

FREE!!
PLEASE TAKE ONE

YOUR DOCTOR



JANUARY 2016

KABLE STREET GENERAL PRACTICE

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Felicity Grace RN, Christine Triebel RN and
Wendy Plumley RN

STAFF:

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Helen Holland, Belinda Merritt, Maureen
Friend, Judy Visentin, Rebecca Sedorenko,
Katie Taylor, Claire Merritt, Gail Olliffe,
Frederick Webb and Melissa Williams

SURGERY HOURS AND SERVICES:

CONSULTATIONS — appointments available

Monday to Friday: 8.00am to late

Saturday: 8.00am–11.30am

Public holidays: Please ring to confirm opening times

URGENT medical problems dealt with promptly.

HOME VISITS available to regular patients of the practice.

AFTER-HOURS: For urgent medical problems at
night, weekends or public holidays, please call the
surgery for information.

There is a wheelchair available should assistance be
required in accessing our Practice.

EATING ROUND THE CLOCK

When we eat and what we eat typically fall into a standard pattern. A large portion of food is eaten in the 8 – 12 hours of daylight; the number of main meals eaten each day is usually between two and three for most people and these fall into defined periods of the day.

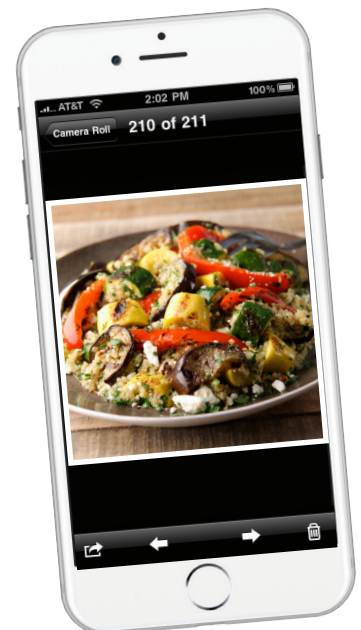
New research, however, has shown that this eating pattern is slowly deteriorating and people are instead, perhaps unknowingly, eating and drinking far more frequently throughout the day.

Researchers in the US developed an app that records eating events. The users of the app were asked to take a photo of each meal they consumed before the food was eaten. The image, time of capture and location of capture were all sent back to a server and then the information was deleted from the phone so that users didn't have record of it. The app also sent questions to users at different points throughout the day asking them whether or not they had, or were about to, consume food or beverages in a specific time period.

The results of this exercise showed that most people forgot when they'd eaten or drunk something outside of normal meals. Almost nobody adhered to the breakfast-lunch-dinner routine, instead consuming food erratically and continuously throughout the day. Furthermore, the results showed that most people consumed up to one third of their food after 6pm. The majority did snack throughout the day yet when they were asked by the app if they'd eaten most of them reported they hadn't outside of main meal times.

The second part of the research involved a group of obese people using the app. This time, however, the data that they logged regarding their food consumption remained in their phone so that they could review it at any point. They were advised to limit their food consumption to a 10 – 12 hour period during the day and avoid late night eating. Using the app and this advice they lost on average 3 – 4 kg over four months.

This research shows that we may not realise just how much food we're putting in our mouth each day. While this specific app is not publicly available, there are a number available that allow you to track what you've eaten and also provide you with the nutritional content of a huge range of different foods.



For reference: Gill, S and Panda, S. A smartphone app reveals erratic diurnal eating patterns in humans that can be modulated for health benefits. *Cell Metabolism* 2015, epub ahead of print doi.org/10.1016/j.cmet.2015.09.005.

HOW TO BOOST IRON ABSORPTION

Iron deficiency is a common disorder. Symptoms can include general fatigue, weakness, pale skin, shortness of breath and dizziness – or indeed no symptoms at all.

Causes of iron deficiency include inadequate dietary intake of iron, chronic blood loss and inability to absorb iron properly. Iron typically comes in one of two forms in food – the haem form, found in meats and quite well absorbed; and the non-haem form that comes from plants and grains and isn't absorbed quite as efficiently. Uncovering and implementing strategies to increase the intake and absorption of iron is important for people with the disorder as well as those at high risk of developing it. Dietary elements like meat and vitamin C can promote the absorption of non-haem iron whereas calcium can inhibit it. Another group of foods thought to increase iron absorption is lactic acid fermented foods like yoghurts and fermented vegetables. A study investigated the effects of adding lactic acid fermented foods to the diets of people with iron deficiency.

