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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 Dicier** – 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

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SEPTEMBER 2018

## The 'why' of water

Even when you're not sweating, staying hydrated is crucial.

During summer, you'll very rarely see someone out in the sun without a cold beverage. Moreover, you're told on a regular basis to keep your fluids up. Why then, when the colder weather hits, do you need to continue?

Almost every part of the body contains water. Your brain and heart are made up of 73 percent water, your skin holds 64 percent, and even your bones consist of a surprising 31 percent. In fact, the average male body is made up of 60 percent water, while women have just five percent less. Water is a huge part of us, so it's not surprising that you're encouraged to drink fluids to keep your body hydrated. In essence, you're fuelling the machine.

While drinking water in summer is essential due to the need to replenish fluids lost through sweat, drinking water during the colder months is equally as important: it's just not as widely realised.

Water is a vital nutrient for every cell in your body, acting as a building material to ensure everything else runs smoothly. It keeps our internal body temperature regulated – through sweating and respiration – and it even lubricates our joints. Water is also an excellent shock absorber, working to protect your spinal cord, a foetus in a womb, and your brain. It also transports and metabolises carbohydrates and proteins your body needs as food. Your body requires water, so if you're not providing it with enough, it is sure to let you know.

## How to recognise the signs of dehydration

Not unlike the fuel gauge in your car, your body has a way of telling you it's running on empty. You might begin to feel weak, have a headache, feel fatigued, have low blood pressure, feel dizzy, and your urine might be dark in colour.

According to findings by sparkling water company SodaStream, 80 percent of Australians suffer from dehydration and the majority don't recognise the signs. There are however, many things you can do to combat dehydration, any time of the year.

First you need to know how much you need to drink. A common myth states that you need two litres of water per day to combat dehydration. However, it can be closer to 2.6 litres, depending on your age, diet, climate, and physical activity.

## Tips for drinking more water

- Drink water before and after a task – eg, before you hang the washing up, then afterwards as well.
- Drink two glasses before you leave for work in the morning and one when you arrive.
- Add fruit.
- Carry a water bottle with you.

Staying hydrated all year round can do your body a world of good. An Australian and New Zealand Governments' joint publication states the Recommended Dietary Intake guidelines for water consumption. An average adult male should aim to drink at least 2.6 litres of water each day, whereas an adult female should consume at least 2.1 litres. If you live and/or work in an extremely hot environment you may require more than this to remain hydrated, especially if active.

To try the latest RECIPE take me home...

# Technologies for protecting vision

Researchers are working on new technologies to help doctors get a better look into the eye and catch diseases earlier. With new tools, eye health professionals may be able to catch disease even earlier.

For example, a research team at Indiana University, USA has created a type of microscope to improve the diagnosis and treatment of glaucoma.

Glaucoma causes blindness by damaging nerve cells at the back of the eye. As the cells that get damaged by glaucoma are hard to see, using current technology, in the early stages of the disease, thousands of cells must die before it's detected.

The new method would allow eye doctors to see the damage earlier. In glaucoma, early treatment can often protect you against serious vision loss.

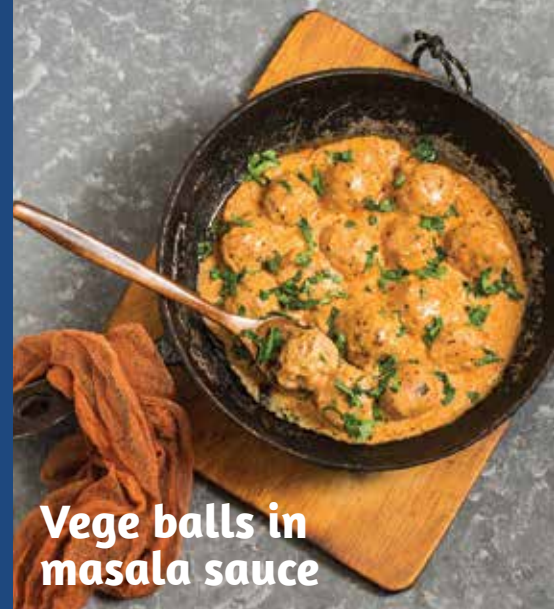
Other eye imaging technologies are being developed to better detect age-related macular degeneration (AMD). AMD is the second most-leading cause of vision loss and blindness nationwide among people aged 55 or more.

