

KING STREET MEDICAL CENTRE



14 King Street
Murwillumbah 2484
P: 02 6672 4244 (all hours)

- Dr Douglas Warne
- Dr Christopher Millar
- Dr John Moran
- 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

JUNE 2022



PROTEIN SUPPLEMENTS



THE CHINESE GOOSEBERRY



CAN'T CURE YOUR COUGH?



INSIGHT INTO IRON

compliments of your GP

How to reduce your risk of bowel cancer

Every week, almost 300 Australians are diagnosed with bowel cancer, and that number is rising. In fact, bowel cancer claims the lives of an average 100 people in Australia every week, despite cutting edge research and treatment.

Fortunately there some things you can do to help reduce your risk of bowel cancer. Seeking medical help promptly if you have any symptoms, regular bowel cancer screening and lifestyle changes can help.

What are the symptoms of bowel cancer?

The symptoms of bowel cancer can look similar to other conditions, so it's important to get properly assessed by your doctor if you have any concerns. The most common symptoms are:

- change in your bowel habit – persistent diarrhoea or constipation
- change in the appearance of your poo (such as a narrow shape)
- feeling like you've never fully emptied your bowels
- bleeding from your rectum or blood in your poo
- abdominal pain or swelling
- pain or a lump in your anus or rectum
- unexplained weight loss or extreme tiredness.

What are the risk factors of bowel cancer?

There are some risk factors that we can't change, such as your age, certain underlying conditions, other cancers, and a family history of bowel cancer. Bowel cancer can happen at any age but the risk rises as you get older, after 40 years of age and increasing every decade.

There are also factors that you have control over; your risk is increased if you smoke, have an unhealthy diet, drink alcohol, and are very overweight.

Reduce your risk of bowel cancer

Diet and lifestyle

A healthy diet and lifestyle can go a long way towards reducing your risk of developing bowel cancer. In particular, a diet that's high in fibre and low in processed foods. More fibre generally means healthier bowels; so choosing fruit, vegetables, wholegrains, and other carbohydrates in their least processed form can improve gut health.

Aim to be active for at least 30 minutes a day and limit the time you spend being inactive – such as sitting at a computer or watching television.

Not smoking, following a healthy diet, exercising, maintaining a healthy weight, and reducing alcohol consumption are the best things you can do to reduce your risk of bowel cancer – as well as lots of other preventable serious diseases.

Bowel cancer screening programmes

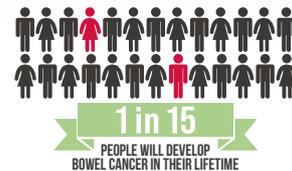
Cancer screening programmes are designed to identify problems early. Pre-cancerous cells and polyps can be removed before they develop into cancer.

Ideally, existing cancer can be found in an early stage where it hasn't spread significantly, and can be treated effectively. Early treatment of bowel cancer improves recovery rates.

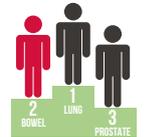
Many people feel very private about their bowel habits, and this might mean that they don't come forward for investigations and treatment when there's a problem. It's really important to see us if you have any symptoms that could point towards bowel cancer.

BOWEL CANCER - THE FACTS

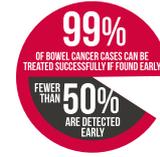
BOWEL CANCER AUSTRALIA



2ND DEADLIEST CANCER



YOUNG-ONSET BOWEL CANCER IS ON THE RISE



BOWEL CANCER RISK INCREASES WITH AGE

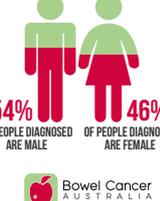


BOWEL SYMPTOMS? SEE YOUR GP

- B** BLOOD IN YOUR POO
- O** OBVIOUS CHANGE IN YOUR BOWEL HABIT
- W** WEIGHT LOSS YOU CAN'T EXPLAIN
- E** EXTREME TIREDNESS FOR NO REASON
- L** LUMP OR SWELLING IN YOUR ABDOMEN

KNOW YOUR FAMILY MEDICAL HISTORY

FOR AROUND 30% OF ALL BOWEL CANCER CASES THERE IS A FAMILY HISTORY OR HEREDITARY CONTRIBUTION



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

Protein supplements – more hype than health?



High protein food supplements – most commonly in the form of a powder, protein-shake, or bars – have become very popular over the last few years. It seems that more and more people are turning to a high protein diet to try and increase muscle mass and fitness. But are protein supplements really necessary?

Protein is an essential macronutrient and should make up a significant proportion of your diet. It's plentiful in nuts, seeds and pulses (such as beans, peas, and lentils), fish, meat and some dairy products. Most people can get ample protein from a healthy balanced diet.