Twenty-two healthy women were given either fruit juice containing five milligrams of iron alone or five milligrams of iron with one of two different probiotic strains of *Lactobacillus plantarum* (a probiotic found in many fermented food products and anaerobic plant matter). The women consumed their drinks for four days and their iron absorption was measured. The results showed that iron absorption increased significantly in women who were consuming the drinks with the bacterial strains compared to those who weren't.

This was a small study so further research needs to be done to confirm the benefit of lactic acid fermented foods for iron absorption. Nevertheless, it may be an easy, nutritious and tasty addition to the diets of people at increased risk of iron deficiency. Groups at high risk of iron deficiency include menstruating women, pregnant and lactating women, babies and toddlers, teenage girls and female athletes. If you suspect you may be iron deficient, talk to your doctor for a proper diagnosis and treatment plan.

For reference: Hoppe, M et al. Probiotic strain *Lactobacillus plantarum* 299v increases iron absorption from an iron-supplemented fruit drink: a double-isotope cross-over single-blind study in women of reproductive age. *British Journal of Nutrition* 2015;114:1195-1202.

CHANGE IN PACE



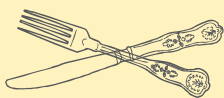
Walking is a good form of exercise, particularly for people who don't enjoy more intense physical activities.

Walking pace varies substantially depending on what activity is being undertaken. There's also the energy that it takes to stop, start and accelerate walking pace to take into account. Despite being such a common activity, there's minimal research into how variations in pace can affect energy expenditure.

A small study looked at 16 healthy adults and their walking pace. They walked on a treadmill at a constant speed and were asked to alternate their pace from a slow walk that put them towards the back of the belt, to a fast walk that put them towards the front of the treadmill. The energy required to constantly vary pace was around 20% more than that of maintaining a steady walking state.

This study found that varying pace over the course of a walk can result in significantly higher energy expenditure. A great thing about walking is that you can slot it into your day with very little inconvenience. Walk to and from public transport to get to work, take the stairs instead of a lift, conduct walking meetings and walk to and from lunch and dinner dates instead of driving – and don't be afraid to mix up the pace while you do.

For reference: Seethapathi, N and Srinivasan, M. The metabolic cost of changing walking speeds is significant, implies lower optimal speeds for shorter distances, and increases daily energy estimates. *Biology Letters* Epub online Sep 16, 2015.



Good Health on the Menu

LAMB BURGERS

A delicious treat with a nice dose of iron.

Ingredients:

- 1 onion, chopped
- 1 clove garlic, crushed
- 500g lamb mince
- 1 egg
- ½ cup breadcrumbs
- 2 tbsp reduced salt tomato paste
- ½ cup fresh parsley, chopped
- 1 tbsp dried oregano
- 2 tbsp olive oil
- Rocket

- 100g low fat yoghurt
- ½ cup lemon juice
- 2 tomatoes, sliced
- Reduced fat cheddar cheese
- Focaccia bread

Method

1. In a mixing bowl combine onion, garlic, mince, egg, breadcrumbs, tomato paste, parsley and oregano – mix well until combined.
2. Heat oil in a fry pan and shape mince mixture into walnut sized balls. Press flat and cook on both sides until brown. Remove and set aside on paper towel.
3. In a small bowl, combine yoghurt and lemon juice.
4. Slice focaccia bread in half through the middle and then cut into individual sized burger 'buns'.

5. To assemble burgers, spread yoghurt/lemon mix on each piece of bread followed by rocket, meat pattie, tomato slice and cheese.



Enjoy!

