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Registrar

Dr Lauren McLean

Registrar

CLINIC HOURS AND SERVICES

Monday to Friday 8:45am – 5:30pm
Orroroo: Mon to Fri 9:00am – 5:00pm
Consultations by appointment only

AFTER HOURS

Urgent medical problems at night,
weekends or public holidays will
be attended by the Doctor on call if
necessary by ringing:

Jamestown Hospital (08) 8664 1406
Peterborough Hospital (08) 8651 0444
Orroroo Hospital (08) 8658 1200

Patients please note that during a
power failure our phones may only work
intermittently. Please come in for your
appointment as previously booked, as we
still consult during power failures.

PRIVACY

This practice is committed to maintain
the confidentiality of your personal health
information. Your medical record is a
confidential document. It is the policy
of the practice to maintain security of
personal health information at all times
and to ensure that this information is only
available to authorised members of staff.

**YOUR DOCTOR
JUNE 2020**



How does fibre benefit your body?

With Bowel Cancer Awareness Month in June, it makes sense to pay attention to dietary fibre and all it can do to keep your bowel and body happy.

Every week, bowel cancer claims the lives of over 100 Australians. It's the country's second-most deadliest cancer, affecting men and women, young and old, but also one of the most treatable types if detected early. One of the risk factors is not including enough fibre in your diet.

This is easy to change given how readily available fibre is in everyday food, so it makes sense to be proactive about consuming it. Dietary fibre is found in the indigestible part of fruits, vegetables, and cereals. These pass relatively unchanged the entire way through your digestive tract, helping to keep your digestive system healthy.

Alongside digestive benefits, fibre plays a role in stabilising blood sugar and cholesterol levels, which can help prevent a range of conditions, such as heart disease and diabetes. A low-fibre diet can lead to colon cancer, obesity, haemorrhoids, constipation, and so many other preventable conditions. In countries with traditionally high-fibre diets, these diseases are much less common than in Western countries.

What should I be eating?

The Heart Foundation recommends that every adult should consume between 25 and 30 grams of fibre daily; however most Australians are only getting 20 to 25 grams. Fibre is even more important for older people, as the digestive system slows down with age.

Fibre is found in plant products, and there are two types which everybody needs to include in their daily diet: soluble and insoluble. Most plant foods contain a mixture of both.

Insoluble fibre is part of plant cell walls which helps to keep our bowels regular. Good sources are found in the skins of fruit and vegetables, whole grains, nuts, seeds, beans, and wheat, corn and rice bran. Insoluble fibre helps to add bulk, and to prevent constipation and associated problems such as haemorrhoids.

Soluble fibre primarily exists in plant cells and one of its major roles is to lower LDL (bad) cholesterol levels. You can get plenty of soluble fibre from fruit and vegetables, peas, lentils, oat bran, seeds, and soy products such as soy milk. Soluble fibre can also help with constipation by acting as a sponge, making bowel contents softer and easier to move.

The main job of fibre is to keep the digestive system healthy, but it's also beneficial for weight control, diabetes management, and even protecting your body from bowel cancer and heart disease.

Drastic increases in fibre consumption can cause discomfort and decreased mineral absorption in some people, so increase your intake slowly by making one change at a time until your body adjusts. Eat a variety of nutritious food to get each type of fibre, drink plenty of fluid to help it work efficiently, and enjoy the benefits of better health.

WHAT'S INSIDE



HOW DOES STRESS AFFECT YOUR BODY?



RESTLESS LEG SYNDROME (RLS)



CAN CHICKEN SOUP CURE A COLD?



KEEP ACTIVE WITH WINTER WALKING

Keep active with winter walking

Walking at any time of the year is good for your health. Not only are you getting that much-needed exercise, but you're also improving circulation, boosting your mood and energy levels, building core strength, and helping to improve mobility.

In summer, getting out and about is easy to do, but in winter, when the air is cold or it's a little bit drizzly, you may be more inclined to want to stay indoors. While it's all too easy to cuddle up on the couch with a good book and a hot chocolate, it's important to get the same level of exercise now as you did during those summer months. Once you've built up the motivation to get your walking shoes on and out the door, you'll remember just how refreshing a walk can be, whatever the weather.

Here's how to make your winter walk as enjoyable and beneficial as your summer one.

