help they give to someone else.

Studies have linked informal care-giving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety. And they're more likely to have problems with memory and paying attention. Caregivers may even suffer from physical health problems related to caregiving tasks, such as back or muscle injuries from lifting patients.

Caregivers need to know it's not only acceptable, but recommended that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests.

Speak to your doctor if you, or someone you know, needs some support with the additional demands of providing care.

ACROSS 2. EMOTIONAL 4. NINE 6. CALCIUM 10. VEGETARIAN
DOWN 1. COLON 3. LUMBAR PUNCTURE 5. EGG 7. DIABETES
8. RETINA 9. CORTISOL

CROSSWORD SOLUTION

Take me home to complete our **PUZZLE** – check inside!