

KING STREET MEDICAL CENTRE



14 King Street
Murwillumbah 2484

P: 02 6672 4244 (all hours)

Dr Douglas Warne
Dr Christopher Millar
Dr Robyn Yabsley
Dr Stephen Lennon
Dr Jessica Hamlyn
Dr Rhys Bennett

SURGERY HOURS

Monday to Friday 8:00am – 5:00pm
Saturday 8:00am – 11:00am

CABARITA BEACH MEDICAL CENTRE



22 Tweed Coast Road
Cabarita Beach 2488

P: 02 6676 1461

Dr Douglas Warne
Dr Christopher Millar
Dr Laura Kindt
Dr Patrick Ivits
Dr Jessica Hamlyn

SURGERY HOURS

Monday to Friday 8:00am – 5:00pm
Saturday Closed

SERVICES

- General medical consultations
- Minor surgery – skin cancers, moles
- Acute accidents and injuries
- Routine vaccinations of children and adults
- Women's health and family planning

URGENT medical problems will be dealt with promptly.

EMERGENCY – dial 000 for all emergencies or call the Hospital on 02 6672 0230.

HOME VISITS – The practice provides a complete range of Medical care, including pre-arranged home visits.

AFTER HOURS – nights, weekends or Public Holidays call 02 6672 4244 or the Hospital on 02 6672 0230.

YOUR DOCTOR

JULY 2022



3D BIOPRINTING & CANCER CARE



EASE THAT IRRITATING ITCH!



POWER UP WITH PULSES



KEEPING WARM NATURALLY

Compliments of your GP

Diabetes: separating fact from fiction

National Diabetes Week is from 10 - 16 July, so now is a good time to dispel some myths and set out some facts.

Diabetes occurs when your body doesn't use insulin properly or can't make enough. Insulin is made by your pancreas and helps convert glucose (sugar) from the food you've eaten into energy. The level of glucose rises in your body if it can't be converted into energy, and this leads to health problems.

Would you mind being blamed and shamed for a condition anyone can develop?

Nobody chooses diabetes

Myth 1: There's just one type of diabetes

There are actually three types. In type 1 Diabetes Mellitus (DM) your pancreas produces little or no insulin. It's usually an autoimmune disease, meaning your body harms the cells that produce insulin. It usually develops quickly and you can become unwell very fast without treatment.

Type 2 DM usually develops more slowly. Insulin can be produced but your body responds less to it, this is called 'insulin resistance'. In order to keep the balance right the body overproduces insulin, but eventually cannot make enough.

There's also gestational diabetes, a type of diabetes that occurs during pregnancy. Although it goes away after pregnancy, it is a risk factor for later development of type 2 DM.

Myth 2: I'm not overweight so I won't get diabetes

Type 1 DM is unrelated to weight or fitness levels. Type 2 DM, on the other hand, does have a strong link with being overweight or obese, but this is just one of the risk factors and being slim doesn't make you immune to type 2 DM.

Myth 3: Diabetics have to inject insulin

Type 1 diabetics do need insulin injections. Type 2 diabetics don't always need insulin injections. There are other kinds of medication that can help manage type 2 DM, and if caught early, it can sometimes be managed with a healthy diet alone.

Myth 4: Diabetics aren't allowed sugar

It's not quite as simple as that. Simple carbohydrates like those in sugary drinks, cakes and biscuits, can cause blood sugar levels to fluctuate, which can make diabetes hard to manage. So yes, it's a good idea to avoid eating too much sugar. Monitoring their blood sugar levels can help diabetics alter their diet and treatment to ensure stable levels. Basic diet advice is the same for diabetics as for everyone else, and the general idea is to eat healthily.