WARM UP AND DOWN

When you go from the warmth of your home to the colder temperatures outside, it can take time for your body to adjust. Warm up slowly to help reduce the risk of injury. After your walk, bring your heart rate back down to normal by warming down and stretching.

DRINK WATER

Staying hydrated is just as crucial in winter as it is in summer. You will lose fluid through perspiration, so drink plenty of water before and after your walk.

BE COMFORTABLE

Wear appropriate clothing and footwear. Your walking shoes should be breathable, lightweight, and cushioned for comfort. Wear breathable layers you can remove as you warm up, and replace as you cool down. This will keep you dry which is key to keeping warm in cold temperatures. Don't forget to cover your ears, hands, and head.

CHECK YOUR POSTURE

Walking is even more beneficial when you maintain the correct posture. You will decrease wear and tear on your body, prevent back, hip and leg pain, improve balance, and lessen the chance of injuries.

- Try not to hunch, keep your body straight, your head up and look ahead.
- Keep your shoulders down and back, but also loose and relaxed.

- Focus on engaging your core muscles by pulling your belly in toward your spine.
- Step with your heel first, roll through to your toes and push out of the step.

Don't let the winter blues set in. There are several great walking apps and devices available which can help motivate you. Be mindful of how you move and you may be inspired to walk further and faster, increasing your overall health and wellbeing.



Crossword Corner

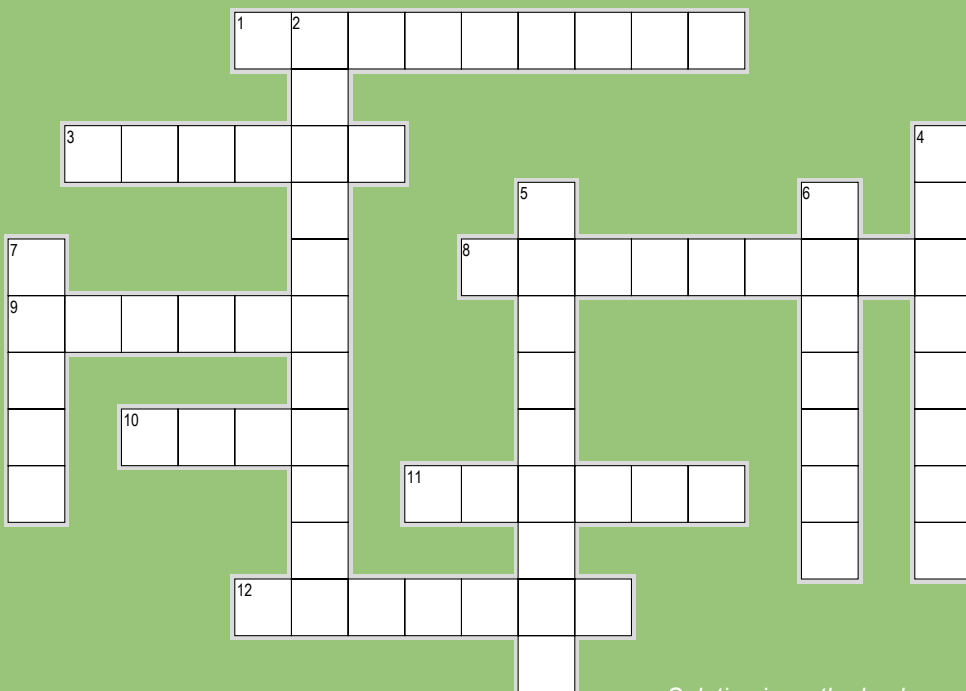
Answers to clues can be found in this edition of Your Doctor.

Across

1. Frequent bowel movements producing watery stools
3. Medicine or cure
8. Somebody who always expects the worst to happen
9. Protected from getting a disease because of natural resistance
10. The type of food you usually eat
11. Mental or emotional strain
12. A feeling of unease and worry

Down

2. Difficulty and pain when digesting food
4. Somebody who tends to feel hopeful and positive
5. Restore body fluids to a normal level
6. Aware and attentive
7. Fruits, vegetables, nuts and wholegrains provide this



Solution is on the back page.

Can chicken soup cure a cold?

What's the truth behind this traditional remedy – can it really help us get better from colds?

