

# BACCHUS MARSH MEDICAL CENTRE



Turner Street P: 03 5367 3333  
Bacchus Marsh F: 03 5367 6971  
VIC 3340

E: admin@bmmc.com.au  
W: www.bmmc.com.au

## OUR DOCTORS

**Dr Santino BRONCHINETTI**  
Preventative medicine, family medicine

**Dr Siva SOOKNANDAN**  
Weight control, personal counselling,  
minor surgery

**Dr Paul WILLIAMS**  
Antenatal care, family medicine

**Dr Niresh MADHANPALL**  
Minor surgery, family and preventative  
medicine

**Dr Ravin SADHAI**  
Family medicine, antenatal care,  
minor surgery

**Dr Noor ZANNAT**  
Family medicine, women's health,  
antenatal care, minor surgery

**Dr Jessica TINT**  
Family medicine, women's health

**Dr Golam MOSTAFA**  
Family medicine

**Dr Red AKRAM**  
Family medicine, men's health,  
travel medicine

**Dr Diana Yannis**  
Chronic medical conditions, preventative  
medicine, women's health

**Dr Om Naidu**  
Aged care, mental health, sports  
medicine, obstetrics

## STAFF DETAILS

Jenni Murphy (Practice Manager)  
Robyn Nugent (Office Manager)

## RECEPTIONISTS

Karen C, Josephine, Katie, Eve, Jo-Anne,  
Denise, Naomi, Megan, Sarah, Charlotte,  
Laura, Nicholas, Kanaisha, Chelsea,  
Sophie & Felicity

## NURSES

Katie, Emma, Leanne, Mark, Jeya, Briony  
and Kate A.

## CONSULTATION TIMES

Monday to Friday 8 am – 8 pm  
Saturday 8 am – 5 pm  
Sunday & Public Holidays 9 am – 1 pm

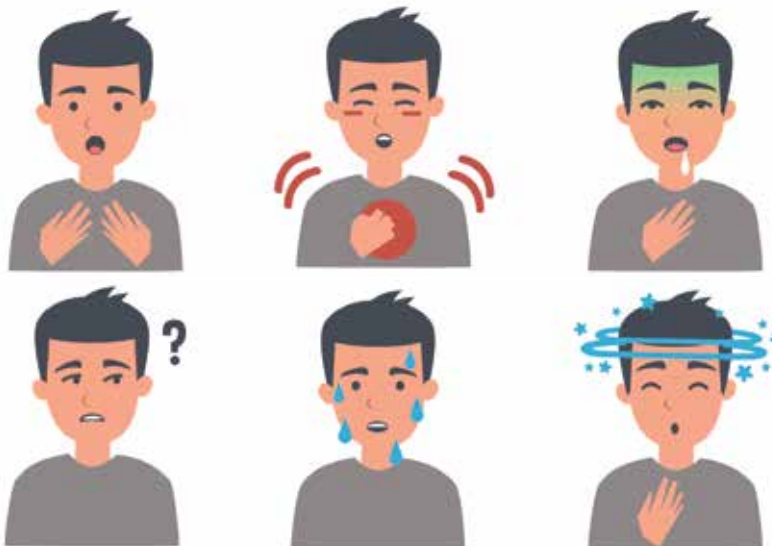
## DARLEY MEDICAL CENTRE

147 Gisborne Rd P: (03) 5367 5000  
Darley VIC 3340 F: (03) 5367 7510

## HOURS

Monday to Friday 8.30 am – 5 pm

# YOUR DOCTOR



**JULY  
2018**

## Heart disease – do you know the signs?

Studies have shown that the risk of heart disease peaks in winter. Do you know what signs to look for?

In a 2013 analysis of over 100,000 subjects, carried out by Dr. Pedro Marques-Vidal from the European Society of Cardiology, it was discovered that cardiovascular disease risk factors were higher in winter than in summer. These risk factors include blood pressure, waist circumference and cholesterol.

While there was no conclusive evidence to say why this was, there are currently studies being undertaken on seasonal food intake to see if it's connected. Until these updated findings are released, Dr. Marques-Vidal suggests people make more of an effort in the winter months to exercise and eat nutritious food for the benefit of their health and wellbeing.

Cardiovascular disease is the leading cause of death in Australia, with 1.2 million people in 2014-2015 with a cardiovascular condition such as heart disease and stroke. Around 2.6 million Australians also had high blood pressure, and 430,000 people had already experienced a heart attack at some point in their life.

Valvular heart disease – caused by narrowing, leaking or insufficient closing of one of the four valves – can cause fatigue, shortness of breath, an irregular heartbeat, chest pain, fainting spells, and swollen feet and ankles.