A current study is tracking retinal degeneration in 500 people over five years to look for early signs of the condition. In this study the team is using a high-resolution imaging technique called Spectral Domain Optical Coherence Tomography (SD-OCT) to visualise different sections of the retina. It is sensitive enough to detect very small changes that other images of the eye cannot see.

Another new imaging technology allows scientists to track a specific protein in the eye. The approach may help doctors catch cataracts (a clouding of the eye's natural lens) and presbyopia (the inability to focus up close) earlier.

Other research groups are also studying ways to treat cataracts. They've identified a chemical that could potentially be used in eye drops to reverse cataracts. Cataracts are the number one cause of blindness worldwide. If you live long enough, you will get them.

New methods of detection and treatment are continually being discovered and can potentially impact people all over the world.



## Vege balls in masala sauce

### INGREDIENTS

- 1 cauliflower, cut into small pieces
- 1 cup cooked quinoa
- 2 cups cooked brown rice
- 1/2 cup almond meal
- 2 eggs
- 1 tsp paprika
- 1 tsp ground cumin
- 2 tsp salt

### Masala paste

- 1 large onion
- 4 cloves garlic
- 1 knob fresh ginger, crushed
- 2 tsp garam masala
- 1/2 tsp chilli powder
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp ground cloves
- 1/2 tsp ground coriander
- 2 tsp salt
- Handful blanched almonds (or cashews)
- juice of one lemon

### Masala sauce

- 1 1/2 cups tomato puree
- 1/2 cup water
- 1 400g can coconut milk

### METHOD

Prepare the paste by blending all the ingredients in a food processor until smooth.

Next, make the sauce. Heat a drizzle of oil in pan, add masala paste, stir for 2 minutes until fragrant. Add the tomato puree and water and simmer for 5 minutes. Add the coconut milk, simmer for 5-10 minutes until thick.

While the sauce is simmering, cook the cauliflower in boiling water for about 3 minutes until tender. Drain well and cool slightly. Pulse the quinoa, rice and cauliflower through a food processor until semi-smooth. Transfer mixture to a large mixing bowl and combine with all other ingredients. Roll into small balls.

Heat a little oil in a pan over medium heat – add the balls and cook for a few minutes on each side until browned all the way around. Add masala sauce and serve.

## A best friend with (health) benefits

It's well known that dog is man's best friend, but what if he could also be beneficial for your health?

Owning a dog can be rewarding on so many levels. They offer loyalty and love like no other and provide companionship whenever you require it. However, did you know there are also many scientifically proven benefits as well? Your dog can help you to keep active, reduce stress, battle mental illness, and improve your mood.

Staying fit and exercising can require a substantial amount of motivation to do on your own, but what if you had a faithful companion? Your dog needs to exercise as well, and he can be the motivator you require to get outdoors and be active. A 2016 dog walking study published in *The Gerontologist* even showed an association between dog walking and a lower body mass index, fewer doctor visits, and a higher frequency of regular exercise.

Dogs even have their place in reducing your stress levels and boosting productivity. A 2017 study on the effect of therapy dog sessions on student wellbeing showed increased levels of energy, reduced stress, and improved happiness levels. What's more, even playing with a dog resulted in elevated dopamine levels for a positive mindset. As a result, those suffering from anxiety, stress, and depression may benefit from the gentle comfort a dog can provide.

The benefits of owning or associating with dogs can also be more far-reaching than you think. Research suggests those who live alone have a 36 percent reduced risk of dying from cardiovascular disease if they have a canine companion. The study took place at Uppsala University in Sweden last year, and while the exact reason for this link is unknown, it is thought the benefit of social support could be related.

Through the delivery of various dog therapy programs throughout the country, even those who don't or can't own a dog benefit just by interacting with a dog. Across the country hundreds of organisations have introduced therapy dogs into their facilities. These 'paw pals' brighten the lives of over 20,000 Australians every week, with a friendly wet nose and wagging tail providing real physical and emotional health benefits for those lucky enough to receive the benefits of canine companionship.



