



FREE TO TAKE HOME!

FEBRUARY - MARCH 2019 EDITION



**Allergy to family pets**



**Living with Obesity**



**Migraine**



**Osteoporosis**

YOUR NEXT APPOINTMENT:

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**ENJOY THIS FREE NEWSLETTER**

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.  
[www.healthnews.net.au](http://www.healthnews.net.au)

**Surgery Hours**

Monday – Friday  
8.30am – 5.30pm

**After Hours**

We offer 24 hour after hours service. Simply Phone 6056 2447

**Billing**

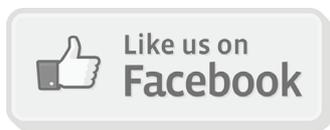
We are a private billing clinic. A schedule of fees can be found on our website. We do however bulk bill full time tertiary students, pensioners, DVA and children under 16, although the initial appointment will be billed privately.

**Results**

Please phone **6056 2447** between 3pm – 4pm to speak to a nurse regarding these.

**Our Facebook Page!**

Wodonga West Medical clinic is taking a leap into the social networking scene! Our Facebook page which has been largely dormant for the past few years is now going to be active. Keep up to date with the latest health and surgery news by liking us on Facebook. Tell all your friends and family too!



**Labour Day**

Labour Day commemorates the achievements of the Australian labour movement. The celebration of Labour Day originated with the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. In April 1856, a protest occurred to achieve an eight-hour work day. In Tasmania the public holiday is called Eight Hours Day and in the Northern Territory it is called May Day.

*Practice Doctors*

**Dr Peter Sartori**

Obstetrician & family medicine

**Dr Douglas Colwell**

Occupational & family medicine

**Dr Kevin Marks**

Occupational Physician

**Dr Sally Gabra**

Registrar/Family Medicine

**Dr William Walton**

Travel medicine & family medicine

**Dr Claire Simpson**

Family medicine

**Dr Andrew Kelly**

Registrar/Family medicine

*Practice Information:*

**Update your Details:**

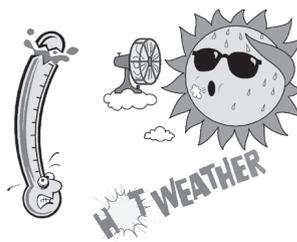
Over the coming months we will be asking you to update your personal details. This ensures that we are able to contact you when we need to. So if you could please complete the update sheet we are handing out it would be appreciated.

**Scripts & Referrals:**

Scripts and referrals cannot be provided without an appointment. The quick clinic and our new script clinic will be available for scripts and ongoing referrals. All other referrals will require a full appointment.

**Patient Identification:**

To meet our accreditation standards we need to confirm your identity each time you contact or visit our clinic using your name, DOB and address. We are also checking all pension, Health care and student cards, so if you could have them ready when arrive it would really help our staff.



*Survive The Heat!*

Heat kills more Australians than any natural disaster

- Extreme heat can affect anybody.
- Heat can cause illnesses such as heat cramps and heat exhaustion which can lead to the life-threatening condition, heatstroke. Heatstroke is fatal in up to 80% of cases.

Those most at risk are older people, young children and people with a medical condition.

Survive the heat with these five simple tips:

- Drink plenty of water—Keep a water bottle with you
- Never leave anyone in a car—the temperature in a car can double in minutes.
- Stay somewhere cool—stay inside in an air-conditioned building as much as possible.
- Plan ahead—keep up to date with weather forecasts and plan essential activities for the coolest part of the day
- Check in on others—look after those most at risk

Heat can cause illnesses such as heat cramps and heat exhaustion which can lead to the life-threatening condition, heatstroke. Heatstroke is fatal in up to 80% of cases.

Heat can also worsen the condition of someone who already has a medical issue such as heart disease or diabetes. Most reported illness and death is due to the effect of heat on those who are already ill.



What you do with pets depends on the strength of your allergy.

## Allergy to furry family pets

Allergy to pet cats or dogs is something that runs in families – usually in people with an inherited tendency to asthma, hayfever or eczema. Of course, you have to live with an animal or have frequent contact with it for this to happen. Once allergy develops, what you do about it depends on the level of symptoms.

### What part of pets cause allergies?

Furry animals make allergic protein (called allergen) in their skin's oily glands (called sebaceous glands). This oily allergen spreads to their fur and skin scales, especially when they groom themselves by licking. The saliva of dogs is also full of allergy protein.

