



Christmas Opening Hours



We will be operating a full service between Christmas and New Year and are essentially only closed for the Public Holidays.

We wish all our patients a safe and happy holiday season, with all the best for the coming year.

Saturday 24 December Open 8 am—12 noon

Sunday 25 December Closed

Monday 26 December Closed

Tuesday 27 December Closed

Wednesday 28 December Open 8 am—6 pm

Thursday 29 December Open 8 am—6 pm

Friday 30 December Open 8—5 pm

Saturday 31 December Closed

Sunday 1 January Closed

Monday 2 January Closed



*For Emergencies
Telephone
55328666*

*Chevron After Hours
provides home visits &
surgery appointments
for our patients when
we are closed.*



Eating Healthily Over the Holidays

To make the holiday season enjoyable (and not regrettable for the waist line), use the tips below to help you dodge common holiday eating pitfalls.

Using traditional higher fat recipes

Use lower fat recipes, remember to trim the fat off meats, use minimal added oils when cooking, avoid creamy sauces and use low fat ingredients (such as skim milk) in recipes.

Including extra soft drink and alcohol

Avoid regular soft drinks as there is 8 teaspoons of sugar in every can! Limit alcohol; try swapping some alcoholic drinks for diet soft drinks, soda water, diet cordial or plain water.

Eating all day Set regular meal times, and avoid snacking on extra “nibbles” between meals. Don’t leave plates of food on the table between meals – this makes it too easy to grab a little something every time you walk past! Similarly, if you are at a party or gathering, make a point of sitting away from the food so that you are not tempted to eat as you socialise. **Going back for seconds** Many of us serve buffet-style meals at parties and family gatherings over the holidays. Stick to this simple rule – one plate only, filled once only. If you are still hungry, have extra salads if they are available, or save the tummy room for a small dessert portion as a treat! At the end of the day, Christmas comes by just once a year... one day with a few extra indulgences will not cause too much of a problem... but indulging throughout December and into the New Year will! Save your favourite Christmas foods for Christmas Day – buy only what you need and remember to pass on tempting leftovers to friends or family.

Are you at risk of Osteoporosis?

Osteoporosis is a condition in which the bones become fragile and brittle, leading to a higher risk of fractures (breaks or cracks) than in normal bone.

Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, leading to a loss of bone thickness (bone mass or density). As a result, bones become thinner and less dense, so that even a minor bump or accident can cause serious fractures. These are known as fragility or minimal trauma fractures.

Osteoporosis affects both women and men. Women are at a greater risk of developing osteoporosis than men, mainly due to the rapid decline in oestrogen levels after menopause. Oestrogen is an important hormone for maintaining healthy bones. When oestrogen levels decrease, the bones lose calcium (and other minerals) at a much faster rate - bone loss is approximately 1% - 5% per year after menopause.

Men also lose bone as they age, but their bone mass generally remains adequate until much later in life. However, certain risk factors such as reduced calcium intake and low levels of vitamin D can increase age related bone loss. Although osteoporotic fractures are less common in men than in women, when they occur, these fractures are associated with higher disability and death than in women.

Risk factors for osteoporosis

The following risk factors can increase your chance of developing osteoporosis.

Your family history :

- Any family history of osteoporosis and fractures

Your medical history :

Certain conditions and medications can increase your risk of osteoporosis.

- Cortico-steroids (commonly used for Asthma)
- Rheumatoid arthritis
- Over-active thyroid or parathyroid glands
- Coeliac disease and other chronic gut conditions

- Chronic liver or kidney disease

The following symptoms may also indicate an increased risk of osteoporosis.

For men:

- Impotence
- Lack of libido
- Other symptoms of low testosterone levels

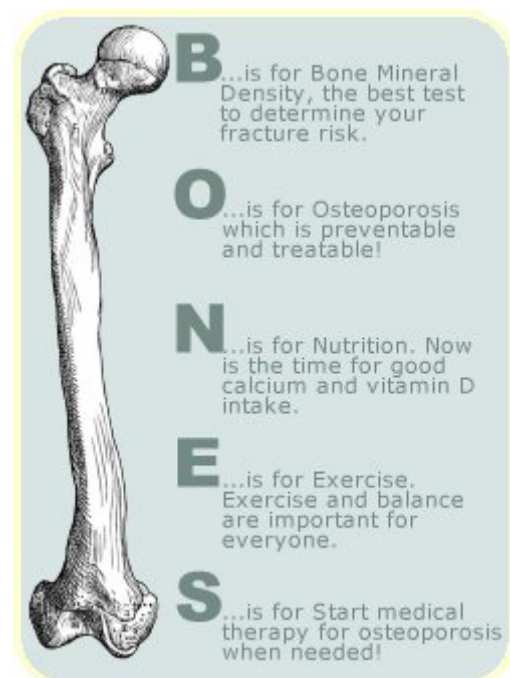
For women:

- If your period has stopped for 6-12 consecutive months (excluding pregnancy, menopause or hysterectomy)
- If you experience early menopause

Your lifestyle:

- Smoking
- Excessive alcohol consumption
- Diet lacking in calcium
- Lack of sunlight exposure, which may cause vitamin D deficiency
- Sedentary lifestyle over many years

Hope Island Medical Centre invites you to complete the Osteoporosis screening questionnaire on the back of this page. Please take advantage of this and discuss your Osteoporosis risk factors with your doctor today.