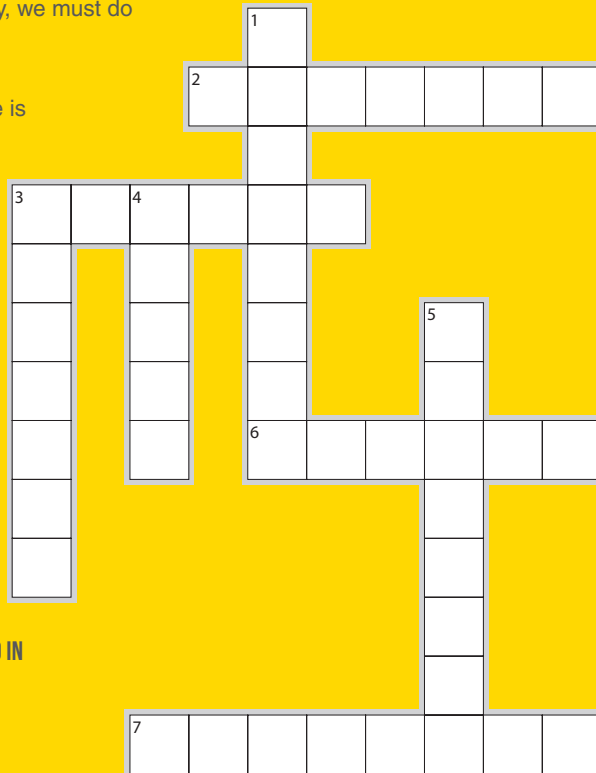
Clever CROSSWORD

Down:

- When we eat, we typically fall into _____ of eating.
- One way to relieve your stress levels is a _____.
- Chronic what loss, can lead to iron deficiency?
- To maintain a healthy body, we must do adequate levels of what?
- The way food is presented contributes to our eating _____.
- Working long hours can contribute to chronic what?
- Symptoms of iron deficiency include fatigue and what?

Across:

- One good form of exercise is _____.



EACH OF THE WORDS CAN BE FOUND IN
THIS ISSUE OF YOUR DOCTOR.

ANSWERS ARE ON THE BACK PAGE.

TAKE A REAL HOLIDAY

It's no secret that high levels of long term or chronic stress are bad for our health. Perpetual stress can compromise heart health and have negative effects on mental wellbeing.

A major source of stress in a lot of people's lives is work. Increasing pressure to perform well, long hours, a competitive job market and heightened productivity demands can make workplaces hazardous to health. Despite Australia having a reasonable annual leave period compared to other countries, very few people actually spend time completely away from their work. The majority of people still check emails and make themselves intermittently available whilst on holiday. So what effect does a real holiday, without any work, have on people's health?

A small study looked into this analysing 54 employees working in large companies. They were asked to report their levels of obsessiveness and general feelings before and after a two week summer holiday.

The level to which the participants obsessed and stressed about work dropped during

the holiday period and remained low for the two weeks following it. These effects were most pronounced in people who were more work obsessed than those who had a milder relationship with work.

Looking after yourself is extremely important. Holidays are designed to give hard working employees a chance to enjoy what they've worked so hard to earn. To lower your stress levels and promote better health, leave your computer at home, switch off your phone and take a proper holiday.



For reference: De Bloom, J et al. Vacation effects on behaviour, cognition and emotions of compulsive and non-compulsive workers: do obsessive workers go 'cold turkey'? *Stress Health* 2014; 30:232-234.

DID YOU KNOW?



SANTA BETTER START EXERCISING

With Christmas just past us, Santa Claus must recover from the huge task that he's just completed: delivering presents to a lot of children over a short period of time.

It's no secret that Santa isn't in the best physical shape of his life, being fairly round and plump around the middle. He has to manage an arduous physical task steering a sleigh at lightning speed and repeatedly carrying heavy sacks of toys down chimneys, all while remaining alert to the risk of tripping in the dark. The brain effort required to perform all these tasks simultaneously is increasingly difficult for Santa, particularly as he gets older, so it remains to be seen as to what's required to ensure that he can continue delivering presents for the years to come.

To test this, a group of younger volunteers dressed up as 'fake' Santas in full Santa attire, including beard, cap, robe and a heavy sack. They then underwent balance and reaction training. They were also asked to recall the names of their reindeer whilst they were performing these tasks. The results of the training revealed the difficulty of consistently carrying a heavy sack. The 'fake' Santas' walking and reaction times further deteriorated whilst having to recall the reindeers' names.

The results of this test show that Santa Claus actually requires adequate physical training to perform the task that he's faced with each year. He needs to focus on strength training to ensure that he can safely lift the sack of toys and cardiovascular training to ensure he can keep up with a fast pace. Children can also help out by requesting smaller and lighter presents that won't weigh Santa's bag down.