The symptoms and signs of heart disease can vary, depending on the type of heart disease, and your gender. For heart disease in the blood vessels, the symptoms can include chest pain, tightness, pressure, and discomfort, alongside shortness of breath, pain, weakness or coldness in your limbs, and pain in your back, abdomen, throat,

jaw, or neck. Women are also more likely to suffer from shortness of breath, nausea, and fatigue.

Don't ignore the signs or the fallacy "it wouldn't happen to me." If you are experiencing chest pain, if you've fainted, or you have shortness of breath, seek emergency medical care immediately. The longer you leave it, the higher the risk of damage occurring.

Because symptoms can vary so much between different heart conditions, it's crucial that you pay attention to your body's signs at all times, and consult a medical professional if you're not feeling well. Most importantly, treat your body like a temple and ensure you're eating nutritious food and are exercising regularly.

There are many risk factors associated with cardiovascular disease. However, not all can be modified through leading a healthy lifestyle. Ethnicity, gender, age, and genetics are all risk factors that cannot be changed. However, there are just as many that can be. Smoking, drinking alcohol, poor diet, high cholesterol, high blood pressure, lack of exercise and obesity can all significantly increase the risk.

By making a conscious effort to modify bad habits, you may be able to reduce the risks of heart disease, but there are also a range of other treatment options available, as well. For more severe conditions, bypass surgery might be an option, while for less severe conditions, medication such as aspirin may be prescribed.

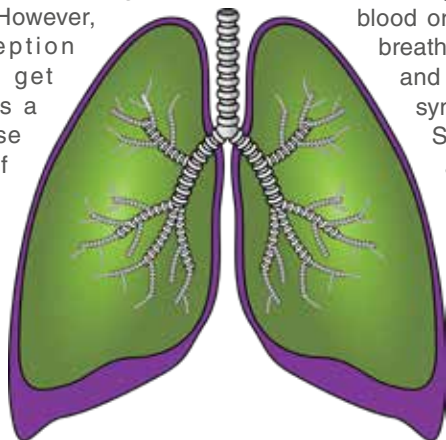
Keeping your heart healthy is crucial, and failure to act on heart disease signs may result in further damage to your heart or even death. Seek emergency medical care immediately if you are experiencing any of the symptoms mentioned in this article.

To try the latest RECIPE take me home...

## Lung cancer and a common misconception

Smoking may be the leading cause of lung cancer, but it's not the only cause. Being aware of other risks can make all the difference to your perception of lung cancer.

While smoking tobacco is responsible for around 90 percent of all lung cancer cases, there is also a growing number of non-smokers who are falling victim to the disease. However, due to the perception that only smokers get lung cancer, there is a genuine risk that these sufferers can put off getting treatment, not believing they could have the disease. If I don't smoke, how can I get lung cancer? It's rare, but non-smokers can receive a lung cancer diagnosis as well.



and materials that may heighten your risk of getting lung cancer, even if you've never touched a cigarette in your life.

As many non-smokers believe they aren't at risk, it's all too easy to pass off symptoms as a cold or flu, or a standard illness. However, a worsening cough that won't go away, coughing up blood or phlegm, shortness of breath, and a loss of appetite and weight are all common symptoms of lung cancer. Some people may also find their voices are hoarse, they're wheezing, have chest pains, or feel weak and tired. What's more, if you make regular visits to your doctor for respiratory infections, it might be time to request further tests.

It is not known why some people are more at risk than others when put in a similar situation, but it's crucial to understand that your environment can be equally as risky as being a cigarette smoker.

Therefore, if you find yourself working with hazardous materials, it's critical to protect yourself as much as possible. Follow your workplace's health and safety plan and see your GP for regular check-ups.

Aside from smoking cigarettes, you may be more at risk if you're exposed to second-hand smoke, you work with cancer-causing agents such as diesel and asbestos, or you have been in the presence of radon gas. Air pollution and gene mutation have also been found to be causes of lung cancer, as well as exposure to coal gas and the processing of chrome, steel, and nickel. There are many harmful chemicals, gases,

## Minding your metabolism - can you avoid middle-age spread?

As you age, you may notice you have less muscle and energy and more fat. Carrying those extra pounds may be harming your health. It's easy to be confused by advice about diet and exercise, but they're key to avoiding weight gain as you get older. As you move through your 30s, 40s, 50s, and beyond, you can take steps to help fight the flab that can come with age.

Your metabolism changes as you get older. You burn fewer calories and break down foods differently. You also lose lean muscle. Unless you exercise more and adjust your diet, the pounds can add up. Middle-age spread can quickly become middle-age sprawl.

