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**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**

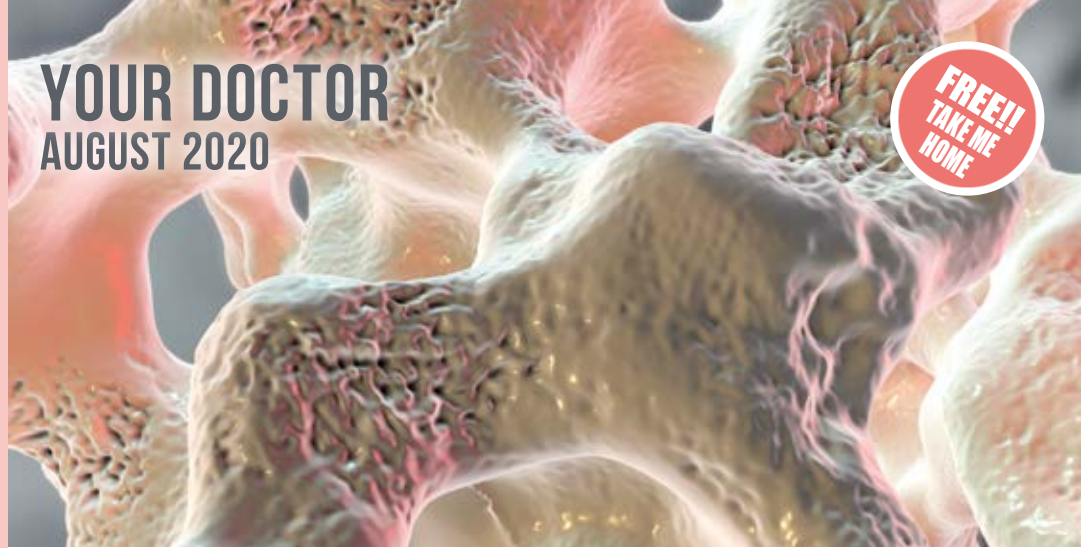
**Peterborough Hospital (08) 8651 0444**

**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.



**Osteoporosis**

Osteoporosis happens when bones lose calcium and other minerals, causing a loss of bone density. The bones become fragile and more likely to fracture easily. This disease is common in Australia – affecting over one million people. Alarming statistics from Osteoporosis Australia show that in Australia someone breaks a bone approximately every three minutes.

As we age, we gradually lose strength in our bones. The fine structure throughout the bone thins out, resulting in brittle bones. Any bone can be affected, but the most common are the hip, spine and wrist. Osteoporosis affects both men and women, but older women are more at-risk. This is because declining oestrogen levels during menopause cause bones to lose minerals at a faster rate.

The older we get the more likely we are to have other health conditions too. Some of these can affect our balance, increasing our risk of falls. Clearly, this combination of being unsteady and having brittle bones can lead to serious injury – even a minor knock can result in a fracture.

Bone is a living tissue, constantly being broken down and renewed. This process is called bone remodelling. The sooner we start to build healthy bones, the better our chance of maintaining a strong skeleton as we age.

**TOP 3 WAYS TO BUILD HEALTHY BONES**

**Calcium** is an elemental metal essential for health, and is obtained from our diet. Approximately 99% of the body's calcium

is stored in our teeth and bones with the remainder found in blood, muscle, and other tissues. If you don't get enough calcium from your diet, the body will take it from your bones to use for other functions. Dairy foods, fish, leafy vegetables, broccoli, almonds, tofu, and many beans and legumes are good sources.

**Vitamin D** is mainly made by the skin when we're exposed to the sun. Your body needs vitamin D to absorb calcium. Vitamin D is also found in some foods, including mushrooms, oily fish, and egg yolks. Nonetheless, it's thought that at least 30% of people living in Australia have some level of vitamin D deficiency. People who routinely cover most of their skin, those who don't go outdoors, and people with darker skin living in less sunny areas are particularly at risk.

**Exercise**, especially weight-bearing exercise, encourages bones to grow a high-density matrix which means stronger bones throughout our lives. 'Weight-bearing exercise' is exercise done which bears your own weight. This includes moderate to high-impact activities such as jogging, dancing, tennis, team sports, and strength training. A sensible amount of sun exposure through outdoor exercise is also a good way to pick up a little of that sunshine vitamin – vitamin D!

A healthy diet and regular exercise are two of the most important choices we can make in our lives to improve our health, and reduce the risk of many diseases. Incorporating plenty of calcium and vitamin D from a young age can improve our bone health throughout our lives.