For reference: Donath, L et al. Jeopardizing Christmas: Why spoiled kids and a tight schedule could make Santa Claus fall? *Gate and Posture* 2015;41:745-749.



Dr Norman Swan

A MATTER OF HEALTH

IT'S ALL ABOUT ME

Sounds self centred doesn't it? But what I'm talking about is the trend towards making sure your treatment is suited to you as an individual.

For many years people have been given pills to lower their cholesterol or blood pressure based on just their levels of blood fats or blood pressure.

Increasingly though, researchers have realised that unless your levels are really high – which means treatment is a high priority – it's possible to choose those people who'd benefit most from going onto treatment. The concept is called 'absolute risk' and it simply means calculating your

personal risk of – for example – a heart attack or stroke over the next five or ten years. That usually involves putting your blood pressure, cholesterol, age, sex and other variables into a computer programme which then spits out a percentage. If the chances are say 10 or 15% then it's worth considering lifestyle change and/or medications because the risk reduction will make a tangible difference.



A recent study into blood pressure has confirmed this. The question they were asking was if a person is at high risk of a heart attack or stroke and their blood pressure is up, do they get extra benefits if the doctor is really aggressive about achieving a top figure of 120 compared to 140? The results showed significant gains for the people in the aggressive group. It took more doctors visits and more medications but it did save lives. The study was called the SPRINT trial. Ask your doctor about your absolute risk score in case it's high.

PRACTICE UPDATE

ONLINE BOOKINGS ARE NOW AVAILABLE
For the convenience of our Patients we are introducing on-line bookings with some of our Doctors. Please visit the Practice website for details www.kablestreetgp.com.au or speak to one of our reception staff.

The waiting rooms at the Practice are now WiFi zones. Instructions for connecting to the WiFi are on display in the reception area. As a courtesy to others please put your phone on silent.

If you are unable to attend your appointment please contact the reception staff PRIOR to the appointment to reschedule to a more convenient time or to cancel. Failure to attend your appointment may result in a non-attendance fee.

On arrival, please present any Health Care Cards, Commonwealth Seniors Health Card, Pensioner Concession Cards you hold, so we can update them on our Practice system. **From the first of July 2015**, non-concession card holders are unable to be bulk-billed.

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 authorized staff.

Your Rights: If you have a problem we would like to hear about it. Please feel free to talk to your doctor or receptionist. You may prefer to write to us or use our suggestion box. We take your concerns, suggestions and complaints seriously. However, if you wish to take the matter further and feel that you need to discuss the matter outside of the surgery there are several options available including The Medical Registration Board, AMA or Health Care Complaints Commission at Locked Bag 18 Strawberry Hills NSW 2012

Appointment Reminder

☐ **Kable Street General Practice**

To change your appointment, please call 4577-5622

With Dr:.....

Date:..... Time:

Date:..... Time:



MYTH VS FACT: PORTION DISTORTION

The way in which food is presented contributes to our eating habits. The serving size, including the size of the packaging the food comes in and the size of the tableware it's served on effects how much of it we consume.

A large scientific review looked at how portion distortion influences eating habits. The studies investigated portion size, packaging size and tableware size and consumption habits. Larger servings, packaging and tableware size was linked to increased likelihood of consuming more food than when presented in smaller forms.

Researchers estimated that, for adults living in the UK, reducing people's exposure to larger portion size could reduce daily food intake by between 12 and 16%.

Reducing the portion size and presentation of food is a good step to take for people trying to lose weight or who have a tendency to overeat. Serving meals on smaller tableware, understanding standard portion sizes for common items like chicken and red meat, eating slowly and eating with company can all help to reduce the risk of overeating and hopefully assist in slowing the rates of overweight and obesity.

For reference: Hollands, GJ et al. Portion, package or tableware size for changing selection and consumption of food, alcohol and tobacco. *Cochrane Database of Systematic Reviews* 2015;9:CD011045.

Across: 2. Walking 3. Habits 6. Stress 8. Weakness

Down: 1. Patterns 3. Holiday 4. Blood 5. Exercise

ANSWERS TO
CROSSWORD