International Osteoporosis Foundation

One Minute Osteoporosis Risk Test

	Yes	No
Have either of your parents broken a hip after a minor bump or fall?		
Have you broken any bone after a minor bump or fall?		
For women: Did you undergo menopause before the age of 45?		
For women: Have your periods stopped for 12 months or more (other than because of pregnancy) ?		
For men: Have you ever suffered from impotence, lack of libido or other symptoms related to low testosterone levels?		
Have you ever taken corticosteroid tablets (cortisone, prednisone, etc) for more than 3 months?		
Have you lost more than 3 cm in height or do you think you might be shrinking?		
Do you regularly drink more than 2 standard drinks a day?		
Do you smoke more than 20 cigarettes a day?		
Do you suffer frequent diarrhoea or have problems like Crohns disease or Coeliac disease?		
Have you been diagnoses with an over reactive thyroid or parathyroid gland?		
Do you avoid or are allergic to milk or dairy products without taking calcium supplements?		
Do you spend less than 10 minutes per day outdoors, with part of your body exposed to sunlight, without taking Vitamin D supplements?		

RISK FACTORS

The longer you live the more likely you are to develop osteoporosis.

If you answered “yes” to any of these questions you may be at risk of developing osteoporosis and we recommend that you consult your doctor, who will advise whether any further tests are necessary.

Dietitian Services—Every Monday Afternoon

Brooke Devlin has a background in both Exercise Science and Nutrition and Dietetics. She is very passionate about health and fitness. Combining her knowledge and friendly approach, Brooke enjoys helping other to improve their health quality of life and achieve their goals. Brooke approaches consultations with the understanding that advice for clients needs to be individualised and sustainable.

Brooke's special interests include cardiovascular disease/hypercholesterolaemia and T2DM. Brooke has a particular interest in gastrointestinal disorders including food intolerances and IBS. She enjoys working in a range of settings including one-on-one consultations, group educations and aged care.



PhysioMax[®]

Pink Pilates Program at PhysioMax

Your **Pink Pilates** program can include one or all of the following services –

- Physiotherapy
- Pilates
- Massage
- Stretching
- Breathing Techniques
- Exercise Prescription



Your physiotherapist will work with you to select your own program goals and advise you on which services will be the most effective for you. Your individual program is totally flexible for your needs on the day and could include a combination of treatments including:

- manual physiotherapy to prevent the formation of scar tissue
- clinical pilates exercises to stretch, strengthen and improve your flexibility
- relaxing massage to relieve stiffness in the neck, back, chest and shoulders
- core strengthening exercises to improve posture
- breathing control techniques to help facilitate relaxation and reduce stress levels
- and personalized home exercises to facilitate overall conditioning and increase physical stamina for faster recovery

The **Pink Pilates** program is chronologically formatted into 3 phases. Timing of each phase is dependent upon your physical condition, the length of the healing process, the type of surgery involved, and the courses of adjuvant treatments. Many variables may exist that will effect particular service and exercise choices at given times.

Post Op Phase

Designed to assist in the healing process of clients who are recently post surgery or undergoing treatments. To restore strength and flexibility to particular joints and muscle groups that has become weak and inflexible as a result of surgery. It incorporates breathing techniques and gently exercises modified to maximise recovery from surgery.

Recovery Phase

Designed to help improve energy levels and general well being during cancer treatments. It aims to help clients manage fatigue, restore post op flexibility and strength. In addition to focusing on stretching and strengthening exercises for the upper body, it contains workouts for the lower extremities, abdominal strengthening and spinal stability.

Fitness Phase

Designed to facilitate overall conditioning and to increase physical stamina. Aims to improve cardiovascular fitness, strength and flexibility to increase endurance, elevate the metabolism, improve muscle tone and body composition. It contains workouts for the upper and lower extremities, abdominal strengthening and spinal stability. Designed to motivate and encourage good exercise habits for life.

For more information go to the website www.pinkpilates.com.au



Hope Island Medical Centre is proud to be participating in the Closing the Gap Program and can offer patients all aspects of the PIP Indigenous Health Program including Wellness Checks. For more information, please speak to Nurse Tania.

Aboriginal and Torres Strait Islander people experience a burden of disease two-and-a-half times that of other Australians. A large part of the burden of disease is due to chronic diseases such as cardiovascular disease, diabetes, cancer, chronic respiratory disease and chronic kidney disease. This can be reduced by earlier identification, and management of risk factors and the disease itself.

Profile

Jenny Boban A., Dip. Aud., M.Aud. SA. (CCP)

I am a fully qualified Audiologist and full member of the Audiological Society of Australia, and have had extensive experience in rehabilitation Audiology. I worked at Australian Hearing in both Townsville and Brisbane where I performed both adult and paediatric work, after graduating from the University of Queensland in 1996. I then went to work in the United Kingdom for 7 years both on the National Health where I worked in a hospital with Ear, Nose and Throat specialists, and also privately in a clinic in New Cavendish Street in London. I then returned to Brisbane and worked as a representative and trainer for a large hearing aid manufacturer before joining Active Hearing in April 2008.

At Active Hearing we are committed to providing our clients with full assessments, hearing aid fitting and rehabilitation for both private patients and pensioners. We are accredited by the Office of Hearing Services to provide services to eligible pensioners and DVA patients. For private clients we perform free screening assessments to determine if there is a hearing loss as well as regular annual check-ups to monitor hearing.

I am very much looking forward to meeting you -why not book in for a free assessment to discuss your hearing needs with me. I am available for consultation on Tuesdays.

We provide services to suit all needs including:

- Free Hearing Assessments & Hearing Aids for eligible pensioners and DVA card holders
 - Hearing Assessments & Hearing Aids for Private Clients
- Tinnitus Evaluation & Management
- Custom Ear Protection (noise reduction plugs, swim plugs & musician plugs)