**WHAT'S INSIDE**



**ALLERGY PREVENTION U-TURN**



**HEPATITIS C & TATTOOS**



**WHAT CAN CALCIUM DO FOR YOU?**



**YELLOW SMELLY TOENAILS**

# CROSSWORD CORNER

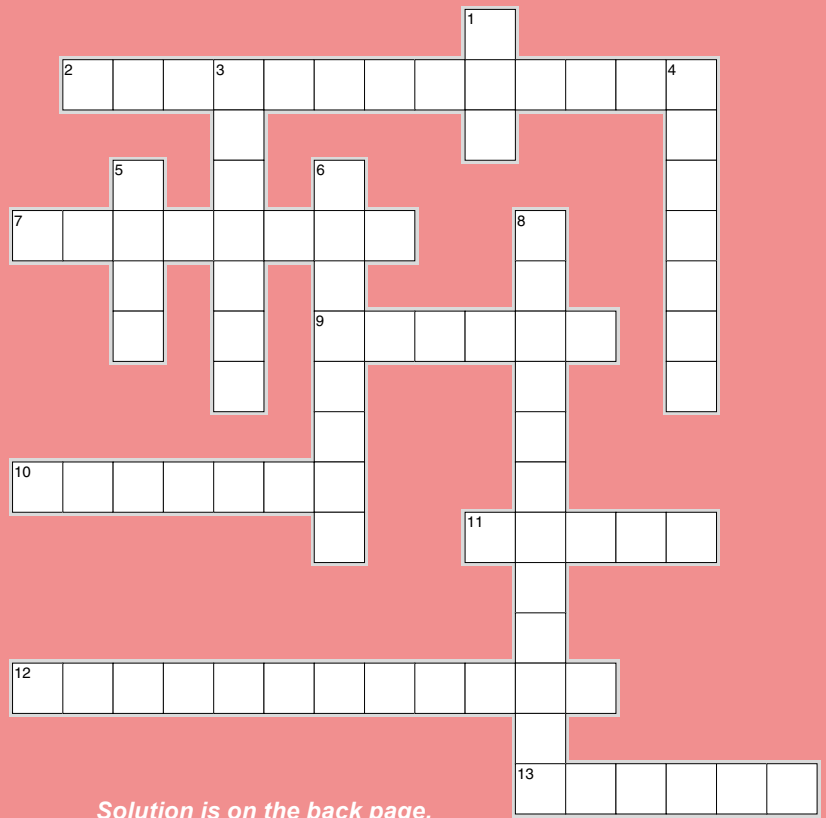
Answers to clues can be found in this edition of *Your Doctor*.

## ACROSS

2. A fungal infection of the toenail
7. A green vegetable high in calcium
9. An inflammation of the the skin-usually itchy
10. A sugar found in milk
11. A nerve in the arm
12. A disease of the bones
13. Sesame seed paste

## DOWN

1. Hepatitis C Virus
3. An elemental metal essential for health
4. A small fish with edible bones
5. A food made from soybeans that is high in calcium
6. Any substance that causes an allergic reaction
8. A person who studies the immune system



*Solution is on the back page.*



## What can **calcium** do for you?

Calcium is an essential nutrient with a range of functions in the body. It's a metallic element which is found in various forms and concentrations in the food we eat.

### WHY WE NEED CALCIUM

For healthy bones: the matrix of our bones – the honeycomb structure which forms the basis for bone growth, density and strength of our bones – is mostly created by the time we reach our mid-twenties. This means that it's essential to get enough calcium, vitamin D, and weight-bearing exercise to grow strong bones as early as possible in life – and to continue those good habits.

Lack of calcium and vitamin D in childhood can cause a condition called rickets, where the long bones are too soft to support the weight of the body, causing bending of the leg bones. In older adults poor bone density is known as osteoporosis, and makes us susceptible to fractures.

To reduce cancer risk: combined calcium and vitamin D supplements are actually linked with a decreased risk of certain cancers, including colorectal and breast cancer.

To boost the immune system: calcium plays a vital role in triggering our immune response, helping prevent or fight infections.

### WHERE WE CAN GET IT

Our calcium requirements can usually be met by following a healthy diet. Breastfeeding infants get all the calcium they need from their mothers' milk, in an easy-to-digest form. Infant formula has a higher concentration of calcium as it's not as easy for babies to absorb it from formula.

Dairy foods – milk, cheese, yoghurt and so on, are an excellent source of calcium. Calcium is also found in the kinds of fish where the bones are eaten, such as sardines and anchovies. Plant-

based sources of calcium include tofu, almonds, broccoli, and sesame seeds. In addition, many breakfast cereals and dairy alternatives are fortified with vitamins and minerals, including calcium.

Vitamin D helps to increase the absorption of calcium from food; however, smoking, some medications, too much caffeine, salt and protein can cause loss of calcium from the body.