As the animal sheds hair and skin scales throughout the house, more and more allergen collects over time so that anyone allergic to the pet ends up reacting to the whole house. Allergen from pets is so tiny it floats in the air, invisible, but small enough to get on to furnishings, clothing, walls etc and to be breathed in.

### What allergic symptoms are caused?

Usually, respiratory symptoms such as irritated itchy eyes and nose, with sneezing and wheezing. Over time, these acute symptoms are replaced by chronic congestion of the lungs,

nose or sinuses. This can lead to complications such as sinus infections or headaches, worsening asthma or bronchitis, as well as sleep problems and fatigue. Some people develop eczema in response to pets, usually more noticeable on exposed skin.

### Why is pet allergy so hard to recognise?

First, people allergic to pets are often also allergic to pollens and dust mite so it can be difficult to recognise that the family pet is also a problem. Second, allergy comes on slowly and is hard to recognise. Last, reaction to animals can vary with the breed (particularly with dogs), and because reactions across all cats or dogs seems inconsistent, people prefer to put it down to something else rather than their furry companion!

If a household pet is causing symptoms you can:

- **Put up with it.** You can take medications to control symptoms but this is not recommended.
- **Yourself or the pet goes!** It takes 2-3 months of normal cleaning to rid pet allergen from the house.

A word of caution: once you have shown a tendency to react to one type of furry animal, there is a strong likelihood you will develop allergy to another you live or work with (e.g. rats in an animal laboratory).

# Living with Obesity

Over the last 40 years, there have been an increase in the number of people overweight or obese, helped by a reduction in body mass index (BMI) classifying overweight from 27.5 to 25 in the late 1980s. This has significantly inflated the statistics.

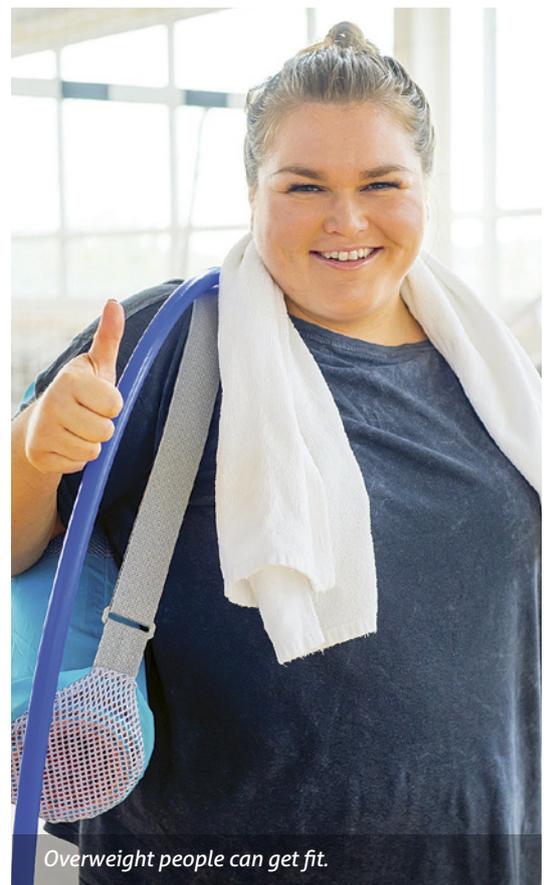
Another little known fact is that in over three million people, studies have demonstrated there is no effect on life expectancy up to a BMI of 30.

Many people find reducing weight difficult. Their cause is not helped by the judgmental ways they can be treated. Overweight children may be subject to teasing and bullying in the playground. Many overweight adults are uncomfortable going to the beach or to the gym (notwithstanding that exercise can help). Purchasing clothes and swimwear can be traumatic.

Media of these days, social media (think Instagram), can portray images of "perfect" bodies (often photoshopped) which adds to the pressure.

So, is there a solution? Each person needs to consider their health in total. Overweight is just one aspect. Being overweight is not synonymous with being unhealthy. It is also important to be comfortable with who you are. Each of us is different so there is no single correct shape or size.

It is important not to compare yourself to others especially the media images that are usually unrealistic. If you want to reduce weight talk to your doctor about it and avoid offers of a quick fix.



Overweight people can get fit.

