

Loose Weight...Reduce Risks....Feel Great

In our previous newsletters we have focussed on a range of preventive health measures offered to our patients at Hope Island Medical Centre. These measures included "knowing your numbers" - height, weight, BP, cholesterol, BSL, BMI and waist circumference.

Hope Island Medical Centre is now offering extensive personalised support for patients wishing to reduce their risk factors and re-set their lives.

Nurse Deb is participating in a pilot program where practice nurses are further trained to

guide patients to improve their lifestyle and reduce their risk factors.

This support encompasses education sessions, weight clinics, telephone and email support, to help you reach your goals.

All activities are offered here in the medical centre and times can be tailored to suit

Worth \$400, this program is **FREE for eligible patients.**

Many people aged over 40 who are a little bit overweight or who have increased waist measurements, don't even know



that their risk factors are high.

The pilot program is initially targeting patients aged 40—49 years. To find out if you are

eligible, or if you have any questions, please speak to nurse Deb today.

Better still, sign up with a friend and you can work on your lifestyle goals together. This program is only being offered to 16 patients. Don't delay.

Imagine.....for summer

With Summer fast approaching now is the time to consider a non-surgical makeover.

Book your appointment now with Dr Hung Nguyen for your favourite laser and cosmetic treatments

Allow us to help you look and feel your best for summer!

Don't delay, kick start your summer feeling fresh and rejuvenated

Inside this issue:

Obtaining your results	2
Can't keep your appointment?	2
Trying to fall pregnant?	2
Waiting for the doctor	3
National Asthma Week	3
Are you at risk of osteoporosis	4
Gold Coast Radiology	4
Odd Spot	5
Physiomaxx	5

In fact in, it really is worth all adult patients reviewing their immunisation status.

When was your last tetanus booster?

When was your last flu vax?

Do you need pneumovax vaccination?

Ladies did you receive the cervical cancer vaccine?

Do you need Hepatitis B vaccination?

Should I be immunised against shingles?

Obtaining your results

As part of most consultations, your doctor may order pathology or radiology tests, in order to assist with diagnosis or to monitor a condition. When you have had your test, your doctor will tell you how you can get the results. This will usually be by making another appointment to see him or her a few days after the test has been done. Many patients ring the reception staff to get their results and this is not ideal. It is important for patients to realise that the receptionist can-not access your

result files, she can only give you the comment that Doctor has written. So for example, doctor may have marked the result—no action. This means that the result is as expected. It does not mean that there were no abnormalities. This is why it is very important for you to actually see the doctor for the test result. Similarly, the receptionists can-not access specific details such as your cholesterol level, which you may well be monitoring as part of the manage-

ment of your chronic condition. Again, this is why we have to encourage you to return for your results. By coming in and seeing the referring doctor, he or she is also able to assess your improvement and or lack thereof, spend some time on preventative health measures, such as lifestyle risk factors and further develop the doctor/patient relationship, rather than telephoning for results. For private patients, these follow-up appointments will be Bulk-billed at the discretion of your treating doctor.

Please let us know if you can't keep your appointment

This time of year when there is lots of cold and flu, waiting rooms across the Gold Coast are full.

There are many times where we have been unable to accommodate unwell patients in a timely manner because our appointments were all taken. Only to

find that some booked patients didn't keep their appointments.

So if you are unable to keep your appointment for what ever reason, we would be very grateful if you could please let us know so we can advise any waitlisted patients.



Trying to fall pregnant? We've booked a room for you.

Hope Island Medical Centre is pleased to announce the commencement of specialist gynecological and fertility services.

Dr Kee Ong will be consulting at Hope Island Medical Centre on Tuesday afternoons. Dr Ong's interests are in



all aspects of infertility and reproductive disorders including male factor infertility, recurrent IVF failures, recurrent miscarriages and reproductive surgery such as sterilisation reversal microsurgery, endometriosis and fibroid surgery.

If you and your partner have been trying to fall pregnant, rest assured you are not alone. Thousands of Australian couples have reaped the benefits of IVF treatment.

For inquiries or to make an appointment phone 55191600 or visit www.monashivf.com for more information

A referral is required from your GP.

World Spirometry Day - and all through October at HIMC

COPD generally affects people over 40 with a history of smoking. Its main symptoms include:

- Shortness of breath on minimal exertion.
- A repetitive cough with phlegm/mucus most days (sometimes called a smoker's cough).
- Not being able to take a deep breath.

According to the Australian Lung Foundation, many people mistake their COPD symptoms as signs of ageing or asthma. Without realising it they often cut back or cease some activities to avoid breathlessness. As symptoms progress, however, even simple daily tasks can become almost impossible.

Test Your Lungs Day - October 14, 2010

The Australian Lung Foundation says that if you can answer YES to three or more of these questions, you may have COPD.

- Do you cough several times most days?
- Do you bring up phlegm or mucus most days?
- Do you get out of breath more easily than others your age?
- Are you aged over 45?
- Are you a smoker or ex-smoker?



WSD provides all health-care professionals the opportunity to promote the diagnosis of lung conditions, encourage people to get their lungs tested, and to raise awareness about lung health. From October 14, and all through October, Hope Island Medical Centre will be coordinating **FREE** lung function testing for eligible patients. To arrange your spirometry, please speak to one of our friendly staff.

Pneumococcal Immunisation for Older Australians

The National Pneumococcal Vaccination Program for Older Australians commenced in January 2005 and provides free pneumococcal polysaccharide vaccine (Pneumovax23[®]) to adults aged 65 years or older.

People aged 65 years or over should discuss vaccination with their doctor.