### HOW MUCH DO WE NEED?

Recommended daily amounts change throughout our lifespan and depend on a number of factors; including age, sex, and pregnancy. In general, adults need between 1000 and 1,300mg per day. Calcium is an essential nutrient for long-term health, particularly for growing teenagers and people at risk of fractures. If you are concerned about your risk factors contact your doctor.



# U-turn on allergy prevention in babies

Medical advice is always based on the best evidence that scientists have at the time. But what about when new findings mean a total U-turn on what we thought was the best thing to do?

For years, people with new babies were told to avoid common allergens, such as peanuts, until the baby was at least one year old – this was thought to reduce their risk of allergic reactions. However, the number of children with allergies has actually risen in line with the uptake of that advice, spurring further research. The best evidence we now have shows that earlier exposure to these allergens may prevent serious allergies.

Breastfeeding is still recommended as the best exclusive food for babies until they begin to eat solid foods – not before four months of age, and usually around six months.

Once a baby begins to wean onto solid foods, it's thought best to introduce the major allergenic foods as soon as possible. Include foods like smooth peanut or other nut butter, tahini (sesame seed paste), egg and soy as part of their healthy diet. They don't have to eat a lot of these foods, but making them available as a regular part of their diet is recommended.

Babies with eczema are more at risk of developing allergies – the advice is the same, and it may be even more important to introduce allergens early and prevent serious allergies developing later.

Common food allergens include:

Lactose in cows' milk – sensitivities to cows' milk can develop and sometimes children grow out of them. True allergies are more serious and less common.

Seafood – allergies to shellfish are not uncommon and can be serious.

Sesame seeds – found in tahini, hummus, and common in Asian cooking in general.

Peanuts – one of the most common triggers for serious allergies.

Tree nuts – such as brazil nuts, walnuts, almonds, hazelnuts and many other nuts.

Wheat – in regular flour and baked goods, as well as many prepared foods.

Soy – found in tofu, meat dairy substitutes, and many prepared foods and condiments.

Careful preparation is important, especially with foods like seafood and egg which can harbour bacteria and cause serious stomach upsets. If another member of the family already has an allergy to any of these foods, they should still be introduced to the

baby, in such a way as keeps the allergic family member safe. Remember not to give small children whole nuts, or anything they could choke on, and always watch for allergic reaction or other sensitivity.

Medical research is always ongoing and healthcare professionals give advice based on the best available evidence.

Seek medical advice about giving common allergens if your child already has a suspected allergy; your family doctor can refer you to a specialist immunologist if there's any doubt.



## Kale, broccoli & cheese quiche with sweet potato 'crust'

*The crispy 'crust' of roasted sweet potato adds a healthy twist to a delicious, calcium and protein-filled dish.*

### INGREDIENTS

#### Base

- 2 large orange sweet potatoes, peeled and thinly sliced
- 4 tsp olive oil

#### Filling

- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 2 tsp olive oil
- 1 cup finely chopped broccoli
- 2 cups chopped fresh kale
- 3 eggs
- 1 cup (250ml) almond or soy milk
- 125g grated hard cheese
- ½ tsp ground nutmeg
- Sea salt and pepper to taste

### DIRECTIONS

Preheat oven to 200°C.

1. Coat a 23cm deep pie dish with 2 tsp of olive oil.
2. Cover the base and sides of the dish with the potato; overlap the slices enough to allow for shrinkage when baked. Brush with 2tsp olive oil and bake for 15 minutes.
3. While base is cooking heat 2 tsp oil in a large frying pan and sauté onions and garlic for a few minutes, add broccoli and stir-fry for 3 mins, lastly, add kale and cook until just wilted.
4. Spread vegetable mixture on the baked sweet potato base. Sprinkle on the cheese.
5. Whisk together the eggs, milk, nutmeg, salt and pepper. Pour over the vegetable/cheese mixture.
6. Lower heat to 190°C and bake uncovered for about 30 minutes, until puffed and golden. Sit in dish for 10 minutes before slicing and serving.



## MINI QUIZ

Test your bone knowledge with this mini quiz

1. True or false: Your funny bone is a bone in the arm.  
A. True      B. False
2. Where is the smallest bone found in the human body?  
A. Knee      B. Toe  
C. Finger      D. Ear
3. How many bones do adults have?  
A. 166      B. 186  
C. 206      D. 226

1. (B) False. When you hit your funny bone, you're actually hitting the ulnar nerve, which bumps against a bone at the elbow.  
2. (D) The smallest bone in the body is called the stapes (or stirrup) bone in the middle ear. It's about 3mm long in adults.  
3. (C) The adult human body has 206 bones.

