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HealthSense  
MEDICAL CENTRE

## OPENING HOURS

Monday to Friday	8am to 6pm
Saturday	8am to 4pm
Sunday	9am to 4pm
Public Holidays	9am to 1pm

## OUR DOCTORS

Dr Sachin Joshi

Dr Kasia Strojek

Dr Javaria Mofazzal

Dr Gaurang Prajapati

Dr Dr Muhammad Sohail

## OUR STAFF

Mr Mark Foster – Practice Manager

Lel, Tami, Debbie, Carley, Danielle and  
Monique – Reception Staff

Sarah, Nicole & Amanda – Nursing Staff

## ALLIED HEALTH

Amelia Kranz – Dietitian

Phillip Ngo – Podiatry

Tomoko Nishizawa – Psychology

Kylie Dicierci – Audiology

Toni Slotnes-O'Brien – Diabetic Educator

Kyla Trewartha and Rhiannon Marshall  
– Child and adolescent Psychology

Melissa Olech – Physiotherapy

## SERVICES AVAILABLE

- General Medicine
- Womens Health
- Men's Health
- Childrens Health
- Travel Vaccinations
- Immunisations
- Chronic Disease
- Skin Checks
- Health Assessments
- Mental Health
- Minor Procedures
- Asthma Care
- Sports Injuries
- Sexual Health
- Counselling
- Wound Care
- Family Planning: Antenatal and Postnatal Care
- Pre-Employment Medicals

# YOUR DOCTOR

FREE!!  
TAKE ME HOME



NOVEMBER 2018

## I can't hear you!

Many people slowly lose their hearing as they get older. Not being able to hear well can make it hard to communicate. That can affect your relationships, emotional well-being, and work performance.

For those who need them, hearing aids can help. These electronic devices are worn in or behind the ears. They make sounds louder. Hearing loss is a relatively common condition that affects approximately one in seven Australians. In 2017, hearing loss, in the better ear, was estimated to affect 3.6 million people, with an expected growth of more than double by 2060, to 7.8 million or 18.9%.

An exam of your ears, nose, and throat might detect a physical reason why you're not hearing as well. You may want to start by talking with your GP or an ear, nose, and throat doctor, also known as an ENT or otolaryngologist.

A doctor can look for ear wax, an infection, injury, or other reason for hearing loss. A hearing test can show the type and amount of hearing loss. For a hearing test, your doctor may refer you to an audiologist.

If ear wax or an ear infection is the cause, the hearing loss may be temporary. Other causes, such as nerve damage, may lead to more permanent hearing loss. Nerve damage can be caused by loud noises, as a side effect of certain medicines, or for other reasons. Hearing aids may help in these cases.

Some people don't want to try hearing aids because of how they think it might look to

others. What they may not realise is that the hard work they put in to compensate for their hearing loss, and the mistakes they sometimes make when communicating, make the loss more noticeable to those around them, not the hearing aid itself.

And now, advances in technology are making hearing aids less visible. One of the biggest changes over the last 15 years is a major reduction in size. Some can be hidden inside the ear canal, whilst others are worn over the ear.

Choosing the best device for you will depend on factors like cost, features, and your amount of hearing loss. Today's hearing aids offer different features. For example, some can connect to your mobile phone, TV, and other devices using Bluetooth technology. That means you can talk on your phone and stream music directly to the speakers within the hearing aids without wires.

It's important to understand that hearing aids can't restore your hearing the way that reading glasses correct vision. Instead, a hearing aid can help you make the most of your remaining hearing by making sounds louder. If it's been a while since you've heard the soft sounds of speech, your brain may need time to re-learn and translate those sounds for you.

If you or a family member might have hearing loss, consult your doctor for early and appropriate care.

**Do you need your hearing tested? Take our quiz inside.**

“If ear wax or an ear infection is the cause, the hearing loss may be temporary.”

To try the latest RECIPE take me home...

# Don't underestimate asparagus

As you fill your trolley with staple vegetables such as potatoes, carrots, and peas, do you ever consider trying something new such as asparagus? This unassuming vegetable is far more beneficial for your body than you may think...

There's no denying that asparagus can be a little expensive, especially if you were to compare it to a bag of potatoes, but it could be worth it when you realise how many nutrients are packed into a single bunch. This little green delight, which you can eat either cooked or raw, is like a jar of vitamins all on its own.

