

BERRY MEDICAL CENTRE

22 Prince Alfred St
Berry 2535

P: (02) 4464 1577

F: (02) 4464 2533

W: www.berrymedicalcentre.com



Dr Neil Donovan

MBBS (Hons. Syd.) DipPaed, DRACOG, FRACGP

Dr Ingrid Buchner

Dr.Med(Ger.), DipPaed, FRACGP

Dr Tony Girgis

MBBS, B. Eng (Hons), M Eng

Dr Liz Robertson-Cuninghame

BMed(Hons)

Dr Lucie Stanford

BMed(Hons), FRACGP

Dr John Thomson

MBBS, FRACGP

Dr Jessica Wilson

BSc(Hons), MBBS, FRACGP, DipChildHealth

Dr Sara Bialczyk

MBBS, BHSc (Hons)

Dr Emma Schimann

BA(Hons), MBBS, DRANZCOG, FRACGP

Dr Irina Jovanovic

MBBS (Netherlands)

NURSING STAFF

Leilani Donovan (RN and midwife)

Karen Knowles (RN)

Louise Ochieng (RN)

ADMIN STAFF

Linda Anderson (Practice Manager)

RECEPTION TEAM

Lyn Burke, Jodie Thompson, Abbey Welsh,

Amelia Clarke, Allira Nicol

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
- Travel advice and immunisation
- Family planning
- Paediatrics
- Pregnancy care
- Newborn care
- Immunisations
- Better Health Clinics
- Womens Wellness Clinics

ONLINE BOOKINGS

We use online bookings system - HotDoc - to make it easier to book your appointments. You can book appointments for yourself and your family at anytime online - through our website www.berrymedicalcentre.com or by using the HotDoc mobile app (for apple and android devices) with a few simple clicks. You can also receive your reminders via the app if you select this option.

YOUR DOCTOR

APRIL 2023



BACK CARE
TRAVEL TIPS



THE MARVELS OF
GUT MICROBIOME



TIPS TO
REDUCE ACNE



FERMENTED
FOODS

Compliments of your GP

Should you say yes to Yoga?

Many people are seeing value in taking up yoga classes. Could it be right for you?

Around 4,000 years ago, yoga was standard practice in ancient India for promoting health, helping with pain, and even preventing disease. Yoga has now become popular in the Western world, and there are a growing number of studies into the health benefits.

Yoga incorporates meditation, breathing exercises, and physical exercise, which means it's suitable for broad range of health conditions and people. Results from research so far suggest that practising regular yoga may have many different benefits for general health and well-being.

- People who suffer from back and neck problems may find pain relief from improving their strength and flexibility, and learning relaxation techniques.
- Studies also show that some yoga poses, plus relaxation and breathing techniques, can help with stress management, depression and anxiety.
- Yoga incorporates many poses which can improve balance, which is important in helping to prevent injuries, especially in older adults.

- Yoga can be a way of improving physical fitness. Several small studies found that people practising yoga at least twice weekly for a total of three hours, improved their flexibility, strength, endurance, and cardio-respiratory fitness after several months of practising.
- Practising regular yoga may boost self-image and confidence, and encourage an overall healthier lifestyle.

Yoga can fit easily into most people's fitness and exercise plans. If you're looking to improve your strength, balance, and overall well-being, it might be time to roll out the yoga mat. But remember to put safety first, like any activity, injuries can occur if precautions aren't taken.

It's a good idea to start with an appropriate yoga class – such as beginners or gentle yoga – to get advice and learn correct form. You may then like to sit in and watch a class before you participate. Yoga instructors can also modify exercises to suit your ability.

If you are: pregnant, haven't exercised for a long time, over 65 years old, or have any injuries, concerns or health issues, consult your doctor before starting yoga.



The World Health Organisation (WHO) has produced a free yoga app to help encourage people to stay active and healthy.

Search "WHO mYoga" on Google Play or Apple App store.

Our newsletter is free! Take a copy with you.

Get to know the marvels of your gut microbiome

Gut health refers to the overall well-being of your digestive system, including your stomach and intestines. A healthy gut is also essential for maintaining your overall health as it plays a role in many processes, including digestion, metabolism, immunity, and mental health.

What is gut microbiome and how does it help your health?

Your body contains a collection of microorganisms, including bacteria, viruses, and fungi, referred to as microbiome. The gut microbiome refers to all of the microbes in your digestive tract; there are many different types, but we have learnt the most about bacteria.

Gut bacteria help to break down food and extract nutrients, which are then used by your body for energy and growth. Healthy gut bacteria may help with obesity and decrease certain diseases such as irritable bowel syndrome, diabetes and heart disease.

While some bacteria are harmful, others are extremely important for your health. Beneficial gut bacteria can help to regulate your immune system and protect you from the harmful bacteria that can cause disease.