ANSWERS

# Can getting a tattoo put me at risk of Hepatitis C?

If you're getting a permanent tattoo, there's more to consider than just the design. Whatever you get, you're going to have it on your body for a long time – but are there other long-term effects associated with getting a tattoo?

Hepatitis C Virus (HCV) is a blood-borne virus that causes severe long-term damage to the liver. It's not usually sexually transmitted, but rather is passed on through blood contact, such as by needles or other equipment for injected drugs. Donated blood for transfusions has only been tested for HCV since 1990, so people who've had a blood transfusion before then could be at risk.

It's not currently known how many cases of HCV are contracted through tattooing, but, even accounting for variables, HCV rates are much higher among people with tattoos than without.

In short then, tattoos do carry a risk of contracting HCV, but only if you're tattooed with equipment or ink that is contaminated with someone else's HCV positive blood – even in microscopic amounts. The standards in tattoo parlours across the country can vary, so make

sure you use a nationally accredited tattooist with certifications in infection control techniques.

Minimum infection control rules can also vary from country to country, so it's important to do some research before getting a tattoo while you're away on holiday.

Your tattooist should follow essential infection control standards. They must use new, sterile implements and new ink for each client. It's okay to question the tattooist if you don't see them opening sealed packets for each piece of equipment, including ink. They should also wear personal protective equipment, including single-use disposable gloves. You should expect the same standards of cleanliness for getting a tattoo as you would for a medical procedure.

Limiting your risk of contact is the best way to avoid blood-borne infections, but if you think you've been exposed at any point in the past, or if you develop symptoms that could be hepatitis, you should consult a healthcare professional for testing as soon as possible.

## AUGUST PRACTICE UPDATE

### BONE DENSITY BUS

The bone density bus is scheduled to come to Jamestown the 17th – 28th August unless changes are made due to Covid 19. Please contact the surgery or the Northern Ares Council for any updates. All patients will need to see a Doctor to obtain a request form for a bone densitometry scan. Appointments can be made by calling 1300 724 319.

### COVID-19

#### To prevent the spread of COVID-19:

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention. Call in advance.

### JEANS FOR GENES DAY

While the majority of babies are born healthy, 1 in 20 is born with a birth defect or genetic disease and more than 160,000 children around the world are diagnosed with cancer every year. Medical research is always looking for ways to treat or prevent such childhood diseases and some of the major advances over the years have included the eradication of polio, smallpox and diphtheria.

In Australia, the Children's Medical Research Institute (CMRI) is dedicated to finding ways to treat or prevent childhood cancers, birth defects and genetic diseases to create brighter futures for all children. However, medical research is expensive, which is why Jeans for Genes Day was born.

### JOKE

Q: A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?



A: An apple a day keeps the doctor away!

## Yellow smelly toenails

**A thickened, discoloured, and brittle toenail is a sign of a fungal toe infection. The skin around the toenail can also be affected; with redness, pain, and a bad smell being common.**

Fungal infections of the toenail are relatively common – the medical term is 'onychomycosis', and they're sometimes known as 'athletes foot', which is any fungal skin condition affecting the foot. Although they don't usually cause serious illness or injury, they can be unsightly, foul-smelling, and painful enough to have an adverse effect

on a person's life. They're also notoriously difficult to treat – a fungus that's growing deep within the nail isn't always affected by treatments applied to the outside.

Certain medical conditions can make people more susceptible to fungal nail infections, including psoriasis of the nail bed, conditions affecting the blood supply to the limbs such as peripheral vascular disease, compromised immune system, or poorly-controlled diabetes. These can also increase the likelihood of complications such as cellulitis and long-term nail or tissue damage.

### HOW TO TREAT FUNGAL NAIL INFECTIONS

As always, prevention is the best treatment, and good hygiene can help – keeping nails short, regular baths or showers, and making sure that feet are completely dry before putting on socks and shoes.

Fungal infections can be picked up in damp public places like swimming pools, or by close contact – for example sharing a bed with someone who has a fungal nail infection. Letting the feet get some light and air – by going barefoot in safe areas – can help prevent problems.

Some research has found that tea tree oil application is helpful, but the strong concentrations needed can cause irritation to the surrounding skin. Antifungal medication and photodynamic 'light' therapy and laser treatments are available, but may require a lengthy treatment time.

A persistent or problematic fungal nail infection should be assessed by a healthcare professional.



8. IMMUNOLOGIST  
1. HCV 3. CALCULUM 4. SARDINE 5. TOFU 6. ALLERGEN  
10. LACTOSE 11. ULNAR 12. OSTEOPOROSIS 13. TAHINI  
2. ONYCHOMYCOSIS 7. BROCCOLI 9. ECZEMA

DOWN ACROSS  
CROSSWORD SOLUTION

**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.

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