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General practitioner, GP Anaesthetics

Dr Hayley Walker

General practitioner

Dr Cherilyn White

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.

This month we talk about...



DO YOU SUFFER FROM STYES?



LOOKING AFTER YOUR LUNGS



EXPOSING HEALTH ANXIETY



ORAL PIERCINGS - ARE THEY OK?

Stop worrying about what you eat

It seems like every day there's a new diet claiming to be the answer to weight loss, health and happiness.

We're bombarded with media images telling us how we should look and how to get the perfect body. It's only natural that we can become a little fixated on our diets, and perhaps even try some convincing new diet plans.

It's no secret that eating healthy food can help to keep us healthy! People generally know that a diet high in fruit, vegetables, fibre, healthy oils and protein is good, and eating lots of sugar, salt, and saturated fats is bad.

So what about those fad diets that claim to be the magic cure? Here's a few of the most popular diets today:

VEGANISM

Vegans usually follow a diet high in fruit and vegetables, so it can be very healthy, with a little planning to include a balance of nutrients. It's not automatically healthy, however – you can be vegan and just eat chips. Also the more widespread veganism has become, the more plant-based junk foods and highly processed foods are available –not so good for those trying to follow a nutritious diet.

LOW-CARB OR KETO DIETS

Carbohydrates have been demonised since the days of the Atkins Diet – remember that? Certainly, eating lots of highly processed

simple carbohydrates and sugars are not good for you, so yes, cut back on cake! However, carbs are essential for a balanced diet. A diet without carbs will be high in fat and protein, but low in the good fats and fibre found in complex carbohydrates like whole grains and vegetables. Choosing the right kind of carbohydrates is better than cutting them out altogether – the less processed the better.

5:2 OR OTHER INTERMITTENT FASTING DIETS

People have been fasting for hundreds of years for weight loss, health, or religious reasons. There are thought to be benefits relating to insulin production and overall kilojoule intake, and as a diet based on one rule rather than complex food restrictions, some people find it easy to stick to. Eating fewer kilojoules than you use can certainly aid weight loss, but if those kilojoules all come from unhealthy foods then it's not nutritious.

The short answer is that you probably know what you should be eating, and that's about all there is to it. Try and keep to the foods that you know are healthy, and get advice if you're not sure about some aspects of your nutrition. Don't worry about strictly following a diet plan that you find difficult, as you'll almost certainly find it impossible to stick to.

Think about improving your health rather than how you look, and stop worrying – a bit of common sense is the best diet.

"Being healthy isn't about the weight you lose, but the life you gain"



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

WORD SEARCH

W S P N W K K H N U A M U A R T Q W K C R X S
O M Y E P G K J T F I O H X T F S W S P H S I
G P I D F I B R E E E V E K C L J E J D P O C
L G S Y Q G I P M U S C L E S R T D H I S H W
M W E H F P R O T E I N T A K A O X Y G E N L
C X U E I P S E I L M N D I R L P X E M F M Q
O S M D A H L T R Q M B A D O N S Y U E S E H
Q T E L N Z U J A T T R Y T M N L C X E M T L
D Y D A X T V N M F K H F L Y E R K Q M O N S
E E I M I E A X X H O F Y L H V A N A O U F F
S M C R E I S N I B U Q C Y C V H G R G N U L
I H A O T D F Q R W E V G I Y R P T I Y B F X
C D L F Y U L A Z G W I N O M F K M G H N C I
R A I R E T C A B Y E O Q T N V J C Z S H Z S
E M A T T A A N B N R R R D V K C W K P Z I I
X L C J L H J N E H S P E U G B D P K A V C F
E L D U H K G B C N O I T I R T U N C I N J M
I D V Q C F J I S U K S Z T N Y S V B N U I V
O U T T G A O J E D U N C B B I K P F L N P F
N G Y H R D D N E W K Z Y C H T L A E H A I P
I B S B B P I M C I B O R E A T G P Z D Q R Z
M U V E G A N K J I K Q H J G H P T C Z Z G O

AEROBIC
ANXIETY
BACTERIA
CARBOHYDRATES
CBT
CHRONIC
COPD
DIET
EXERCISE
FAD
FATS
FIBRE
FORMALDEHYDE
HEALTH
HYGIENE
INFECTION
LUNG
MEDICAL
MINDFULNESS
MUSCLES
NUTRITION
ORAL
OXYGEN
PAIN
PROTEIN
STYE
TRAUMA
UVULA
VEGAN
WEIGHT

Health anxiety – the illness you have may not be what you think it is

If you're feeling unwell, it's only natural to look for an explanation and some type of treatment.