Myth 5: Only young people get type 1 diabetes

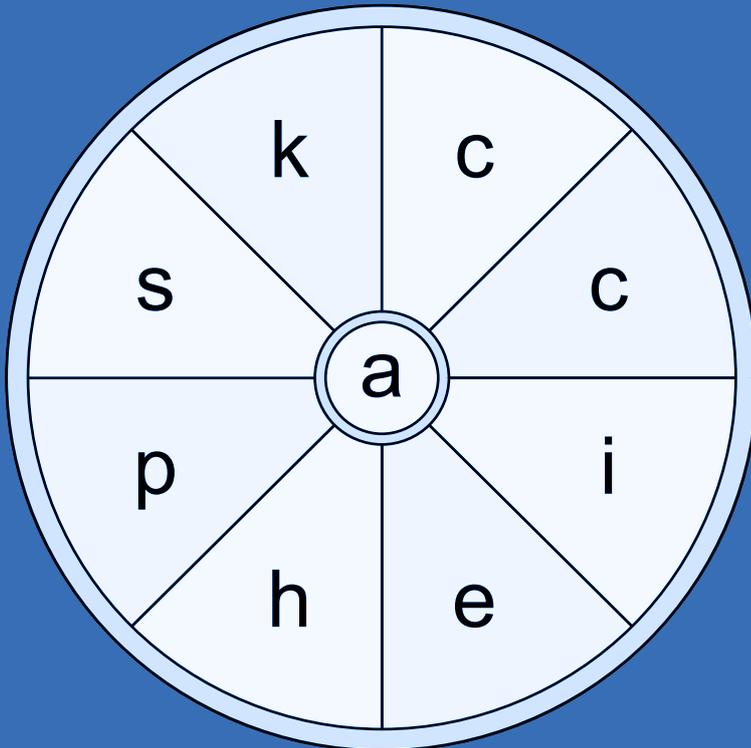
Type 1 DM is more common in people under 30 and is one of the most common serious conditions that can affect children, but it can develop at any age for various reasons. The incidence of type 2 DM does increase as people get older, but can occur in young people too.

Diabetes is a serious health condition which can increase your risk of developing other diseases. However, diabetes can be well-managed and its impact on your health can be minimised with good medical input, good self-care, and a healthy lifestyle.

Our newsletter is free! You can take a copy with you.

Word Wheel Wizard

How many words can you make using only the letters within the word wheel? Each word must include the centre letter.



Can you find the 9 letter word? Hint: A type of pulse found in hummus.

Creamy white bean, feta and lemon dip

This easy and delicious white bean dip is a tasty way of adding more health to your day. Try it as a snack, a party platter, a sandwich spread, and a dip for raw vegetables.

INGREDIENTS

400g canned white beans (e.g. cannelloni) rinsed & drained

50g feta cheese

2 cloves of fresh garlic, peeled

Juice of 1 lemon

3 Tbsp of extra virgin olive oil

1 tsp finely chopped dried oregano or thyme

Salt & pepper to taste

METHOD

Place beans, feta, garlic cloves, lemon juice, olive oil, herbs and salt into a processor bowl and puree until smooth.

Taste the mixture and add more salt and lemon juice if needed.

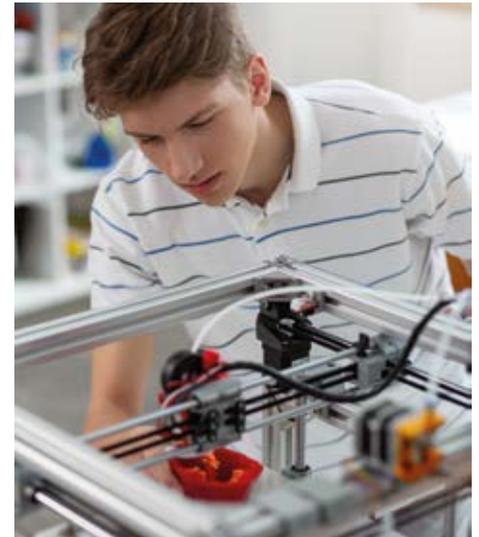
Scrape the mixture into a serving bowl and garnish with an extra drizzle of olive oil and sprinkling of pepper.