Research over recent years has discovered a gut-brain connection. It's now evident that your gut microbiome and brain communicate; and this plays a role in the regulation of stress, anxiety, depression, and cognitive function (the way you think and reason). These findings are promising but more research is needed to fully understand how we can use the information to help prevent and treat disease.

Get to know if your gut health is good

Some key indicators of gut health include:

- Regular bowel movements: regularity is a sign that your gut is functioning properly. The frequency of bowel movements can vary from person to person, but most adults typically have one to three per day.
- Proper digestion: a healthy gut should be able to properly digest food without discomfort or bloating.
- A balanced gut microbiome: the microbiome that lives in your digestive tract should be diverse, with a good balance of beneficial bacteria and other microorganisms.
- A strong immune system: your gut plays a role in regulating your immune system. A healthy gut is able to protect your body against harmful infections.



How do you improve gut health?

To improve gut microbiome naturally, it's important to eat a diet that's rich in a variety of fruits, vegetables, whole grains, and fermented foods. Fibre provides nourishment for the beneficial bacteria, and fermented foods such as yoghurt and kefir contain live cultures of probiotics, which can help to replenish your gut microbiome.

Additionally, it's important to limit processed foods, alcohol, sugar, and artificial sweeteners, as these can disrupt the balance of the gut microbiome. Regular exercise and reducing stress can also help to promote a healthy gut.

Always keep in mind that gut issues are complex, and it's important to consult your doctor to identify any specific concerns that might affect your gut health.

To learn more about improving your gut health see our companion article on fermented foods.

Travel tips to benefit your back

Thinking of travelling this Easter? Perhaps you're planning a road trip across Australia to spend time with family and friends, or a plane journey further afield. Travelling can be physically demanding, especially on your back, so preparing well can ensure you have an enjoyable holiday.

Long periods of little movement and sitting whilst travelling, unfamiliar pillows and uncomfortable mattresses may create enough discomfort for those 'niggles' to start up in your back and/or neck. Relaxing is near impossible when you're dealing with aches and pain, so it makes sense to take a few steps to protect your back.



If you're travelling long distances by car, prepare for the journey. As well as packing plenty of food and water, take note of your posture. Ensure your seat is upright, and your tailbone is positioned as far back on the seat as possible. By doing so, you'll get the best support for your shoulders and head. Once on the road, pull over and take a break every few hours. Use this time to walk around and stretch to loosen tight muscles.

Plane journeys can be uncomfortable, especially on long flights. If possible, choose an aisle seat. This means you can take regular walks up and down the aisle to stretch your legs easily. You may also find that using a small cushion or rolling up some clothing – such as a scarf, for your lower back will help to maintain the natural shape of your spine against an often-uncomfortable plane seat. Remember to keep drinking plenty of water.

Heavy bags can strain your body, so try to pack as lightly as possible. If you have to take a lot, using two smaller cases will distribute the weight more evenly than one large suitcase. Take extra care when lifting. Use your legs and not your back to lift, and move your feet to pivot instead of twisting your spine.

While you're away from home, sleeping in an uncomfortable bed may trigger additional levels of discomfort, aches, and pains. You may benefit from sleeping on your side, placing a pillow under your legs or where the mattress might dip, and stretching after sleeping.

Taking small preventative steps before and during your journey could mean the difference between a great holiday and one spent bent over in pain.

Farinata

Farinata (or socca) is a type of pancake made from chickpea flour which originated in Italy. Fermenting the batter makes it light and creamy and helps increase the nutritional value of the chickpea flour. These can be served as a snack or side dish, or add toppings to make a light meal.

Makes 2 large 'pancakes'.

INGREDIENTS

- 1 cup chickpea flour
- 1 tsp apple cider vinegar or lemon juice
- 300ml water
- 1 teaspoon salt
- 3 tablespoons olive or coconut oil (melted)

METHOD

1. Combine the flour with the water and vinegar or lemon juice, whisk well until batter is smooth.
2. Cover the bowl with a tea towel and leave to ferment for 15-24 hours at room temperature until it bubbles slightly or looks frothy.
3. Add salt and 1 tablespoon of oil to the batter and whisk.
4. Heat the grill on high, place the rack about 15cm below, add 1 tablespoon of oil to a skillet (oven-proof frying pan) and preheat.
5. Remove the hot skillet carefully and pour half of the batter in - making sure it spreads evenly. Add any chosen toppings.
6. Grill for about 5-10 minutes until set and golden and crispy around the edges. Repeat with remaining batter and oil. (You can also bake these in a hot oven, or on the stove top in a frying pan for 2-3 minutes each side).
7. Cool for a minute, add seasonings if desired, cut into wedges and enjoy fresh and warm.

Seasonings: fresh or dried herbs, pepper, a sprinkling of grated parmesan.

Toppings: Can include any combination of pesto, cheese, olives or vegetables such as zucchini, tomato, peppers.



Tips to reduce acne

Acne is a very common skin condition. It can be distressing, but learning what you can do about it may help.