One key player in age-related changes is a chemical called leptin, which helps your brain tell you to stop eating. Leptin signals don't work as well as you get older, so you might continue to feel hungry even after you've eaten. Obesity makes leptin even less effective.

Both aging and obesity can also bring changes to the way your body processes glucose—the sugar your body makes from food and uses for energy. These changes can lead to diabetes, which raises your risk for heart disease, blindness, amputations, and other conditions.

As you move beyond your 50s, you'll probably need fewer calories. But it's also important to maintain proper nutrition, so don't skimp on healthy foods. Weighing too little and weighing too much are each linked to poor health, especially in older people.

Exercise and moving are also important. Be sure to talk with your health care provider about safe ways to adjust your activity patterns as you get older. If you have a specific health issue that you're concerned about—such as arthritis or a recent surgery—ask for tips to help you exercise safely. Work together to choose activities that are best for you.

Focusing on physical activity and healthy eating are the keys to avoiding middle-age spread and the health problems that can come with it.

### Small steps to healthy aging

- Commit to a healthy diet.
- Limit snacking.
- Drink plenty of water.
- Move more. Take the stairs and add walking breaks to your day.
- Get plenty of sleep.
- Limit alcohol use. Alcohol is high in calories and may worsen health conditions common among older adults.
- Avoid tobacco products.

## Delicious Butterbean Dip

*Easy, healthy and rather yummy! Don't be surprised if you get asked to make more!*

### Ingredients

- 1 can butterbeans
- ¼ cup olive oil
- 1 lemon, juice and zest
- 1 small bunch of fresh herbs, e.g. coriander, basil (or dried if you don't have fresh)
- 1 clove garlic
- Salt and pepper to taste

**Optional:** add a touch of hot spice for a bit of a kick

### Method

Blend all the ingredients until smooth. Use more or less oil to achieve desired consistency. Place into a serving bowl. Top with a sprinkle of paprika, a drizzle of oil and fresh herbs if you want to be fancy.

*How easy was that! Beans provide good nutrition and help heal the gut, garlic helps control yeast and bacterial populations, and lemon helps stimulate the liver.*



# How to stay fit and healthy this winter

The hearty soups and carbs of winter are calling, but don't fall victim to their charms. Learn how to keep fit and healthy this winter.

When the rain starts to pour, the nights roll in quicker, and in some places, the snow begins to fall, it's all too easy to stay at home and devour stews, soups, and doughy bread. With a crackling fire in the grill or the heat pump on high, it's no wonder it can be challenging to face the blowing gales and driving rain outdoors. While it's hard, it's necessary. Staying fit and healthy in winter is crucial if you want to maintain your level of health, and your ability to fight off winter viruses such as colds and the flu.

## Exercise

While there's every possibility the weather can be a hindrance on a walk or run, it's still a good idea to maintain your summer routine throughout the winter months. Rug up warm, wear breathable clothing, and choose the calmest time of the day to head out. If you're struggling to get motivated, incorporate exercise into your everyday routine. Take the stairs instead of the elevator at work, or why not walk around the park during your lunch break?

## Nutrition

In winter, it's common to seek out foods that are high in carbohydrates, and are warming for the body. While you might favour a nice salad in summer months, it's more common to reach for a pie when winter sets in. Maintaining a healthy, balanced diet throughout the year is essential. Eat foods that are high in fibre, protein, and antioxidants, and opt for meals that feature vitamins B, C, D and E. Most importantly, limit your sugar and fat intake – even if the smell of the savouries in your local café are seeming too hard to resist.

## Health

Colds and the flu go hand-in-hand with winter, but there are things you can do to reduce the risk of catching them. Consult your GP about receiving a flu vaccination, which for some is free.

You can also help yourself by using tissues when you cough or sneeze, washing your hands often, and avoiding close contact



with those who are sick. If you get sick, limit the spread by staying home and away from vulnerable people.

It can be easy to fall out of your everyday routine as soon as winter sets in, but it's crucial to maintain your level of health and fitness as you would in the warmer months. If you require any help or advice, contact your general practitioner.

## WORD SEARCH

- AIR POLLUTION
- ALLERGENS
- ANTIOXIDANTS
- ASBESTOS
- ASTHMA
- BEANS
- BIOPSY
- BLOOD VESSELS
- BOWEL
- CARDIOVASCULAR
- CHEMICALS
- CONSTIPATION
- DUST MITE
- EXERCISE
- FEATHER
- FIBRE
- FLU VACCINE
- HEALTHY
- HYPOALLERGENIC
- LUNG CANCER
- NAUSEA
- OBESITY
- PAIN
- PROSTATE
- REGULAR
- SMOKERS
- URETHRA
- URINE
- VAPOUR
- WINTER

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# Remove the allergens in your home

If you have seasonal allergies or allergic asthma, your home can be a health hazard. Removing allergens may just make all the difference to your health and well-being.