You can serve right away or cover and refrigerate until needed.

Serve with pita chips, crackers, vegetable sticks, baby radishes, bread.



Improving cancer care with 3D bioprinting



Cancer has long been at the forefront of scientific research and researchers are now using innovative 3D bioprinting to make new advances in cancer treatment.

3D bioprinting is used to make tissues and organs that closely copy human ones. Using a patient's own cancer cells and genetic material, a 3D model of the patient's tumour can be made. The 3D model is more relevant than current methods of testing cancer cells, as it mimics the complex nature and situation of the real tumour.

Just as no two people are the same, no two cases of cancer are the same, and testing a 3D model tumour actually grown from the original cancer cells means personalised and accurate treatment.

'Precise therapy can mean better outcomes for cancer patients'

Medication can be safely tested on the model before being used for real in the body, allowing oncologists to determine the best course of treatment. With the kind of precision that 3D bioprinting can make possible, outcomes are expected to dramatically improve; with fewer side effects and unnecessary treatments, and possibly shorter courses of treatment.

Research also continues in to how cancer spreads through the body. By testing a 3D model of the patient's tumour with computer simulations that can replicate the conditions it's growing in, more can be learned about how and why tumour cells attach to blood vessels. Eventually this could help predict the spread of cancer cells in the patient's body, and catch problems before they become worse.

Advances in technology and research continue to help develop individualised treatments (precise therapy), to improve results for cancer patients. 3D bio printing also promises a bright future for other medical research; improving on and reducing the need for traditional and often flawed animal testing models.

Power up your health with pulses

Pulses are the edible seeds from a legume plant. There are many different types and they're very nutritious – high in fibre, protein, a variety of vitamins and minerals, and naturally low in fat. You can usually buy them fresh, canned or dried.

TYPE OF PULSES

Pulses include beans, chickpeas, lentils, and peas.

Beans. There are many different varieties – some of the more common types are: kidney beans, navy beans, black beans, lima (butter beans), cannelloni beans, faba beans, (fava or broad beans), soybeans and garbanzo beans (or chickpeas - the main ingredient of hummus).

Lentils. These come in several varieties and are especially high in folate.

Peas. A pea pod is a legume, but the pea inside the pod is the pulse. Although lower in protein and fibre than other pulses, they do contain high amounts of Vitamin C and K.

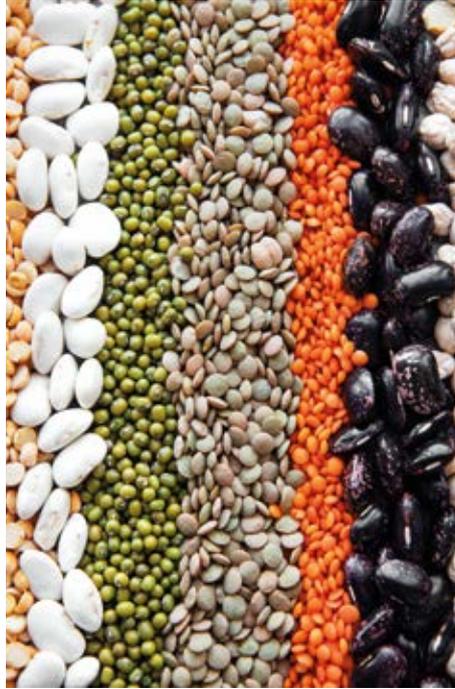
THE MAIN NUTRIENTS

Protein

With the increase in popularity of plant-based diets, pulses are more popular than ever as a healthy alternative protein source to red meat. By swapping meat for vegetable-based proteins you can help lower your fat intake, and cut the health risks associated with a high intake of red meat. Protein is necessary for bone, muscle, and skin health.