Acne happens when hair follicles under your skin become clogged with excess oil and dead skin cells and block the skin pores. This leads to inflammation which results in pimples, painful cysts, blackheads and whiteheads. Acne occurs most often in areas with more oil glands such as your face, upper back, shoulders, and chest.

There are many other factors which can contribute to acne, including: genetics, medications, oily cosmetics, hormones, high humidity and stress. The following tips may help reduce the number or severity of breakouts.

Washing: acne is not caused by dirt, but it's important to keep your face clean by washing it gently several times a day with a mild cleanser. Over-washing and scrubbing can irritate your skin and dry it out, causing oil overproduction.

Avoid oily products: skincare products that contain oil can clog your pores and worsen or increase the likelihood of developing pimples.

Don't touch! Popping and squeezing pimples leads to deeper infection and can result in acne scars. Even just touching your face can spread bacteria.

Prevent stress: stress may make breakouts worse. Try meditating, exercising, yoga, enjoying hobbies, or any activity that relaxes you.

Drink water: If you're dehydrated, your oil glands may produce more oil. Dehydration can also make your skin look dull and promote inflammation.

Limit sun exposure: the sun dries your skin which can cause more oil production and blocked pores. Wear sun protection and choose non-oily sunscreen.

At any age, you can see your GP about acne, especially if it's affecting your enjoyment of life. Your GP may prescribe treatment, or refer you to a skin specialist.

WORD SEARCH

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|--------------|------------|------------|
| ACNE | FOLLICLES | PIMPLES |
| BACTERIA | FUNGI | PORES |
| BALANCE | GUT | PROBIOTICS |
| CHICKPEA | IMMUNITY | RELAXATION |
| COGNITION | LEGUMES | SAUERKRAUT |
| CONFIDENCE | METABOLISM | SPINE |
| CORE | MICROBIOME | VIRUSES |
| ENERGY | OBESITY | WATER |
| FARINATA | ORGANISMS | YEAST |
| FERMENTATION | PAIN | YOGA |

What's all the fuss about fermented food?

Fermented foods are becoming increasingly popular for their health benefits, but what are they, and are they actually good for us?

The process of fermenting foods has been around for centuries and was first used as a way to preserve food and improve flavour and digestibility. Over time fermentation has been linked to many health benefits and this has given rise to numerous scientific studies.

What are fermented foods?

These are any foods which have undergone fermentation – a process in which microorganisms like yeast and bacteria break down the sugars in food into other products. This process gives fermented foods a unique flavour and aroma.

The process of fermentation is complex as the microbes are powerful; the slightest change in their environment can produce different products – such as harmful fungi. Therefore, the conditions for fermentation must be carefully controlled in order to get the desired outcomes.

Fermentation can occur without additives where the microorganisms occur naturally in the food or processing situation, such as sauerkraut, kimchi, and some fermented soy

products. Otherwise, foods can be fermented by adding starter cultures, for example kefir, kombucha and sourdough.

Are fermented foods good for our health?

Most foods can be fermented, like vegetables, fruits, grains, dairy, legumes, nuts, seeds, and even meat and fish. These foods are all nutritious in their original form, but when fermented they can have added health benefits – especially when they contain probiotics.

Probiotics occur in many fermented foods, including yogurt, sauerkraut, and tempeh. Probiotics help support helpful bacteria and other organisms in your gut; and research is indicating that having a healthy gut microbiome is very important for many aspects of your health. See our article on gut health to learn more.

Not all fermented foods contain probiotics; many commercially produced foods and drinks are heat treated, which kills any bacteria and its health benefits.

Fermented foods may not be suitable for everyone, so it's important to consult your doctor if you have specific issues that might affect your gut health.



Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To get the most out of your next visit, use the area below to note what you'd like to know and take this list with you to your next appointment so you don't forget what it was you wanted to ask..

DOCTOR'S NAME	DATE	TIME

1.
2.
3.
NOTES:

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

OUR PHILOSOPHY

Our goal is for you to find a doctor at our practice that will become "Your GP" who will provide you with continuity of care, and the security of having a doctor who knows you well.

PRACTICE NURSE

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

SKIN CLINIC

Dr Ingrid Buchner has 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 Friday afternoons by appointment.

BETTER HEALTH CLINICS

Our nurses can assist you to manage your health care in a team based approach. Ask if you are eligible for this service.

COVID-19 VACCINATION CLINICS

We provide Moderna Bivalent, Pfizer Bivalent, Novavax, and Pfizer Paediatric vaccines. Please phone the practice to book an appointment for covid vaccination

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 ensure you make an appointment ahead of time so you do not run out of medication, 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 from 8am to 12pm. No appointment necessary. Please phone for results after 10am. Our receptionist can let you know if your results require action, or if your Doctor has asked us to make you an appointment.

PRACTICE FEES

We are a fee-for-service practice. Our fees are in line with the AMA recommended fees. Consultations are payable on the day.

MEDICARE REBATES

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

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>

Our newsletter is free! Take a copy with you.