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## 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

eat less  
SALT!

FREE!!  
TAKE ME HOME

OCTOBER 2018

## Be a part of the salt revolution

When was the last time you checked the salt content of the food you're eating? If you don't keep track of your sodium intake, it might be time to start.

Both New Zealanders and Australians are consuming too much salt on a daily basis, and it might be having a detrimental effect on your health. New Zealanders consume, on average, nine grams of salt per day – well above the World Health Organisation's five-gram target. Australian men, on the other hand, consume over twice the recommended amount at 10.1 grams. Australian women don't fare much better, averaging 7.34 grams per day.

High salt diets can have a negative impact on health, including a higher risk of cardiovascular disease and an increased risk of stroke, osteoporosis and kidney failure. Given that cardiovascular disease is the leading cause of death, reducing your sodium intake can only but be beneficial for your health.

However, reducing how much salt and sodium you consume is not just a personal goal for each person, it's a global goal to reduce cardiovascular disease. The World Health Organisation and its members have agreed on a 30 percent mean population reduction, aiming for five grams or less per person, per country. They expect to reach this goal by 2025, with many different nations putting steps in place.

An Auckland University and Heart Foundation study showed that manufacturers of low-cost staples in New Zealand were starting

to take action. Breakfast cereals had an average of 28 percent less salt, while canned spaghetti and bread had 15 and 14 percent less respectively. In Australia, salt levels in specific brands of margarine, biscuits, soup, and mayonnaise have also been reduced.

If you're looking to make a difference to your health, as well as help the World Health Organisation reach its goal of a 30 percent worldwide salt reduction, there are many changes you can make. Firstly, take note of how much processed food you eat and take steps to reduce it. Around 75 percent of your salt intake comes from both packaged and processed food. By cutting back on these food items, you can then begin to include more whole grains, vegetables, and fruit into your diet.

It may also help to include a variety of lean meats, poultry, fish, seafood, nuts, seeds, and legumes – most of which are not processed or include added salt. Drink water instead of other beverages and select reduced-fat dairy products such as cheese, yoghurt, and unflavoured milk.

Finally, instead of adding salt to flavour your food, liven up your plate by using a mix of herbs and spices. You may just uncover a hidden culinary talent you never knew you had.

Making a conscious effort to reduce your salt and sodium intake is one step in the right direction of reducing the risk of cardiovascular disease. If you require any advice or help to make dietary changes, consult your medical professional.

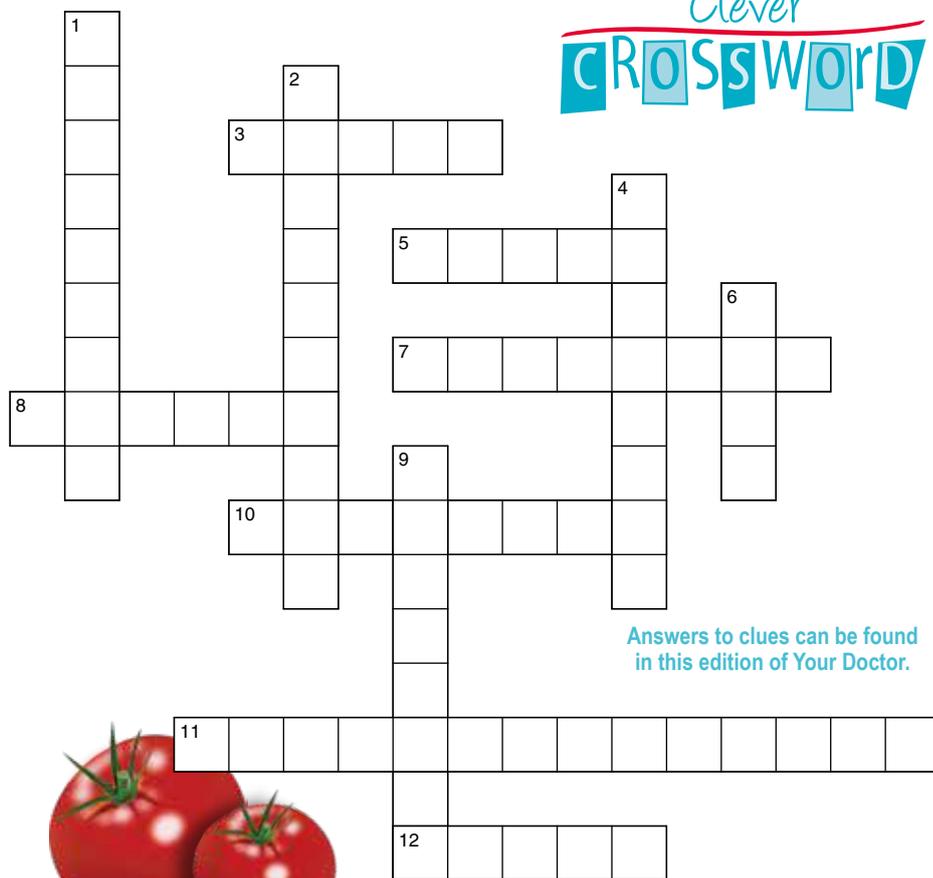
To try the latest RECIPE take me home...