Why do we need protein?

As well as helping to build muscle, protein is required for a healthy immune system and to help organs like your heart, brain, and skin to function well.

What do protein powders consist of?

The most common protein powders are derived from milk, eggs, and plant sources like soy, rice and pea. Quality can vary – during processing, nutrients such as carbohydrates, fats, minerals, and fibre can

be removed, while other ingredients, such as collagen, flavouring and sweeteners may be added.

Do we need protein supplements?

As we age we lose muscle, and in some cases – such as people with a low appetite, or on a restricted diet – a protein supplement may help increase strength and muscle mass. However this is usually more effective through food and exercise.

While athletes may look to protein supplements as a way of getting extra muscle-building nutrients, even on a rigorous bodybuilding regime, it's easy to get plenty of protein from whole foods.

Any protein you eat which is more than what your body needs will either be excreted from your body, or stored – which can make you gain weight.

Protein shakes may seem an easy way to get protein, but they don't contain all the nutrients of a healthy meal so they shouldn't be used as a meal replacement. In addition, having too much protein can cause health problems so it's advisable to get professional advice before taking any supplements.

Can't cure your cough?

Coughing is a reflex, our body's way of trying to expel anything irritating our airways. We cough when we breathe in irritants, or when we have an illness.

Coughing can accompany an acute (short-term) illness, or can be part of a chronic (long-term) condition. A cough can persist even after other symptoms resolve and can sometimes indicate an underlying problem, or even sometimes be a side-effect of medication.

The type of cough can sometimes give us a clue as to its cause; it may be:

Wet – a 'productive' or wet cough is the kind where you cough up phlegm from your airways.

Dry – a cough that doesn't bring up phlegm.

Chronic – the exact nature of a chronic cough depends on its cause; it may be wet or dry, with or without phlegm.

Causes for a cough

The most common cause for an acute cough is an upper respiratory tract infection, usually caused by a virus like cold, flu, or Covid. Most mild viral infections clear up with rest and basic care at home.

A lower respiratory tract infection like pneumonia also causes a cough, and a bacterial infection might need medication. A cough can linger on for several months after an illness.

Coughing can also be associated with allergies, especially to airborne irritants like dust or pollen.

Reasons for longer-term coughing include chronic conditions such as:

- asthma
- chronic obstructive pulmonary disease (COPD) – a form of lung damage
- heart failure
- lung cancer
- Bronchiectasis – lung scarring which can happen when you have ongoing infection in your lungs.

Managing a cough at home

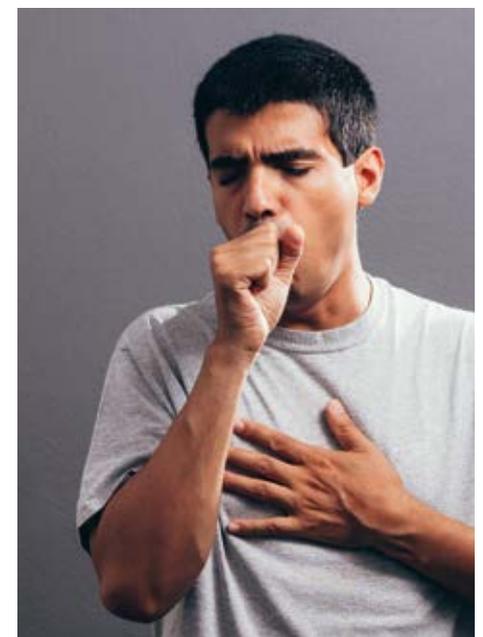
Staying generally fit and healthy means you have a good foundation for fighting infections and helping your body manage illnesses well. That means a healthy diet, staying well hydrated, and – especially important for a cough – not smoking. Drinking plenty of fluids can help with a cough and sore throat. Some people find a spoonful of honey helpful, and cough syrups may soothe the throat.

Any underlying conditions which can contribute to a cough need careful management so it's important to follow medical advice and attend routine check-ups, as well as recognising when your condition is worsening or flaring up.

When to see a doctor

A cough that last for more than around three weeks with no other obvious cause should be assessed by a doctor. If you have a cough that's getting worse or affecting your ability to sleep or go about your day-to-day life, or you're becoming more unwell, you should see your doctor.

Choking, sudden trouble breathing or severe breathlessness should be treated as a medical emergency.



Insight into iron – can our bodies have too much?

Iron is an essential nutrient in your body, and iron-deficiency anaemia is a common problem that most people are aware of. However, not as many people know that it's possible to have too much iron in our bodies, and that this can be a serious condition.