# What your nose knows

Your sense of smell enriches your experience of the world around you. Different scents can change your mood, transport you back to a distant memory, and may even help you bond with loved ones.

Your ability to smell also plays a key role in your health. If your ability to smell declines, it can affect your diet and nutrition, physical well-being, and everyday safety.

Whether coffee brewing, pine trees in a forest, or smoke from a fire, the things we smell are actually tiny molecules released by substances all around us. When we breathe in these molecules, they stimulate specialised sensory cells high inside the nose. Each of these sensory cells has only one type of odour receptor—a structure on the cell that selectively latches onto a specific type of “smelly” molecule. There are more smells in the environment than there are odour receptors. But a given molecule can stimulate a combination of these receptors, creating a unique representation in the brain of a particular smell.

It’s estimated that the number of odours that people can detect is somewhere between 10,000 and 100 billion, or even more. We all have different combinations of

odour-detecting cells in our noses, so people vary greatly in their sensitivity to smells.

Smell is also important for your perception of taste. Chewing your food releases aromas that travel from your mouth and throat to the nose. Without smell, we can detect only five basic tastes: sweet, salty, bitter, sour, and umami (savoury).

Many things can cause smell loss. A stuffy nose, or a harmless growth in the nose (called a polyp) can block air and thus odours. Certain medications, like some antibiotics or blood pressure pills, can alter smell. These effects are usually temporary. Your smell should come back once you’ve recovered or stopped the treatments.

There are some things that can cause a long-lasting loss of smell. A head injury or virus, for example, can sometimes damage the nerves related to smell. And your ability to smell may naturally fade as you get older.

Quality of life issues from smell loss affect people differently but the effects can be enormous. Food can become less

enjoyable. You may start adding more salt or sugar to food in a bid to boost its flavour. These additions might cause problems for those at risk for certain medical conditions, such as high blood pressure, kidney disease, or diabetes.

Like all of your senses, your sense of smell plays an important part in your life. Talk with your doctor if you think a smell deficit might be affecting your quality of life.



## WORD SEARCH

- ALLERGIC
- ASTHMA
- BLINDNESS
- CANINE
- DEGENERATION
- DOG
- DOPAMINE
- DYSTONIA
- FLUIDS
- FOCAL
- GLAUCOMA
- HAYFEVER
- HEADACHE
- HYDRATE
- LOYALTY
- MOLECULES
- MUSCLE
- NEUROLOGICAL
- NOSE
- ODOUR
- RETINAL
- RHINITIS
- SENSORY
- SMELL
- SPASMS
- SPRING
- SWEAT
- THERAPY
- VISION
- WATER

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# Dystonia Awareness Week

## - how aware are you?

In Australia, 14-21 September 2018 is national Dystonia Awareness Week.

The aim of Dystonia Awareness Week, is, of course, to draw awareness to a commonly misunderstood and misdiagnosed condition. In fact, even though American researchers believe it's as common as multiple sclerosis in parts of Australia and the rest of the world, it's not well known.

As a neurological movement disorder, dystonia causes involuntary muscle spasms and contractions. When sufferers experience these spasms, their muscles twist and move into unnatural positions. Because dystonia can affect many parts of the body – including vocal cords, neck, jaw, eyes, arms and legs, and face, it's a syndrome rather than a single disease. In fact, there are around twenty dystonia classifications – depending on which part of the body is affected.

For example, if you have dystonia in your vocal chords – one part of the body – then you have focal dystonia. If two or more unrelated body parts are affected, it's multi-focal dystonia. However, if your entire body is affected, then the single name dystonia is more appropriate.

Dystonia can be a genetic trait, caused by trauma, a neurological condition, or even by some medication. What's more, it doesn't discriminate - affecting children, men, and women of varying backgrounds and age

groups. In children, dystonia tends to spread to different areas of the body, but it is often more localised in adults.

Diagnosis and treatment of the condition can be quite tricky. No traditional lab or image testing can diagnose it, and it relies solely on your account of your symptoms and a physical examination. What's more, no drug can cure it, nor is there evidence of dietary, or natural remedies that can provide long-lasting benefits.