**ACROSS**

3. The reactions to the death of a loved one. (5)
5. Only food with an eternal shelf life. (5)
7. Measurement of the pressure of your heart pushing blood through your arteries. (8)
8. Your GP may measure this as part of keeping your health records up-to-date. (6)
10. Vitamin C is necessary for the production of this. (8)
11. Having hypertension is the biggest risk factor for this type of disease. (14)
12. This type of yoghurt contains up to double the amount of protein than other types. (5)

**DOWN**

1. Around 75 percent of your salt intake comes from this type of food. (9)
2. A crucial part of GP healthcare. (10)
4. Antioxidant that is found in tomatoes. (8)
6. The number of grams of salt the World Health Organisation is aiming to reduce consumption to per person per day. (4)
9. You might have trouble doing this if you are grieving. (8)



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

## What's being your doctor really about?

GP services are much more than just about curing you when you're sick.

In any given 12-month period, Australian taxpayers put forward \$16 billion for GP healthcare services. If you were to break it down for each Australian, that's close to \$700 per person.

But, what can you expect to get for that?

When you're sick, you expect to see your doctor to diagnose your illness and provide treatment options. They will usually examine the area that's sore or uncomfortable, then provide you with an option for alleviating the pain going forward. However, there is more to healthcare than solving problems. Your taxpayer dollars are spread further than you think.

Aside from diagnosing and treating your problems, GP

healthcare services are also there to help with ongoing issues, prevent illness and disease, and promote healthy living. Education is a crucial part of GP services as is having a caring, kind, and expert doctor who can be your advocate and alleviate concerns.

### Prevention and education

Your GP is trained to go above and beyond what you initially sought treatment for. While you might have only seen your GP for an earache, it's not uncommon for them to check your blood pressure, weigh and measure you, and ask about other health-related problems you've had in the past. Your GP often uses excess time in your consultation to ensure all is well with the rest of your health – not just your earache.

Prevention is a crucial part of GP healthcare, helping to detect often-severe conditions before they have a chance to progress. As a result, you may find that your file contains not only past medical events, but your blood group, family history, and any potential abnormalities that may be crucial to check for in the future.

It's clear to see that GP services are valuable, which means you also play a part in making sure everyone can

access them. Your GP can educate you on when is the right and wrong time to see a doctor. If you have a runny nose, they can provide education on how to be more comfortable at home without making an appointment, but they can also inform you about the importance of returning if symptoms develop far beyond expectation.

### Helpful information

Having access to your health records is vital – especially if you are seeing a new practitioner. If your files aren't digitally transferrable, you can request a hard copy.