In fact, if you eat just one cup of asparagus, you are getting a healthy dose of vitamins and minerals such as folate, fibre, vitamin K, protein, magnesium, iron, and phosphorus. In that same cup, you are also only consuming 27 calories.

If that wasn't enough of a reason to consider adding asparagus to your diet, then maybe being listed on the Aggregate Nutrient Density Index (ANDI) will. Asparagus is within the top 20 foods on ANDI which helps to measure the nutritional content in relation to the calories you consume. Being nutrient-dense, asparagus along with many other fruits and



vegetables, can help to reduce the risk of health conditions such as cancer, heart disease, and obesity.

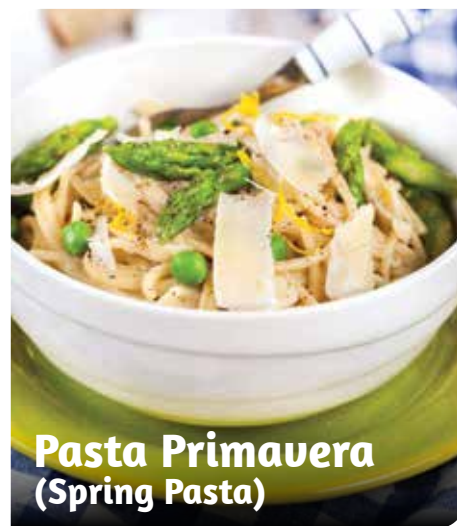
However, the benefits don't end there. If you consider the nutritional content of asparagus, you will find that it may also support healthy foetal development, aid in digestion, prevent osteoporosis, keep your heart healthy and even lower the risk of depression and some cancers.

## How to eat asparagus

Most vegetables don't come with cooking instructions, which can make it challenging when you're looking to try new things. Fortunately, asparagus doesn't require a lot of cooking. In fact, in most cases, none at all. You can eat it raw or cooked, or you can even steam it or bake it in the oven in tin foil.

Some people prefer to add it to salads or wraps, while others bake it with garlic and olive oil as a side dish with dinner. No matter how you choose to eat your asparagus, you can benefit from the knowledge that every mouthful is nutritious and delicious.

Always consume a healthy diet with everything in moderation. If you have a strict diet or are taking blood thinners, be sure to consult your doctor before increasing consumption of vitamin K-rich food such as asparagus.



## Pasta Primavera (Spring Pasta)

### Ingredients

- 400g of your favourite pasta e.g. tagliatelle, spaghetti, spirals
- 200g fresh asparagus, remove woody stems
- 200g peas (fresh or frozen)
- 1 small head of broccoli, finely chopped
- 150g baby leeks, washed and finely sliced
- Olive oil
- 200ml crème fraiche
- Parmesan, shaved
- 1 cup chopped fresh herbs, e.g. chives, parsley, mint, sage

### Method

Steam asparagus, peas and beans for about 5 minutes until tender. Slightly longer if using frozen. Set aside.

Boil pasta as per instructions. Meanwhile, cook the leeks on a medium heat for a few minutes until softened. Reduce heat and stir through crème fraiche. Add the vegetables and herbs.

Drain the pasta and add to the sauce. Season to taste. Serve with parmesan shavings and a drizzle of oil.

## Minding your metabolism - can you avoid middle-age spread?

As you age, you may notice you have less muscle and energy, and more fat. Carrying those extra pounds may be harming your health.

It's easy to be confused by advice about diet and exercise, but they're key to avoiding weight gain as you get older. As you move through your 30s, 40s, 50s, and beyond, you can take steps to help fight the flab that can come with age.

Your metabolism changes as you get older. You burn fewer calories and break down foods differently. You also lose lean muscle. Unless you exercise more and adjust your diet, the pounds can add up. Middle-age spread can quickly become middle-age sprawl.

One key player in age-related changes is a chemical called leptin, which helps your brain tell you to stop eating. Leptin signals don't work as well as you get older, so you

might continue to feel hungry even after you've eaten. Obesity makes leptin even less effective.

Both aging and obesity can also bring changes to the way your body processes glucose—the sugar your body makes from food and uses for energy. These changes can lead to diabetes, which raises your risk for heart disease, blindness, amputations, and other conditions.