No one wants to feel like their home is making them sick. However, as those with seasonal allergies and allergic asthma will know, it just as well could be. If you're coughing, sneezing, experiencing shortness of breath or feel unwell, it's time to act. Look at your home from a critical point of view and remove anything that may be harbouring allergens.

The first place to start is your bedroom. You spend at least eight hours asleep in it each night; therefore, if there were a room that needs the most attention, it's the bedroom. Once a week, wash all bedding in warm water, and replace natural bedding products like feather duvets with synthetic, instead. Your mattress is equally as guilty of being a cause of allergens so cover it with a dust-mite-proof cover.

Flooring may harbour more allergens than you think. Where possible, opt for hardwood floors, or use a vacuum cleaner with a high-efficiency filter at least once per week.

Curtains can get quite dusty, so invest in washable drapes and make a habit of wiping down blinds. Dust can be a significant source of irritation, so if you have a lot of ornaments and decorations as well, consider storing these away. They gather dust quickly and may not be helping your allergies in the slightest.

When it comes to your furry friends, you may need to make some sacrifices. If your pet is known to be the cause of your allergies, consider keeping them out of shared spaces, bathing them once a week to reduce moulting, or instead, have a hypoallergenic pet.

Creating an allergen-free home can be tough, but it can be worth it for the benefit of your health. If your allergies or allergic asthma are causing you concern, seek help from your GP.

## A bowel broadcast: how to remain regular

Being embarrassed about your bowel movements can encourage a lack of understanding.

There is a common misconception that having regular bowel movements means you go at least once per day. Regular means daily, right? Wrong. Regular is what normal means to you. If, for as long as you can remember, your bowel movements occur every second or third day, or up to three times a day, then consider that regular. If it happens more than three times per day, or you don't go to the toilet for more than three days, take note.

If you're going more or less often than what is standard for you, then your body is telling you something. A sudden change in routine or regularity may be cause for concern and having a health professional rule out any problems is a good idea.

A common problem many people face is constipation. Constipation means you don't have a bowel movement for more than three days, and when you finally do, it's difficult to pass, dry, and is typically painful. If you're

taking specific medication, changed your routine, pregnant, dieting or travelling, you may suffer from constipation. However, bowel disease and even strokes may be associated with constipation, so see your GP to rule out any underlying cause.

There are many things you can do to regulate your bowel and reduce constipation. Firstly, eat more fibre. Food high in fibre includes beans, fruit, vegetables, and grains, whereas low-fibre food typically includes processed food, meat, cheese, and sugary food.

Drinking more liquids may also help to reduce constipation as it bulks up your stool, helping it to move through the intestines freely. Finally, don't hold it in. When your body is telling you to use the toilet, use it. Resisting the urge can make a situation worse.

Bowel movements can be an embarrassing topic for some, but knowledge is power. Know what your version of regular is and be on the lookout for changes in your stool and regularity. If you're concerned, consult your GP.

## PRACTICE UPDATE

### GENERAL CONSULTATION POLICIES

Longer consultation times are available, so please ask our receptionists if you require some extra time

### HOME VISITS

Home and other visits are available for regular patients of this practice whose condition prevents them from attending the surgery

### AFTER HOURS

If you get sick at night or on the weekend, please ring 5367 3333 for advice. We look after our patients 24 hours a day, 7 days a week.

### APPOINTMENTS

Please ring 5367 3333 for an appointment. Patients attending without a booking will be fitted in at the earliest available time.

Emergencies will always be seen quickly – simply notify the receptionist

### PHONE CALLS

Your regular doctor may arrange to phone you under particular circumstances. Unfortunately we are not able to connect telephone calls to our doctors routinely, as the interruption caused to the patients they are seeing can be harmful. Our staff will usually be able to pass on a message to your doctor.

### FEES

Fees are payable at the time of consultation by cash, cheque, Mastercard or Visa. The GPs at this practice bulk-bill pensioners, Health Care Card holders and children under 16. Veterans may sign the service voucher.

An increased fee applies on Sundays and public holidays.

### SMOKING POLICY

This practice has a no smoking policy

### SERVICES AVAILABLE

- General family medicine
- Check-ups, medical examinations
- Family planning
- Pap smears, pregnancy tests
- Antenatal care, obstetrics
- ECG, heart check
- Counselling
- Vaccination: children and travel
- Blood tests / pathology
- Minor surgery: stitching cuts, removing moles, skin cancers
- Liquid nitrogen (freezing) therapy for sunspots and warts
- Acupuncture
- Weight control, nutrition advice
- Treatment of fractures
- Dietitian available onsite

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