Medicare, courtesy of the Australian Government Department of Human Services, is also a resource of which you can take advantage. It outlines information for claiming benefits, making payments, and accessing GP services, as well as how you can access your medical records. What's more, in conjunction with Medicare and your GP, you can also form health management plans.

Lastly, you should have faith in your doctor to guide you through the somewhat-complex healthcare system. If you have any questions or concerns, speak to a member of staff at the clinic.



## Hyper-what? What you need to know about hypertension

Hypertension, or high blood pressure, is not something to be blasé about. In fact, the sooner you act, the sooner you can be back on the right track to better health.

Seventy-one percent of Australians with a blood pressure of 140/90 mmHg do not know they have hypertension. And, those who do know, may not know why. Understanding and being aware of your blood pressure, as well as getting regular checks, can make all the difference.

### What is your blood pressure?

A lack of understanding surrounding blood pressure readings can mean people don't take those readings as seriously as they should. The truth is, having hypertension is the most significant risk factor for cardiovascular disease – the world's biggest killer. As a result, it's crucial to take note of your readings and listen to your doctor's advice. Unfortunately, more than 30 percent of Australians 18 years and older have high blood pressure.

To get your blood pressure reading, your doctor uses a cuff to establish the pressure of the heart pushing the blood through your arteries (the higher number, systolic), and the relaxed rate (lower number, diastolic). If your readings are higher than 140/90 on three occasions, you have high blood pressure.

### Why is your blood pressure high?

Many things can cause high blood pressure or hypertension, but the leading cause is a poor lifestyle. If you don't exercise, or if you smoke, are overweight, drink a lot, eat a poor diet or have a family history of high blood pressure, you are more at risk. However, in some cases, hormonal and other conditions can be to blame.

### How to lower your blood pressure?

The first course of action is to see your doctor. Once you know you have high blood pressure, it's crucial to get regular checks.

You then need to make some lifestyle changes. Exercise more, make healthier food choices, lose weight, stop smoking, and reduce your alcohol intake.

Your doctor may also prescribe medication which can be a temporary solution while you make lifestyle changes or a permanent solution. It may also take time to find the correct dose and medication to help.

Even if you feel no symptoms, which people rarely do, it's crucial to see your doctor for blood pressure checks at least once every two years. If you are suffering from headaches or dizziness, make an appointment to see your GP immediately.



## Salmon with roasted tomatoes

(serves 1)

### INGREDIENTS

- 1 fresh salmon fillet – boned, skin on
- 100g cherry tomatoes
- Thyme – 1Tbsp of dried, or a handful of fresh, chopped
- Oil, coconut or olive
- 1 clove garlic, finely chopped or crushed
- ½ red onion, finely sliced
- Black pepper
- 1 lemon

### METHOD

Preheat oven to 180c. Toss tomatoes, thyme, oil, garlic and onion in a roasting pan. Roast for 15 minutes until tomatoes are soft.

Add the fillet to the pan. Bake a further 8-10 minutes depending on thickness of fillet. Add pepper to taste, and a squeeze of lemon juice.

## Tomatoes: under the skin

It has only been two centuries since tomatoes were thought to be poisonous in the United States. Now, however, they are the fourth-most popular market vegetable.

Tomatoes, while delicious and exceptionally versatile, are also more beneficial for your health than you may think. They can help to protect your body against cancer, keep your blood pressure healthy, and even support a range of bodily functions. What's more, as they contain lycopene and lutein, they also help to reduce the risk of light-induced eye damage.

If you want to improve your heart and skin health or take better care of your eyes, tomatoes may be of assistance. Containing a wide range of vitamins, antioxidants, and nutrients, tomatoes are well worth adding to your diet.

### Heart health

Tomatoes contain choline, folate, vitamin C, fibre, and potassium – all key players in promoting better heart health. What's more, including high potassium in your diet is linked to a reduced risk of cardiovascular disease.