What is iron?

Iron is a metallic element which is found in small amounts in lots of different foods; especially meat, eggs, dark green leafy vegetables and various pulses like lentils, beans and peas. We don't need a lot of iron in our diet, but if we get too little we can become unwell. This is why iron is a common component of many vitamin and mineral supplements, but supplements containing iron aren't suitable for everyone.

How is iron used in your body?

Your body can control the amount of iron it absorbs and this is regulated according to your existing iron stores.

The main reason your body has a continued need for iron is because your red blood cells use an iron compound to bind oxygen. A continuous oxygen supply for every cell in your body, and iron in your blood means it can travel through your blood stream and be delivered to all the cells. Iron is also essential for various other processes in your body, including the production of some hormones.

Too much iron

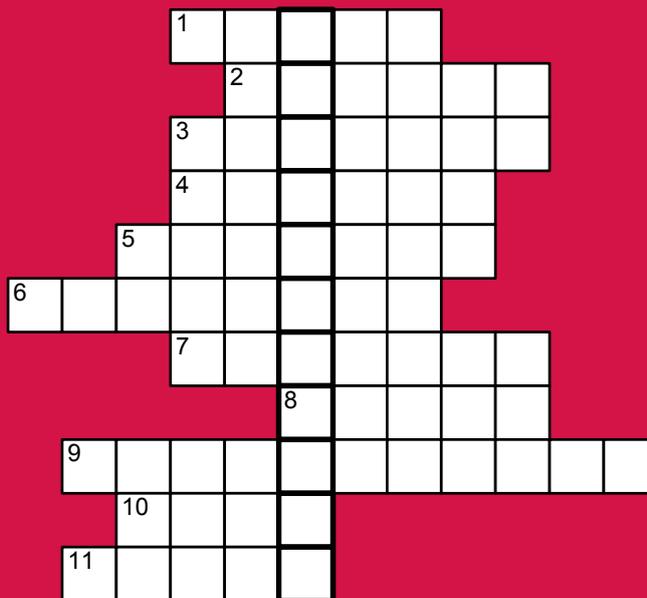
The people most at risk of serious complications from an overdose of iron are children. It's rare to get too much iron from a normal diet, but taking too many vitamin supplements can cause serious illness. Adults most at risk of iron toxicity are those who either overdose on iron supplements – accidentally or deliberately – or those who take high doses of iron supplements for a long time. Too much iron in the body can cause organ damage, coma and even death.

There is also a relatively rare condition called haemochromatosis which means that people accumulate too much iron in their blood. This doesn't usually cause any symptoms, and is often found during blood tests for other complaints. The usual treatment for haemochromatosis sounds out-dated – regular bloodletting!

If you have any reason to think you may be low in iron, talk to your doctor before taking any supplements.

HIDDEN WORD

Find the hidden word in the bold squares by filling the answers of the clues in the puzzle. Answer is on the back page.



1. B.... cancer can be treated effectively if it is detected and treated early
2. A form of mucus produced by your lungs and lower respiratory tract
3. Nuts, pulses, meat, fish, and chicken are good sources of this macronutrient
4. Beans, peas, and lentils
5. A blood condition commonly caused by a lack of iron in your diet
6. A substance that causes an allergy
7. Continuing for a long time (long-term)
8. Occurring for a short time (short-term)
9. Relating to breathing, or the organs of the body that are used in breathing
10. A metallic element found in small amounts in your body
11. An extremely small particle that causes a disease which spreads from one person to another

Winter fruit salad

Fruit salads don't always have to be a summer dish. Try this simple, colourful and healthy fruit salad using delicious winter fruit.

6-8 servings

Ingredients

- | | |
|---|----------------------------------|
| 5 kiwifruit (peel and slice into rounds) | 2 green apples (core and dice) |
| 3 oranges (peel and separate in sections) | 2 Tbsp finely chopped fresh mint |
| 2 bananas (peel and slice into rounds) | 1 Tbsp fresh lime or lemon juice |
| 2 pears (core and dice) | 2 Tbsp honey |