Pneumococcal disease is caused by the bacterium *Streptococcus*

pneumoniae. Some types of the bacterium are commonly found in the upper respiratory tract (nose, throat and windpipe) of healthy people. The bacterium can spread between people through infected droplets in the air and by touching an infected person. The disease can cause:

- meningitis (infection of the membranes that enclose the brain and spinal cord);

- pneumonia (lung infection);
- septicaemia/bacteraemia (blood system infection); and middle ear and sinus infections.

Two doses of vaccine are given, with the second dose given 5 years after the first dose. Many patients received their first dose of pneumovax in 2005 when it first became funded. These patients are due for a second dose now.

MOVEMBER 2010 - It's time for a check up guys

Each year Movember is responsible for the sprouting of moustaches on thousands of men's faces in Australia and around the world, with the sole aim of raising vital funds and awareness for men's health, specifically prostate cancer and depression in men.

Men sporting Movember moustaches, known as Mo Bros, become walking, talking billboards for the 30 days of November and through their actions and words raise awareness by prompting private and public conversation around the often ignored issue of men's health.

Supported by the women in their lives, Mo Sistas, Movember Mo Bros raise funds by seeking out sponsorship for their Mo growing efforts. The rules are simple; register online at Movember.com and start the month of Movember clean shaven, before growing a Mo.

Money raised in Australia is shared equally between programs targeting prostate cancer and male depression. Funds are committed to our men's health partners, the Prostate Cancer Foundation of Australia and beyond-blue – the national depression initiative and the Movember Foundation. Together, the three channels work to ensure that Movember funds are supporting a broad range of innovative, world class programs in the fields of research, education, support, and awareness.

How often should men go to the doctor?

Forty-four per cent of doctors' patients are men and men visit their doctor less from adolescence onwards. There are no recommendations as to how often men should visit their GP and get a general health check as it depends on age, health and a whole range of other factors.

Your doctor will be able to advise how often or when your next appointment should be.

A Medicare item was introduced in 2006 to encourage men and women between the ages of 45 and 49 who are at risk of developing a chronic disease to visit their GP for a health check. The Australian Institute of Health and Welfare estimates that 94 per cent of males between the ages of 45 and 54 have at least one risk factor for cardiovascular disease. The free health check aims to help detect and prevent chronic disease, and encourage early intervention strategies.

Why is it important to know your doctor?

GPs are not just available for diagnosis and treatment of health issues; GPs are a complete health resource. There are many benefits to building a relationship with your GP. By regularly visiting the same GP, he/she will know your long-term medical history and have a better understanding of your health behaviours and needs. This then means that you

can make the most of your consultation time when you are there. You are also more likely to make an appointment for the important follow-up consultation.

Developing trusting relationships can encourage men to visit the doctor, speak about their health, make positive changes to health behaviour, and make repeat visits for further health care.

If you haven't been to the doctor for a long time, or are new to an area, booking a long consultation for the first appointment will ensure that the doctor has time to take a full medical history.

And if your doctor can't help you directly with your health concern, he/she can refer you to someone else locally.

Questions for men over the age of 40:

- Am I at risk of developing any diseases and do I need tests?
- Is my family history important?
- What about my prostate – should I get it checked and is a blood test enough?
- Is my weight a problem?
- What about my cholesterol?
- Do I have diabetes?



Have you been to see your GP lately? Especially when you aren't actually sick?

We all get busy and time flies by, so chances are that unless you've had a particular illness you might not have seen your local doctor for a while. An annual check up is really important and we should make time for it.



Our Commitment to you

As a professional team, we endeavour to provide the highest standard of patient care whilst incorporating a holistic approach toward diagnosis and management of illness. We are committed to promoting health, wellbeing and disease prevention to all patients. Our aim is to provide quality care and service and maintain the highest standards of General Practice.

Don't ignore any signs or symptoms!

So many things that we can all experience at times, can be symptoms of illness — such as headaches, lumps, chest pain, nausea and fatigue. So it's sometimes hard to know when to go to the doctor. A good gauge is your own level of concern — if you're worried, go to the GP.

PhysioMax® Helping you get back to...

Sport.



Work.



Life.



What is Bursitis? And how can physiotherapy help?

Bursitis is inflammation of bursae. Bursae are small sacs of synovial fluid that sit between two structures, usually tendon and bone. The causes of bursitis can be wide ranging. These causes can be mechanical from frictional trauma causing chemical irritation and changes within the bursa, muscle and/or tendon structure or a chemical inflammation from a systemic disease like rheumatoid arthritis. Symptoms are usually pain and an ache. Usually this is during or after activity with stiffness occurring later. Treatment is usually a combination of ice, anti-inflammatories, pain medication and avoiding loading the

painful structures.

Here at PhysioMax the most commonly presented bursitis is a subacromial bursitis (shoulder). This can occur either with or without rotator cuff pathology. The subacromial bursa sits above the supraspinatus tendon and below the acromion (the bony bit of the shoulder). We would normally treat a simple subacromial bursitis by improving the shoulder bio-mechanics (this reduces loading on the bursa) and ice. Pain and anti-inflammatory medication prescribed by a doctor often help. Exercises initially focus on stability, then regaining range of movement. One commonly pre-

scribed exercise is pulling the shoulder blade back and down with the arm pulling into the side. If the shoulder mechanics are not fully restored recurrence can occur. Often these mechanical issues are problems that take longer to improve.

Stuart Steven—physiotherapist

Physiomax Physiotherapist Mike Paterson attends Hope Island Medical Centre on Monday mornings and Thursday afternoons.

Phone 5574 4255 to arrange your appointment.