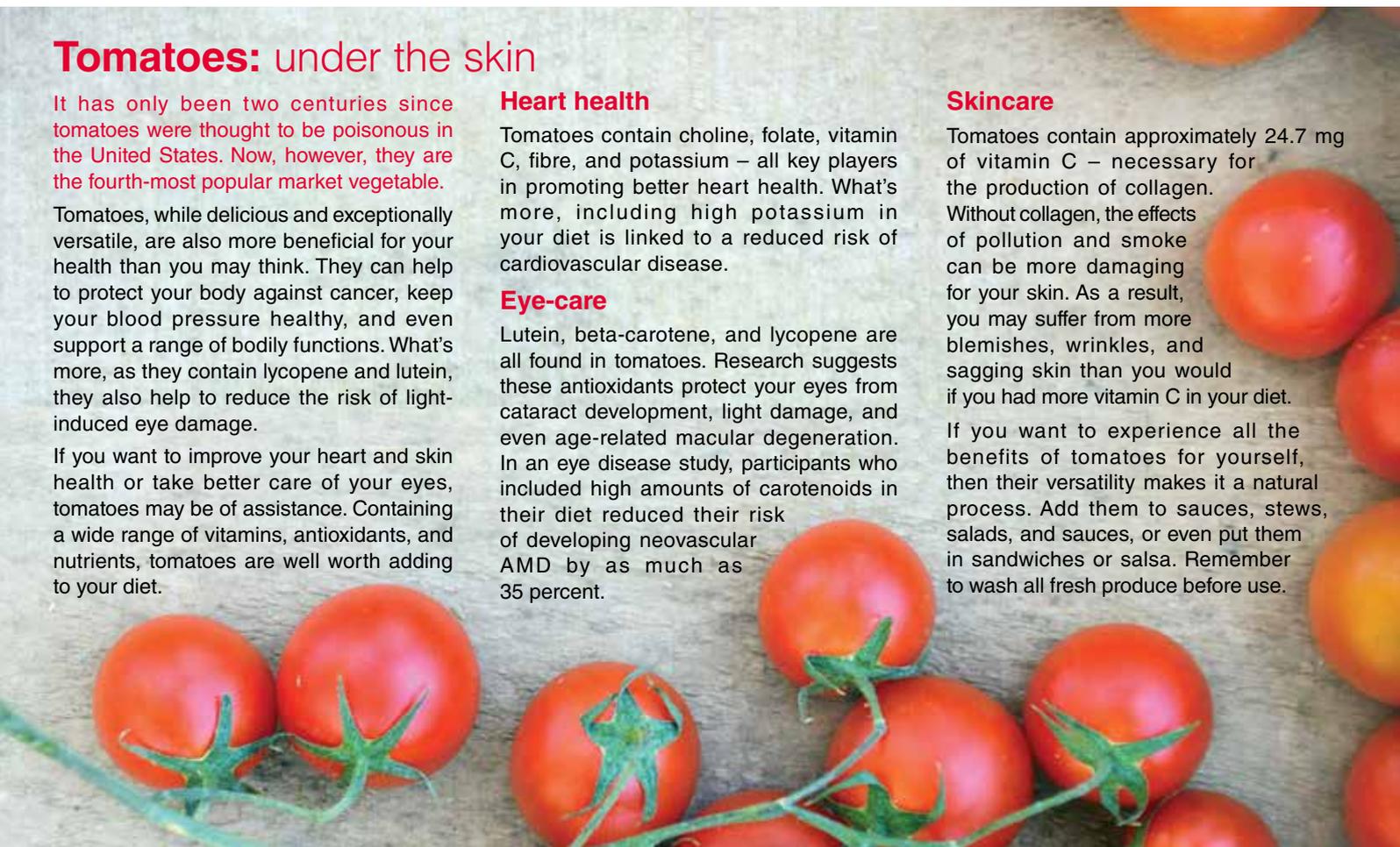
### Eye-care

Lutein, beta-carotene, and lycopene are all found in tomatoes. Research suggests these antioxidants protect your eyes from cataract development, light damage, and even age-related macular degeneration. In an eye disease study, participants who included high amounts of carotenoids in their diet reduced their risk of developing neovascular AMD by as much as 35 percent.