In mild conditions, drug treatment is not typically a recommendation made by a GP or neurologist. However, in more debilitating cases, drugs that reduce muscle spasms can be prescribed with varying effectiveness.

With some dystonia cases, people see the benefit of botulinum toxin injections and physiotherapy, but this is mostly suited for those living with focal dystonia. Surgery may also be an option, but the long-term outcomes of this are not yet ascertained.

Dystonia can be exceptionally isolating for a sufferer, especially because it is such a misunderstood and mismanaged syndrome. During Dystonia Awareness Week, why not take the time to offer support and learn more about the condition, and if you believe you, or someone close to you experiences symptoms described in this article be sure to mention it to your doctor.

## Asthma and hay fever's common connection

As soon as the daffodils begin to flower and the lambs frolic, it's a sure sign spring is here.

While spring brings about new growth, it also brings about dread to the 15 percent of Australians who suffer from hay fever. What's more, around 50 percent of those sufferers will also be battling with asthma, an inflammatory and long-term lung condition.

There are two main types of asthma – non-allergic and allergic. Non-allergic asthma has no trigger, but allergens common in spring can initiate asthma attacks in those with allergic asthma. As a result, allergic asthma can typically be harder to control.

Hay fever, or seasonal allergic rhinitis, causes a reaction to weeds, grass, and even trees. Perennial allergic rhinitis, however, causes reactions year-round to common allergens such as dust mites. Just like asthma, both can be allergic or non-allergic – where there are known causes or none.

While these conditions alone are troublesome, together they can be more of a cause for concern. However, treatment methods for both allergic asthma and hay fever are often similar, with the same goal: to reduce your body's reaction to the allergens.

Conventional treatment methods include antihistamines which you can get from your local pharmacy. If you don't find these to be effective, you may also be given the option of steroids known as corticosteroids. You administer these in nasal spray form or through your inhaler if you have asthma.

If you still see no light at the end of the tunnel, consult your doctor about trying immunotherapy. This method of treatment can be effective for both asthma and hay fever sufferers. Always use medication and treatment as directed by your GP or pharmacist.



## FROM THE MANAGER

### IT'S OUR BIRTHDAY!

Health Sense is celebrating it's third anniversary in August. It's been an amazing period of growth and consolidation. We hope to have more doctors joining the Health Sense Team soon, which will enable us to better serve our constantly growing community! We will let you all know when to expect new members to the team.

### SAFE TRAVEL TIPS

Heading North in Oz for some winter sun, or a tropical paradise overseas? Well don't have your trip ruined by a lack of planning, follow the health tips below:

1. Check with your doctor well before leaving what immunisations or medications are necessary for your destination or destinations. Discuss low dose aspirin usage during your flights to reduce the risk of DVT's.
2. If Flying – Wear loose, comfortable clothing and shoes.
3. Check with the department of Foreign Affairs before leaving as to the social, medical and political issues that could affect you.
4. Make sure you have adequate supplies of your regular medications and pack them in your carry-on luggage.
5. Take out travel insurance that covers both medical care and evacuation.
6. Drink lots of water on a long flight to avoid dehydration and reduce the flights of jetlag
7. Spray your room or tent with insect repellent before sleeping to reduce the chance of malaria. If you are using mosquito nets spray inside them before sleeping, make sure babies are covered with netting.
8. Take a medical kit with items such as – band-aids, antiseptic, tweezers, insect repellent and sunscreen, scissors and headache pills.
9. Have a safe and enjoyable holiday.

### SELF CHECK-IN

Thank you to all our patients who use our self check-in kiosk. It can really help take the pressure off our front counter receptionists when we are extra busy! If you have not used it yet, it's really quite easy, so even if you're not a computer geek, give it a go. You might surprise yourself at how tech-savvy you are!

### WAITING TIMES

Our Doctors and Nurses try very hard to run on time. At times, complex consultations or emergencies occur that because of their unpredictable nature cause us to run behind schedule. Usually, in this situation our receptionist will advise you of any expected delay:

However we request that if you are kept waiting longer than 15 minutes you check at reception

**After Hours Care** – If you are unwell after hours phone us on 8251 3885 or GP @ your door on 1800 473 278

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