Fibre

If you're looking for digestive health too, pulses have you covered. They're an excellent source of fibre, which is essential for a healthy digestive system and can help improve gut health; promoting good bacteria and helping your bowels work well. A high intake of pulses as part of a balanced diet can also help stabilise blood sugar levels and lower your risk of diabetes.



Vitamins and minerals

Pulses are also a good source of B vitamins and various minerals; particularly iron, magnesium, copper and phosphorous.

- Iron transports oxygen in your blood and has many functions such as supporting healthy growth and immunity, energy and focus.
- Magnesium and phosphorous maintain healthy collagen, arteries and nerves, muscles, bones and teeth and help repair tissue and cells. Copper mainly aids energy production and uptake of iron.
- Folate is vitamin B9 and is needed to produce healthy red blood cells, it's also essential for your baby's development during pregnancy.
- Thiamine is vitamin B1 and plays an essential role in helping your body make energy from the food you eat.
- Vitamin C works to protect your body from damage, contributes to immune system health, good skin and hair, aids iron absorption and all round body function.
- Vitamin K is essential for blood clotting, and also helps build and maintain healthy bones.

In short, pulses are a healthy and tasty addition to a balanced diet, they're versatile, economical, and easy to cook- they make an excellent main dish or as an addition to soups, salads, stews.

Pulses count towards your daily five vegetable portions. One serving is ½ cup cooked beans, peas or lentils. Find out more at www.eatforhealth.gov.au/food-essentials/five-food-groups/vegetables-and-legumes-beans.

Keeping warm naturally



Winter is here, and in many areas that means cold weather, wind and rain. Whether you're out and about in the cold or trying to keep heating costs down at home, there are some simple steps you can take to keep your body warm naturally.

Your body produces its own heat, and food is the fuel for that fire. Hot food is comforting and short-term adds its own heat to your body, but the digestion and energy content of any food will help you to create heat.

Your muscles also help; they fire up your metabolism, use nutrients and heat you up. In cold weather you may find that your teeth chatter, or your body shivers. This is an impulse from your body to get your muscles working.

Physical activity is a great way to stay warm in winter. It gets muscles working and improves blood flow. There is a limit to this however, as too much exercise will cause your body to sweat, which is its natural way of losing excess heat. That sweat can soak into your clothing and turn cold, which is a very uncomfortable feeling and not helpful for keeping warm.

Heat is distributed throughout your body as blood is pumped around it, much like the heating in your house. In colder weather your body restricts blood flow to your extremities (limbs, feet and hands), to help keep the vital organs of your torso warm. This is why your hands and feet get cold first. Your body also naturally slows blood flow to your skin to prevent heat loss, keeping heat as internal as possible.

We all experience the cold in different ways; your body type has an effect on how your body produces and stores heat. People with greater muscle mass will be better at producing heat, and people with a healthy amount of body fat will be better at storing it, as body fat acts as insulation.

Insulation is important – keeping heat in with clothing is a great way to maintain body temperature. While it isn't true that you lose the most heat from your head, it can be a large area that's usually left uncovered, so wearing a hat is a great idea, and keeping your torso warm with a coat or jacket will have a flow-on effect to your extremities keeping you snuggly and warm.

Easing that irritating itch

An itch is the sensation of wanting to scratch. It can be caused by many different things; from skin conditions, to a chemical irritant or allergy, to something just touching your skin in an irritating way.

What causes itchy skin?

One of the most common causes of itching is dry skin; this can be due to aging skin, the weather, or the result of a skin condition.

Psoriasis, eczema, fungal infections and hives can all produce itchy rashes on your skin. They might be ongoing skin conditions or triggered by an allergic reaction.

Internal health can cause itchy breakouts. Hormonal changes – such as during pregnancy, and health conditions such as liver disease, kidney disease, anaemia, and thyroid problems can all cause itchy skin.

Some medications such as antibiotics may cause itching as a side effect.