### Skincare

Tomatoes contain approximately 24.7 mg of vitamin C – necessary for the production of collagen. Without collagen, the effects of pollution and smoke can be more damaging for your skin. As a result, you may suffer from more blemishes, wrinkles, and sagging skin than you would if you had more vitamin C in your diet.

If you want to experience all the benefits of tomatoes for yourself, then their versatility makes it a natural process. Add them to sauces, stews, salads, and soups, or even put them in sandwiches or salsa. Remember to wash all fresh produce before use.



# Life after loss: coping with grief

Losing someone you love can change your world. You miss the person who has died and want them back.

You may feel sad, alone, or even angry. You might have trouble concentrating or sleeping. If you were a busy caregiver, you might feel lost when you're suddenly faced with lots of unscheduled time. These feelings are normal. There's no right or wrong way to mourn.

The death of a loved one can affect how you feel, how you act, and what you think. Together, these reactions are called grief. It's a natural response to loss. Grieving doesn't mean that you have to feel certain emotions. People can grieve in very different ways.

People often believe they should feel a certain way, but such 'shoulds' can lead to feeling badly about feeling badly. It's hugely important to give yourself permission to grieve and allow yourself to feel whatever you are feeling. People can be quite hard on themselves and critical of

what they are feeling. Be compassionate and kind to yourself.

Experts say you should let yourself grieve in your own way and time. People have unique ways of expressing emotions. For example, some might express their feelings by doing things rather than talking about them. They may feel better going on a walk or swimming, or by doing something creative like writing or painting. For others, it may be more helpful to talk with family and friends about the person who's gone, or with a counsellor.

Grief is a process of letting go and learning to accept and live with loss. The amount of time it takes to do this varies with each person.

Although the death of a loved one can feel overwhelming, many people make it through the grieving process with the support of family and friends. Take care of yourself and accept offers of help from those around you. Additionally, if you are having trouble moving forward in your own life, mention it to your doctor.

## 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

#### Shoctorber!

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

## Did You Know? 10 Food Facts

1. Apples are made of 25% air, which is why they float.
2. Apples, pears, cherries, plums, apricots, raspberries, strawberries and peaches all belong to the rose family. 
3. Bananas contain high levels of tryptophan, which converts into serotonin - a type of chemical in our brain that influences mood. 
4. Peppers have a chemical compound known as capsaicin that tricks your sensory nerves, causing you to feel like your mouth is being burned.
5. Cucumbers contain electrolytes, which are minerals that include calcium, chloride, magnesium, phosphate, potassium, and sodium, which helps your body restore what it may have lost through dehydration.
6. Almonds are actually a seed, not a nut as we know it. They're the seeds of a flower and they're directly related to the botanical families of orchids and roses.
7. Egg yolks are one of the few foods that naturally contain Vitamin D. 
8. Greek yoghurt contains up to double the amount of protein than other types.
9. Honey is the only food with an eternal shelf life. 
10. Kale is the most nutritiously dense vegetable. Just one cup of raw Kale has only 33 calories yet it contains 684% of vitamin K, 134% of vitamin C, 206% of Vitamin A as well as iron, folate, omega-3s, magnesium, calcium, iron, fibre, and two grams of protein.

ACROSS 3. GRIEF 5. HONEY 7. SYSTOLIC 8. WEIGHT 10. COLLAGEN  
DOWN 1. PROCESSED 2. PREVENTION 4. LYCOPENE 6. FIVE  
11. CARDIOVASCULAR 12. GREEK  
9. SLEEPING  
**CROSSWORD SOLUTION**

Take me home to complete our PUZZLE – check inside!