Some people, however, become very anxious and fixated on their symptoms, even when medical examinations and investigations rule out any serious illness. In fact, having these tests can create more anxiety, leading to a vicious cycle of symptoms, investigations, and anxiety.

When someone is anxious about their symptoms, they may assume the worst case scenario – that something is seriously wrong with them. Continued health anxiety despite reassurance, and always assuming the worst of any illness, used to be called 'hypochondria' but is now usually referred to as 'somatic symptom disorder'.

Somatic symptom disorder describes serious emotional anxiety and distress brought on by over-focusing on physical symptoms, to the point where it affects a person's health and everyday life. The

symptoms are truly real to the person having them – it's important to remember that their experience of the symptoms is not 'made up' or 'attention seeking'.

Treating somatic symptom disorder

When symptoms persist after a physical illness is ruled out, it may be time to consider whether anxiety might be the cause. Many people may be reluctant to have mental health care as they believe their condition is medically based; however the best treatment may in fact be through counselling and behaviour therapies.

Cognitive Behavioural Therapy (CBT) is often recommended by healthcare professionals to manage serious health anxiety. Some of the techniques taught by CBT professionals can be tried at home – mindfulness exercises and changing the way you think about symptoms. Learning to cope with the physical symptoms can reduce stress which, in turn, can reduce those physical symptoms.

Ways of managing health anxiety include:

- Understanding symptoms and the way our brains understand physical discomfort.
- Learning to recognise when you're leaping to the worst conclusion.
- Trying out different ways of focusing on your symptoms –for example, if your doctor has ruled out any serious cause for your symptoms, giving yourself a longer time before allowing yourself to think about it or recheck it.
- Recognising avoidance – allowing time for consideration of the most likely cause, not just assuming the worst. Understanding the most likely reason for the symptoms you're experiencing can help reduce anxiety, and, in turn, somatic symptoms.

Whether your symptoms have any underlying physical reason or are caused by a cycle of anxiety, your doctor will always listen to your concerns and provide the best help and treatment for you.

Look after your lungs

Your lungs are incredible! They work all day every day, usually without you even thinking about it.

Healthy lungs are essential for a healthy body. They contain a complex network of tiny tubes and air pockets, giving them a huge internal surface area. This maximises the amount of oxygen they can extract from the air and transfer into the blood stream to help feed every cell in your body.

When something goes wrong, it can be very serious. Lung cancer and COPD (chronic obstructive pulmonary disease – a serious lung disease) are always in the top five leading causes of death. Luckily, there's a lot you can do to prevent lung diseases just by following a healthy lifestyle.

Here are our three top tips for keeping your lungs healthy.

Don't smoke!

At least 83% of deaths from lung cancer and COPD are directly caused by smoking. Smoking fills the lungs with hundreds of different toxic chemicals and substances, including tar, hydrogen cyanide, and formaldehyde – that's what's used to preserve medical specimens! Second-hand smoke can be just as bad, so when you smoke, it's causing harm to the people around you too.

There have been lots of public campaigns about smoking, so people are usually aware of the dangers, but it's a hard habit to break. There's lots of help available now to help you quit smoking for good, or – best of all – don't start.

Get some exercise

You know that hard, deep breathing that happens when you've done aerobic exercise? That's good for the lungs; expanding the air sacs and exercising the muscles that help the lungs draw in air. When you exercise, it's good for the whole body, not just your muscles – your lungs are getting a workout too!

Be aware of what you're breathing in.

The air you breathe can make a difference to lung health – fumes from high traffic, heavy industry, harmful chemicals, and smoke are all bad for your breathing – both in the short and long-term. Remember to monitor your exposure and use appropriate protection.

Look after your lungs, and they'll look after you, your whole life.

November
is Lung Cancer
Awareness
Month

Beetroot, apple & carrot salad

Spring into health with this refreshing and colourful combination of flavours and nutrients.

INGREDIENTS

3 medium green apples, grated
2 cups grated raw beetroot (3-4 beetroot)
1 cup grated carrot
½ cup walnuts
¼ tsp of sea salt

3 Tbsp olive oil
Juice from 1 orange
Juice from ½ a lemon
Handful of fresh coriander or microgreens

METHOD

In a large bowl, whisk olive oil with the citrus juices and salt. Add the beetroot, apples, carrots and walnuts. Toss well.

Top with coriander leaves, or microgreens to serve.



Can oral piercings affect your health?

Body piercings can be an expression of art and individuality. However, some can come with serious health risks, particularly oral piercings – piercings in the mouth.