As you move beyond your 50s, you'll probably need fewer calories. But it's also important to maintain proper nutrition, so don't skimp on healthy foods. Weighing too little and weighing too much are each linked to poor health, especially in older people.

Exercise and moving are also important. Be sure to talk with your health care provider about safe ways to adjust your activity patterns as you get older. If you

have a specific health issue that you're concerned about – such as arthritis or a recent surgery – ask for tips to help you exercise safely. Work together to choose activities that are best for you.

Focusing on physical activity and healthy eating are the keys to avoiding middle-age spread and the health problems that can come with it.

Small steps to healthy aging:

- Commit to a healthy diet.
- Limit snacking.
- Drink plenty of water.
- Move more. Take the stairs and add walking breaks to your day.
- Get plenty of sleep.
- Limit alcohol use. Alcohol is high in calories and may worsen health conditions common among older adults.
- Avoid tobacco products.



## Fight off food poisoning

Food poisoning occurs if the foods you eat contain certain microbes or the toxins they produce. You can get sick directly from swallowing the toxins. Or you can get sick if the microbes get into your gut and start to multiply.

Around 4.1 million cases of food poisoning are reported each year in Australia. Most foodborne illnesses arise suddenly and last only a short time. But food poisoning sometimes leads to more serious problems. Foodborne diseases kill about 86 people nationwide each year. Infants, older people, and those with compromised immune systems are especially at risk.

Many people know the symptoms of food poisoning: vomiting, diarrhoea, abdominal pain, fever, or chills. The sickness may be mild or severe. It may last from a few hours to several days. The symptoms and length of illness depend on the type of disease-causing microbe or toxin you've swallowed.

Most food poisoning is caused by harmful bugs (pathogens) getting into food. The most common types of bacterial food poisoning are Salmonella, Campylobacter, E.coli and Listeria, or viral: Norovirus, Rotavirus and Hepatitis A.

Several types of bacteria can cause food poisoning. Some foods you buy—such as raw meat or fruits and vegetables—may already contain bacteria that you need to wash off or cook to destroy. Bacteria can also thrive in certain foods if not stored properly.

Most people won't need medical attention for mild cases of food poisoning. However, babies and elderly people should see a doctor as soon as possible. Should you notice any blood or mucus in your diarrhoea or vomit, seek medical advice. You should also see your doctor if symptoms are severe or continue for more than three days, or if you can't keep fluids down more than 24 hours after the symptoms first appeared.

### Prevent food poisoning

- Wash your hands for at least 20 seconds with soapy water before and after handling food and after using the bathroom.
- Wash fruits and vegetables.

## Do you need your hearing tested?

Answer the following questions to help you decide.

- Is it hard to hear or understand others?
- Do you get frustrated trying to hear things?
- Do people get frustrated because they need to repeat what they say to you?
- Do you turn up the TV or radio louder than those around you would like?
- Do you have trouble hearing what people are saying in restaurants or at the movies?
- Is your social life, school, or job limited by your problem with hearing?

If you answered yes to several of the questions above, you may want to get a hearing test.

Speak to your doctor in the first instance.

- Avoid any undercooked seafood, meats, and eggs.
- Keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep hot foods hot and cold foods cold. Promptly refrigerate foods that can spoil.
- Use only pasteurised dairy foods.

## WORD SEARCH

- ALCOHOL
- ASPARAGUS
- AUDIOLOGIST
- BACTERIA
- BEHAVIOUR
- BLUETOOTH
- CALORIES
- CHOICES
- DIABETES
- DIARRHOEA
- EAR CANAL
- EXERCISE
- FIBRE
- FOLATE
- FOOD POISONING
- GLUCOSE
- HABIT
- HEARING AID
- LEPTIN
- MAGNESIUM
- METABOLISM
- MUSCLE
- NUTRITION
- OBESITY
- OTOLARYNGOLOGIST
- PATHOGENS
- PHOSPHORUS
- ROTAVIRUS
- SALMONELLA
- TECHNOLOGY
- TEMPTATION

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## Make better choices easier

You can reduce your risk for the most common, costly, and preventable health problems — such as heart disease, stroke, cancer, type 2 diabetes, and obesity—by making healthy choices.

Regular things you do — from brushing your teeth to having a few drinks every night — can become habits. Repetitive behaviours that make you feel good can affect your brain in ways that create habits that may be hard to change. Habits often become automatic — they happen without much thought.

Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy, even though we know that making healthy choices can help us feel better and live longer.

The first step to changing your behaviour is to create an awareness around what you do regularly. Look for patterns in your behaviour and what triggers the unhealthy habits you want to change. Maybe you eat too much while watching TV or join a friend on smoke breaks even when you don't want a cigarette. You can develop ways to disrupt those patterns and create new ones. For instance, eat meals with the TV off or join friends for healthy activities, like walk breaks.

Make a plan that includes small, reasonable goals and specific actions you'll take to move toward them. Consider what you think you'll need to be successful. How can you change things around you to support your goals? You might need to stock up on healthy foods, remove temptations, or find a special spot to relax.

Get friends and loved ones involved. Invite them to join you, support you, and help you stay on track.

It's also important to plan for obstacles. Think about what might derail your best

efforts to live healthier. How can you still make healthy choices during unexpected situations, in stressful times, or when tempted by old habits?

Doing positive things for yourself can feel exciting and rewarding. But there will also be times when you wonder if you can stick with it. Keeping a record can help. You can use a paper journal, computer program, or mobile app to note things like your diet, exercise, stress levels, or sleep patterns. Even when you think you're about to 'fall off the wagon,' hold on. Continue to track your behaviour. Sometimes when you feel like you're failing, you can learn the most.

Some people have a harder time than others resisting their impulses. You can learn to postpone immediate gratification through episodic future thinking, or vividly imagining future positive experiences or rewards.

Focusing on how a change might heal your body and enhance your life can help. When you stop smoking, your risk of a heart attack drops within 24 hours. Reducing stress can lead to better relationships. Even small improvements in your nutrition and physical activity can reduce your health risks and lengthen your life.

Sometimes when you're trying to adopt healthier habits, other health issues can get in the way. Your doctor or other health professional can work with you to address any underlying issues to make change feel easier and to help you be more successful.

You're never too out of shape, too overweight, or too old to make healthy changes. Try different strategies until you find what works best for you. Things may not go as planned, and that's okay. Change is a process. What's most important is to keep moving forward.

## FROM THE MANAGER

### WELCOME TO OUR NEW REGISTERED NURSE

We would like to welcome our newest member to the Nursing team: – “Bin” or Cynthia, completed her initial Nursing training in China before completing a Bachelor of Nursing, Masters of Nursing and a Master of Social Work at the University of SA. Bin apparently likes to keep herself busy! Welcome once again Bin, we look forward to a long and rewarding association.

### WHAT'S HAPPENING IN HEALTH – OCTOBER 2018

#### Shoctor!

The Cardiac Arrest Survival Foundation want you to know about Defibrillators and how to survive a sudden cardiac arrest. Health Sense Medical Centre has an AED or Automated External Defibrillator as do many large shopping centres, sporting venues and some schools and Colleges. The Cardiac Arrest Survival Foundation aim to put more AED's into public spaces and help ambulance services know when, where and how most Cardiac Arrests Occur. Check out their website or facebook page.

Other Health related events include:

- Polio Awareness Month
- Sleep Awareness Week
- World Mental Health Day
- World Sight Day
- Foot Health Week
- World Osteoporosis Day and
- Blue Knot Day

### TREATMENT OF HAY FEVER

Generally hay fever is treated with “antihistamines” either as a syrup or tablet. Modern antihistamines are very effective at suppressing the symptoms of hay fever without drowsiness – which was a major problem with early treatments. Nasal sprays which prevent the allergic reaction are also widely used.

For those suffering particularly bad onsets or hard to treat symptoms – desensitisation can be useful. Blood or skin tests can usually identify the substances causing the allergic reaction. It is then possible to make a mixture of these allergens and give them to the patient in tiny but increasing doses which produces a type of immunity.

If you suffer from Hayfever it's worthwhile discussing the options with your usual doctor.

### AFTER HOURS CARE

Outside of our normal operating hours call GP @ Your Door on 1800 473 278

## Discuss your concerns with the doctor

At each visit, your doctor will likely ask about your concerns. It's a good idea to think about what you'd like to talk about before the actual visit. This form can help you organise your thoughts. After you make an appointment, take a minute to write down the name of the doctor and the appointment details. Then use the form to make a list of the concerns you want to discuss.

Doctor	Appointment Date	Time
1.		
2.		
3.		
4.		
Notes		

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