Sometimes there is no physical cause. Psychological conditions like depression and anxiety can cause symptoms like itching. Conversely, suffering from itchy skin conditions can result in feeling anxious or depressed.

What can help ease itchiness?

Itching is an uncomfortable feeling, and the urge to scratch can be strong. Scratching can be satisfying, but it can often make the problem worse. There are steps you can take to ease your itching.

- If you have sensitive skin, avoid harsh soaps and body products, and other irritants that trigger a reaction.
- Heat and the sweat and friction it causes can make itching worse too. Try to keep cool at night. Avoid bathing with hot water.

- Keep your fingernails short and clean to avoid damage and infection if you do end up scratching. Wear soft gloves, especially at night, to stop scratching unconsciously.
- Lotions and moisturisers help with dry skin conditions. Often rubbing these on a rash gently can relieve an itch. Keeping these cool, like in the fridge, can further help soothe particularly angry rashes.

If you have a persistent itch or rash, consult your doctor.



Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To get the most out of your next visit, use the area below to note what you'd like to know and take this list with you to your next appointment so you don't forget what it was you wanted to ask..

DOCTOR'S NAME	DATE	TIME

- 1.
- 2.
- 3.

NOTES:

WORD WHEEL WIZARD

The nine letter word is CHICKPEAS

26+ words: WIZARD

11-25 words: SORCERER

1 - 10 words: NOVICE

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

PRACTICE UPDATE

Flood Recovery. It is now nearly three months since the terrible floods that so devastated our community. Remember that if you are feeling an increase in your anxiety levels or symptoms of depression to discuss it with your GP. There are many ways that we can arrange support for you.

Patient Feedback Survey Results.

Thank you for completing surveys – we are grateful for your feedback. We issued a summary and our follow-up improvement plan for both practices in our June Newsletter. This is now on our website and on display in the waiting room of both our practices for your viewing. There is a patient suggestion box located in the waiting room at both practices and we encourage you to share your innovative ideas.

New Female Doctor August 2022 at King Street Medical Centre. We have a new female doctor commencing in early August, Dr Courtney-Anne Blackhall.

Farewell Dr Jacqui Wilson. Dr Wilson needed to move from Murwillumbah for family reasons and her last day at KSMC was 27/05/22. She will be much missed by her patients, colleagues and staff and we wish her and her family our very best wishes. Dr Jessica Hamlyn and Dr Robyn Yabsley are available to provide women's health consultations for those who prefer a female GP at KSMC. We also have Dr Courtney-Anne Blackhall commencing in early August at KSMC. We are also recruiting for another GP. We are likely to be approved as a District Priority Area (DPA) soon which will allow more doctors to obtain a provider number to enable them to work in our now non-rural town ie. Overseas trained International Medical Graduates (IMGs).

Mental health resources include:

Lifeline – if you are in crisis and need support 24 hr hotline 131114.

Mindspot – 1800614434
Free for up to 8 weeks and supplies online and telephone support for assessment and treatment of anxiety and depression.

New Access – 1800010630
Free therapy delivered by Mental Health coaches face-face or by telephone.

Headspace – 1800650890
For 12–25 year olds – provides comprehensive support for the young.

Connect to Wellbeing – 1300160339
Psychological therapies for individuals on low income and affected by extreme climate events. Can cover the cost of psychology sessions under a Mental Health Care Plan.

NSW Mental Health Line – 1800011511
Crisis support for all individuals will provide triage and support for acute mental health services.

Kids Helpline – 1800551800
Free telephone and online counselling service for ages 5–25.

National Debt Helpline – 1800007007
Free financial counselling.

Beyond Blue Online Forums
Connect with others who understand.

Please talk to your general practitioner if you are feeling affected by recent events. The entire community has been traumatised by what we have gone through together.

Please inform staff or your doctor if you are struggling financially as a result of the floods.

Our newsletter is free! Take a copy with you.