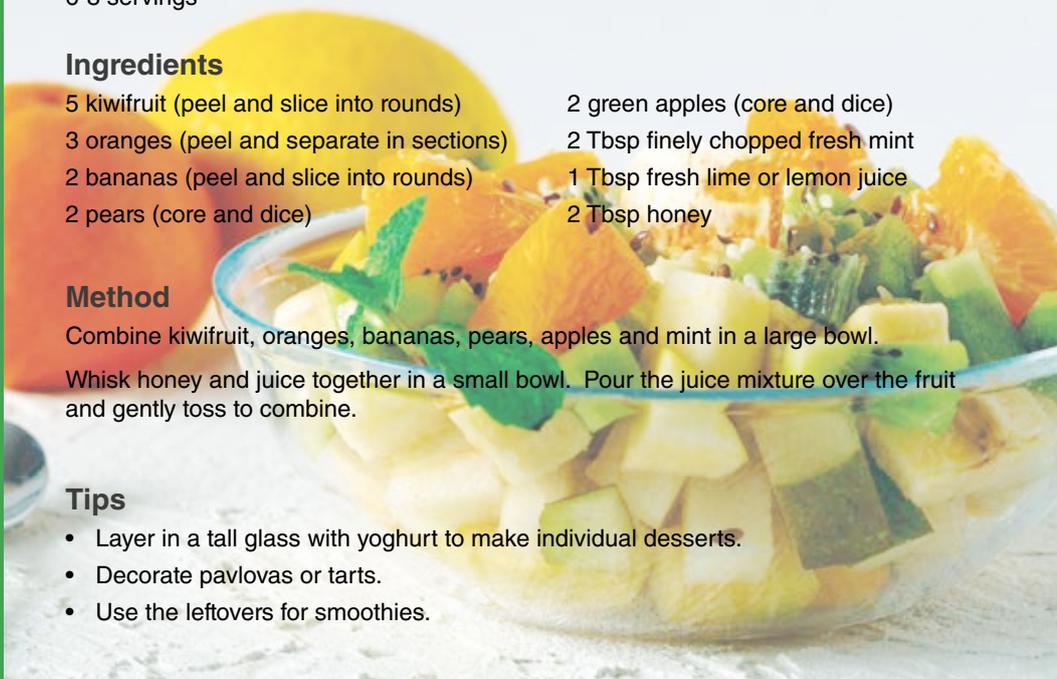
Method

Combine kiwifruit, oranges, bananas, pears, apples and mint in a large bowl.

Whisk honey and juice together in a small bowl. Pour the juice mixture over the fruit and gently toss to combine.

Tips

- Layer in a tall glass with yoghurt to make individual desserts.
- Decorate pavlovas or tarts.
- Use the leftovers for smoothies.



The Chinese gooseberry (aka Kiwifruit)



Kiwifruit is a tasty little fruit which originated in China and is popular around the world. After growing successfully in New Zealand, kiwifruit got its name from an apparent similarity to their native kiwi bird! Kiwifruit is now grown worldwide.

There are different varieties of kiwifruit but the most common one has a brown thin, fuzzy skin and is bright green inside with small edible black seeds. It has a delicious, sweet, tangy flavour, and is perfectly juicy when ripe. Rich in vitamins and fibre while low in kilojoules and relatively fat-free, kiwifruit is a “super food” which is an easy addition to the diet.

It’s a fantastic source of vitamin C – essential for immune system health, good skin and all-round wellness.

Kiwifruit is a great source of a combination of soluble and insoluble fibre, making it incredibly healthy. Soluble fibre improves cardiovascular health, helping to clear

‘bad’ fats like cholesterol from the blood stream. Insoluble fibre is essential for gut and bowel health. This means that kiwifruit, as part of a healthy diet, may actually help to reduce risks of cardiovascular disease and some forms of cancer.

Kiwifruit is also high in vitamin K – essential for healthy blood clotting, but which may make it unsuitable for people on certain blood thinning medication.

Unfortunately for some, kiwifruit is also recognised as an allergen, in particular for oral allergy syndrome – not dangerous, but an uncomfortable reaction to certain foods.

You can cut them in half and scoop out the tasty insides with a spoon, or look for thin-skinned and less fuzzy varieties like the gold kiwi and eat them whole. They can be a delicious topping on yoghurt or cereal, or you can get creative with salads... why not try them on a pizza? Either way, they’re a little fruit that packs a healthy punch.

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:

HIDDEN WORD

The hidden word is WHOLEGRAINS.

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

The recent flood events have devastated both our local community and the Northern Rivers area that we love. Many of our patients have been severely affected with loss of property and livelihoods.

While physical property can eventually be replaced, it is the psychological harm that often goes unseen and causes the most damage. Often once the clean-up is done people start suffering or decide to acknowledge their feelings of anxiety and depression. If you are struggling, please make an appointment with one of our doctors to talk about it.

If needed, a Mental Health Care Plan can be written by your GP. This allows for up to 20 Psychology sessions subsidised by the federal government. You will need a specific appointment for a Mental Health Care Plan so please tell the admin staff, so that appropriate time can be booked. King Street Medical Centre bulk-bills all appointments made for Care Plans.

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.