**WORD SEARCH SOLUTION**

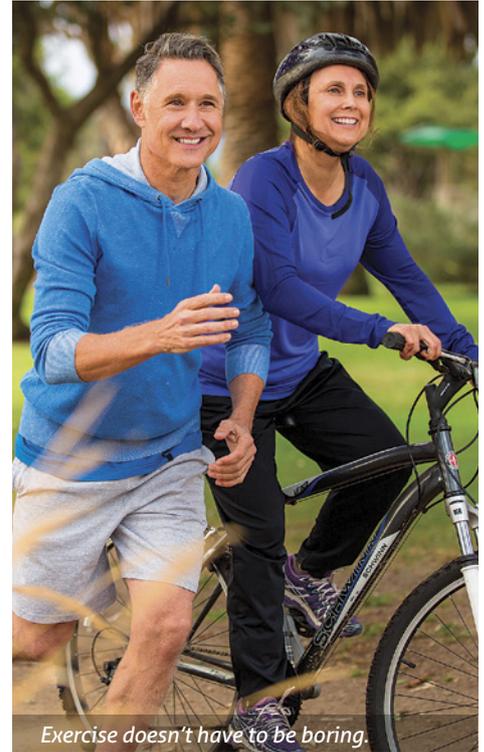
# Exercise for You

The human body was designed to be active and for most of human history it has been.

Till modern times, work was often physical as was the means of getting from 'A' to 'B'. Even as recently as the 1970s we got out of our chairs to change TV channels. The estimated incidental movement taken over by labour-saving devices between the mid-1960s and today is around 2000 calories per week (or a day's food intake).

Exercise is vital for good health – at any age. As we get older, regular exercise supports the health of our hearts and lungs. Resistance type exercise is good for bones and maintaining muscle mass. Exercise can also reduce the chance of falls and has been shown to be positive for the immune system. Sleep improves as well. Mental and physical health are related and regular exercise is associated with an up to 40% lower chance of depression. Some work has found that those who exercise regularly are at lower risk of dementia.

Are you ever too old? It has been demonstrated that people as old as 102 are able to add new muscle fibres. What is the best type of exercise? It is the type that you enjoy and will stick to. The key is being consistent. However, that does not mean it has to be every day or 'set in stone'.



*Exercise doesn't have to be boring.*

If you haven't exercised in a while, start slowly and perhaps get advice from a physio or trainer. Don't overdo it while you build up. The benefits of exercise are many. Just do it!



Weblink [www.headacheaustralia.org.au](http://www.headacheaustralia.org.au)

## Migraine

A typical migraine headache affects one side of the head, is throbbing in nature, is often accompanied by nausea or vomiting and perhaps sensitivity to light, and can last up to days.

Warning of an impending headache is sometimes given by unusual sensations, such as flashes of light (aura) or tingling in the skin. The migraine is often severe.

The exact cause is not known. Theories revolve around blood circulation to the brain and changes in hormone levels within the brain. Both genetics and the environment play a role. Around 90% of sufferers have a family history of migraines. Generally they start before age 40. Women are three times more likely to have migraines, often more so around the time of periods.

Some triggers include certain foods rich in biogenic amines (alcohol, cheese, chocolate, pate), food additives glutamate (e.g. MSG) or nitrate (processed meats), stress, certain medications (e.g. the contraceptive pill), disturbed sleep patterns, bright lights, strong smells and sudden changes in atmospheric pressure. However, for many people there are no identifiable 'triggers'.

There is no specific test for migraine. It is diagnosed on the story. Where tests are done, it is to exclude other causes of headaches.

Treatment is with pain killing medications, whether milder over-the-counter tablets or prescription painkillers. Some specific medications taken on script can prevent migraine if taken early, while for the frequent migraine sufferer, some preventive daily medications can help. They do not work for everyone. Again, there is no absolute cure.

Simple measures that can help are drinking plenty of fluids to prevent dehydration, getting enough sleep, managing stress and avoiding known triggers. To find out your triggers, a diary might help. Others say certain herbs, acupuncture, magnesium supplements and diet help, particularly around the time of periods.

## Osteoporosis

Osteoporosis is a thinning of the bones, so they are weak and more likely to break, even with minor trauma. The problem develops over a long time, usually without symptoms (although some do describe soreness in the bones). If spinal vertebrae become thin and crushed, a stooped posture results.