Your mouth harbours lots of bacteria, which is normally absolutely fine and natural. However, those natural bacteria can cause serious problems in a wound, such as when part of your mouth is pierced and a stud or ring put in. Tongue, lip, cheek or uvula – the teardrop shaped tissue at the back of your throat – piercings are invasive, meaning that the delicate tissues in your mouth are subjected to trauma, bacteria, and foreign bodies in the form of jewellery.

The sudden exposure to bacteria can cause infections, which can spread from the affected area to become serious. Even without infection, your body's natural response to a piercing is swelling and your mouth is particularly prone to swelling after trauma. A lot of swelling around the tongue or back of your mouth can cause problems with breathing, swallowing, chewing, and speech. Oral piercings can also be very painful and can take a long time to heal enough to take the jewellery in and out easily.



Metal jewellery in your tongue or cheek frequently hit against your teeth, causing chips, cracks, and affecting the health of your gums. They can come loose and be swallowed and can cause problems with certain medical scans. The metal of the jewellery can cause reactions and make the initial healing process much longer and more painful. Damaged teeth and unhealthy gums can lead to serious infections throughout your body, not just in your mouth.

If you do get an oral piercing, good hygiene practices are crucial, with teeth-brushing and medicated mouthwashes just the start. Going to a reliable, hygienic clinic with experienced staff is essential. You should expect a piercing clinic to be as clean as anywhere you'd go for a medical procedure.

Do you suffer from styes?

Worried about that painful strange lump on your eyelid? You could have a stye – they're quite common, although some people seem more prone to them than others.

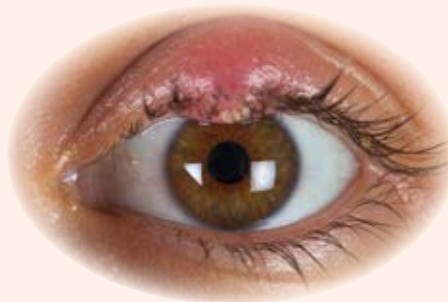
A stye is an infection caused by bacteria – a bit like a pimple on, under, or at the edge of your eyelid. They're painful and usually contain some pus, giving them a white appearance. If they're inside the eyelid they might not be visible, except as some redness or swelling.

It's not always possible to prevent styes, but if you're prone to infections around the eye then hygiene is extra important.

Avoiding make-up and contact lenses is a good idea while you have a stye. If you do wear eye make-up, always take it off before bed, and remember to throw out old make-up. Labelling them with the date they were opened can help remind you not to use old face and eye products.

If you have a stye, keep the area as clean as possible. Regularly bathing the eye with warm water can help relieve the pain and swelling. Avoid sharing towels and flannels, and don't touch your eyes unless your hands and face are totally clean. Don't try and drain or squeeze it, or pluck eyelashes yourself! Simple painkillers can help if it's very sore.

A stye normally clears up by itself, but can occasionally get worse. Signs to look out for include lots of heat, swelling, pain and redness, which can indicate an infection. If this becomes a problem or your vision is affected, or if you feel generally unwell, see your doctor.



Discuss your concerns with the doctor

It's a good idea to think about what you'd like to discuss before your visit. This form can help you organise your thoughts. After you make an appointment, take a minute to write down the doctor's name and appointment details. Then use this form to make a list of things to discuss.

YOUR NEXT APPOINTMENT

DOCTOR	DATE	TIME

THINGS TO DISCUSS

1.
2.
3.
4.
NOTES:

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.

NOVEMBER PRACTICE UPDATE

National NAIDOC Week celebrations will be held from 8-15 November 2020 due to Covid-19.

Each year NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

Goyder's Line Medical is registered to provide 'Closing the Gap' ATSI Health Assessments, enabling ATSI peoples to access free or cheaper Pharmaceutical Benefits Scheme (PBS) medicines and, for those with chronic illness such as diabetes, cardiovascular disease, cancer etc. to connect with the Integrated Team Care program which provides short-term support to Aboriginal and Torres Strait Islander people living with complex chronic disease who are unable to effectively manage their condition.

Q-FEVER

Goyder's Line Medical will be scheduling Q-Fever clinics regularly. If you are interested in having a Q-Fever immunisation, please contact one of our clinics to add your name to the wait list for any upcoming clinics.

CHRISTMAS IS COMING!

We will have limited consulting hours between Christmas and New Year – we strongly urge patients to book an appointment with your doctor before Christmas for any regular scripts or appointments that may be required. We will advise of our limited hours in December. Happy Almost Holidays!

JOKE

Dr says to nurse "did you take the patients temperature?"

Nurse;

"No, is it missing?"