Chicken soup, noodle soup, or other kinds of thin broths have been touted as a remedy for all kinds of ills for hundreds of years. But there's a solid grounding behind its persistent reputation as a household cure-all. It's easy to eat when you're feeling under the weather, and has a fantastic array of nutrients:

- **Protein** – particularly from the chicken, it's important to get protein to give your body the building blocks for repairing itself and fighting infections.
- **Iron** – found in meats, dark green leafy vegetables, lentils and other ingredients for traditional warming soups. Iron is an essential nutrient, having low iron levels can create a whole range of serious problems.
- **Salts and sugars** – an accidental blend of important electrolytes – essential for energy and maintaining a good fluid balance – like a natural sports drink!

- **Vitamins** – depending on the blend of vegetables in your recipe, you can get important nutrients from soup. Celery, carrots, garlic and onions are all rich sources of vitamins such as A, C, E, and several B vitamins.
- **Garlic and onion** are considered flu-fighting superfoods, thought to stimulate the immune system and have antimicrobial properties.
- **Water** – a thin soup can be a really good way to rehydrate – maintaining a good fluid balance is incredibly important, especially when someone has a fever, vomiting, or diarrhoea. If you're struggling to keep water down, sometimes a warm, savoury taste like chicken soup helps to settle the stomach and rehydrate the body.

In short, chicken soup or similar kinds of food are perfect for when you're unwell – easy to eat and digest. It won't make your cold go away, but it's a great source of nourishment, with a healthy blend of natural sugars, salts, protein and vegetables in a warm, comforting and hydrating form.



Chicken noodle soup

When there's a chill in the air try this wholesome soup for a tasty and comforting meal.



Ingredients

- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 onion, diced
- 1 large carrot, grated or sliced
- 1 celery stalk, finely chopped
- 1 Tbsp fresh ginger, grated
- 6 cups chicken stock
- 400g skinless chicken breast
- 100g rice noodles
- 1 tsp fresh rosemary or thyme, chopped
- Freshly ground black pepper and salt to taste
- Handful of chopped parsley

Method

1. Heat oil in a large pot on a low heat, add garlic and onion, cook for 3 minutes, or until softened.
2. Add carrot, celery and ginger, cook for 5 minutes, stirring often.
3. Add chicken stock to the pot and simmer for 15 minutes.
4. Add chicken breast, noodles, herbs, salt and pepper.
5. Reduce heat to low and simmer for 8-10 minutes, or until the chicken is fully cooked.
6. Remove chicken and shred with two forks. Add chicken back to pot then stir in chopped parsley and serve.

What is restless legs syndrome?

Restless legs syndrome (RLS) is a condition where the legs feel uncomfortable, causing an overwhelming need to move them. The sensations are often described as crawling, tingly or creeping feelings. It usually only affects the feet and lower legs, although it can also be experienced in the thighs or arms. The symptoms usually occur at rest in the late afternoons, evenings and night-time, and can cause serious sleep disturbances.

WHAT CAUSES RLS?

Most cases of RLS don't have any obvious cause, and this is known as idiopathic or primary RLS. Some people find that it gets worse when they drink alcohol or take nicotine or caffeine. There's a definite genetic element to RLS, meaning that you're more likely to get it if you have a close family member who has it. Some

medications can increase the symptoms too, including some antidepressants and some older forms of antihistamines.

RLS can be a symptom of some other conditions, including iron-deficiency anaemia, and it's more common in people with kidney problems. When it's caused by another condition, it's known as secondary RLS. RLS is also fairly common in pregnancy, usually resolving quickly afterwards.

HELP TO LESSEN THE SYMPTOMS

If there's an underlying cause such as anaemia, treating that cause can often completely resolve RLS. If there's no obvious reason it can be harder to completely eradicate, but can often be well managed through simple measures, such as:

- getting regular – but not excessive – exercise throughout the day

- practicing good sleep techniques, including keeping regular bed times
- reducing caffeine intake, and in particular, completely cutting out caffeine later in the day
- reducing or avoiding alcohol intake
- stopping smoking – nicotine use causes a huge, varied, and often serious range of problems; if you're a smoker, the best personal health decision you can make is to give it up!

If you're experiencing persistent restless legs syndrome, consulting your healthcare provider is important to rule out any underlying causes. If it's not relieved by healthy lifestyle changes, and the symptoms are causing significant concern and problems such as serious sleep disturbance, your doctor may recommend some medications.