Women get osteoporosis more so than men, probably due to lack of oestrogen, often reaching crisis point in menopause. Asian or Caucasian background, along with a positive family history, all increase



risk. So does a sedentary lifestyle, alcohol excess, smoking, low intake of calcium and vitamin D and some other health problems. Some medications such as steroids also increase the risk.

Diagnosis is by a bone density scan, a simple investigation that takes 15 minutes, and may be covered by Medicare or your private health fund (ask them). It is best done in women or men aged over 50 with known risk factors.

Prevention starts at an early age – don't smoke, avoid excess alcohol, do regular weight bearing exercise, and ensure your diet has enough calcium and vitamin D – particularly for women.

The main complication of osteoporosis is bone fracture following a fall. Fractured wrist or hip is typical.

Preventing falls by using non-slip mats, hand rails and walking aids is important in the elderly. For some, medication is a good idea. Discuss options with your doctor.

Weblink [www.osteoporosis.org.au](http://www.osteoporosis.org.au)



## QUICK & EASY HONEY MUSTARD CHICKEN & RICE

### Ingredients

- 1 tablespoon olive oil
- 1 garlic clove, crushed
- 1 medium sized red capsicum sliced
- 1 medium sized leek, white part only, thinly sliced
- 500g Chicken Breast Fillets, cut into 3cm pieces
- 175g pkt MasterFoods Honey Mustard Chicken Recipe Base
- 1/2 cup (125mls) light thickened cream
- 100g stringless green beans, halved
- 3/4 cup frozen peas
- 1 cup Medium Grain White Rice, steamed
- 2 tablespoons chopped fresh parsley

### Instructions

Cook the rice.  
 Whilst the rice is cooking, heat oil in a large deep frying pan over medium-high heat.  
 Cook the garlic and leek, stirring, for 3-4 mins or until softened. Add the capsicum to the pan and cook for 1-2 minutes. Add chicken and cook, stirring, for 5 mins or until the chicken is browned. Add the Honey Mustard Chicken Recipe Base, cream and beans. Bring to the boil. Reduce heat to low and simmer uncovered for 5 mins. Add the peas and simmer uncovered for 2 mins or until chicken is cooked through and the vegetables are tender. Season with salt and pepper.  
 Serve the honey mustard chicken and vegetables on the rice, sprinkled with fresh parsley.

## WORD SEARCH

- |           |           |
|-----------|-----------|
| Active    | Nausea    |
| Alcohol   | Nose      |
| Allergy   | Obesity   |
| Bones     | Oestrogen |
| Brain     | Saliva    |
| Bullying  | Sinuses   |
| Exercise  | Sneeze    |
| Eyes      | Stress    |
| Fibre     | Symptom   |
| Fluids    | Tablet    |
| Glands    | Tease     |
| Health    | Test      |
| Hormone   | Trauma    |
| Itch      | Trigger   |
| Lungs     | Vomiting  |
| Menopause | Weight    |
| Migraine  | Wheeze    |
| Muscle    |           |



## WODONGA WEST MEDICAL CLINIC

### March Events Around The World

#### Moomba Waterfest—Melbourne, Australia

Now more than half a century old, Moomba is among the longest running community festivals in Australia. Go to take in the buffet of entirely free events, like live music, waterspouts, carnivals and parades.



#### Museum Night Fever—Brussels, Belgium

One night, twenty museums, dozens of events. Museums across Brussels turn night into day with workshops, performances, fashion shows, guided tours and social events, catering to any and every interest.

#### Glasgow International Comedy Festival—Glasgow, Scotland

Get ready to laugh it up at a comedy gathering that organisers call "the largest event of its kind in Europe", as household names and emerging acts take to the stand-up stage across Scotland's most cosmopolitan city.

#### Vancouver Fashion Week—Vancouver, Canada

The movers and shakers of Canadian fashion hold their own at this increasingly high profile event. Expect a blizzard of flash photography at glamorous social gatherings and runway shows, tempered by a hearty helping of Canadian hospitality.

#### Holi—India

This ancient Hindu celebration may have taken the world by storm, but there's nothing like experiencing the Festival of Colours in its native India or Nepal. The people of each region observes their own traditions, such as the singing of spiritual songs in Uttarakhand or the playful 'beating' of townsmen by the towns women in Barsana.