How does **stress** affect your body?

The connection between emotional health and physical health seems clear to anyone who has ever suffered times of great stress or any form of mental illness.

Emotional upheaval can make you feel physically ill, and can even make you more susceptible to certain illnesses. The reasons underlying this are complex and subject to ongoing research in the scientific and medical community.

What has become increasingly clear is that stress can have a huge impact on our emotional and physical wellbeing, but we're not completely helpless when it comes to stress management.

How does stress affect our bodies?

The mechanisms are varied, but our response to stressful situations can have a significant negative effect on our bodies. High stress levels, especially long-term, can actually contribute to serious conditions like heart disease, disorders of the digestive system, mental illness, and even immune system dysfunction.

The impact on our immune system can leave us susceptible to all kinds of bacteria and viruses – causing us to get ill, just when we're at our most stressed already. It's a nasty cycle; stress makes us ill, and illness makes us stressed. Understanding the relationship between stress and the immune system is especially important at this time of seasonal illnesses, when cold, flu, and even more serious viruses abound.

How can we help ourselves?

Years of medical research indicates that we may be able to do something about the way stress affects us. Tests to monitor immune function were performed on students who were going through important exams, and it was found that their immune system health worsened every day. Students who were taught to use daily mindfulness and stress-relieving techniques had better immune system function than those in the 'control' group – those who didn't practice any kind of stress relief. Furthermore, those students who took their stress-relieving techniques seriously and practiced them daily did better than those who weren't as dedicated.

This gives us a good indication that simple stress-management systems can have a positive effect on our stress levels and an important knock-on effect on our immune systems and health in general. One way to help protect yourself from illness is to ensure you're as healthy as you can be. A healthy lifestyle and good control of any underlying conditions – including lifestyle and external stressors – can make all the difference.

What's the takeaway?

Stress contributes to a wide range of illnesses, but the effects can be reduced by simple stress management techniques such as mindfulness. If stress is a serious problem for you or you think it may be making you unwell, whether physically or mentally, seeing a healthcare professional could be a great start on the road to recovery.

JUNE PRACTICE UPDATE

WELCOME

Goyder's Line Medical would like to welcome Natasha Downing to the team as Practice Pharmacist, under the Pharmacists in General Practice Project.

Within this role, Natasha will not be dispensing medications, however it will see her provide support to the doctors, nurses and patients within our communities in the areas of:

Patient-level activities – medication reviews, patient education, conducting point-of-care testing to support medication management.

Clinical Governance – clinical prescribing reviews and feedback, managing recalls/ drug shortages.

Education and Training – medication education sessions with clinical staff, responding to medicine information queries.

SCRIPTS

Please be aware that Doctors are only able to complete prescriptions with an appointment; this includes face-to-face and telephone.

We recommend you book an appointment for a rescript as you leave your appointment: booking ahead where possible will reduce the risk of having to go without your medication for any period of time.

BOWEL CANCER AWARENESS MONTH

Bowel cancer, also known as colorectal cancer, can affect any part of the colon or rectum; it may also be referred to as colon cancer or rectal cancer, depending on where the cancer is located.

The colon and rectum are parts of the large intestine.

The colon is the longest part of the large intestine (the first 1.8 metres). It receives almost completely digested food from the caecum (a pouch within the abdominal cavity that is considered to be the beginning of the large intestine), absorbs water and nutrients, and passes waste (stool/faeces/poo) to the rectum.

Please speak to staff if you would like more information or visit <https://www.bowelcanceraustralia.org/what-is-bowel-cancer>

JOKE

Did you hear about the man who stole a calendar?

He got 12 months.



CROSSWORD SOLUTION
DOWN: 6. MINDFUL 7. FIBRE
ACROSS: 1. DIARRHOEA 3 REMEDY 8. PESSIMIST 9. IMMUNE 10. DIET 11. STRESS 12. ANXIETY 2. INDIGESTION 4. OPTIMIST 5. REHYDRATE

Disclaimer: The information provided in this newsletter is for educational purposes only, and is not intended as a substitute for sound health care advice. We are not liable for any adverse effects or consequences resulting from the use of any information, suggestions, or procedures presented. Always consult a qualified health care professional in all matters pertaining to your physical, emotional and mental health.

To try the latest **RECIPE** take me home...