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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.

This month we talk about...



**HEARTBURN /
ACID REFLUX**



**MUSHROOM
HAIR DYE?**



**IMPETIGO: AKA
SCHOOL SORES**



**DEMYSTIFYING
INFLAMMATION**

Walnuts – health in a nutshell

Walnuts are wrinkled, brain-shaped brown nuts – actually, a botanist might tell you they're technically seeds – which grow on trees and come in hard shells. They're versatile, tasty, can be eaten raw or toasted, and are widely used in both sweet and savoury recipes.

WHAT'S IN A WALNUT?

Like other nuts, most of the kilojoules in walnuts come from fat, but these are considered 'good' fats – high in omega fatty acids and polyunsaturated fats. They contain little saturated fat and no cholesterol. This fat profile helps to increase HDL ('good') cholesterol and lower LDL ('bad') cholesterol.

Don't be deceived by their unassuming appearance; they're also incredibly dense in many essential minerals and vitamins, and have strong antioxidant and anti-inflammatory properties which can help reduce risk and improve symptoms for a range of chronic and acute conditions.

Walnuts are around 15% protein and high in dietary fibre. In short, they're very good for you.

LATEST RESEARCH ON HEALTH BENEFITS OF WALNUTS

Heart disease, stroke and cancer consistently give us the highest global death rate of any diseases. This also means that these diseases are at the forefront of research into prevention and treatment.

This could have beneficial implications for the wide range of conditions associated with chronic inflammation, such as cancer, heart disease, type 2 diabetes, arthritis and more.

Recent research into the potential health benefits of walnuts had exciting results. Researchers expected that walnuts would help to reduce people's cholesterol levels, directly reducing their risk of cardiovascular disease. In fact, the people who consumed higher amounts of walnuts were found to have dramatically reduced inflammatory markers in the blood, indicating that walnuts can help to reduce chronic inflammation.

We know that many diseases are often preventable and that there are simple – though not always easy – steps to take to reduce our risk through a healthy lifestyle. The nutrient profile and research on walnuts suggest that they are one of the healthiest foods to add to a balanced diet. In addition, they're readily available and relatively inexpensive in most places around the world.

There's no reason not to eat more walnuts!

100g OF SHELLED WALNUTS CONTAINS



of your RDI (recommended dietary intake).

Explaining inflammation

Inflammation is a word we hear often, but what does it actually mean? Is it good or bad? People often think they need to get rid of inflammation at all times, but it's a natural, essential part of our body's healing and defence processes.

When an injury or infection occurs, your body releases chemicals that trigger a response from your immune system. Fluids leak from the cells and blood delivers clotting factors and white blood cells to help stop bleeding and fight any bacteria that might enter the body. Localised inflammation such as redness, pain, warmth and swelling is normal, and should improve after a few days.

WHEN DOES INFLAMMATION BECOME A PROBLEM?

Short-term (acute) inflammation as a response to an injury or irritant is normal. However when it doesn't resolve appropriately – chronic inflammation – it can begin to harm healthy tissues in the body and cause serious health conditions and long-term damage.

Chronic inflammation may be hard to diagnose, as the symptoms can be vague, such as fatigue, fever, muscle and joint pain. These symptoms can range from mild to severe and last for several months or years.

Inflammation can also become a problem as part of an autoimmune disease – a condition where the body's immune system mistakenly attacks its own cells. Psoriasis, rheumatoid arthritis, type 1 diabetes, and inflammatory bowel diseases like Crohn's disease are all fairly common autoimmune conditions.

Some other diseases have an inflammatory component, such as cardiovascular disease and COPD (chronic obstructive pulmonary disease). Managing inflammation can both reduce the risk of developing certain diseases and help lessen the symptoms of existing conditions.

MANAGING CHRONIC INFLAMMATION THROUGH LIFESTYLE

There is some evidence that certain chronic inflammatory conditions can be improved

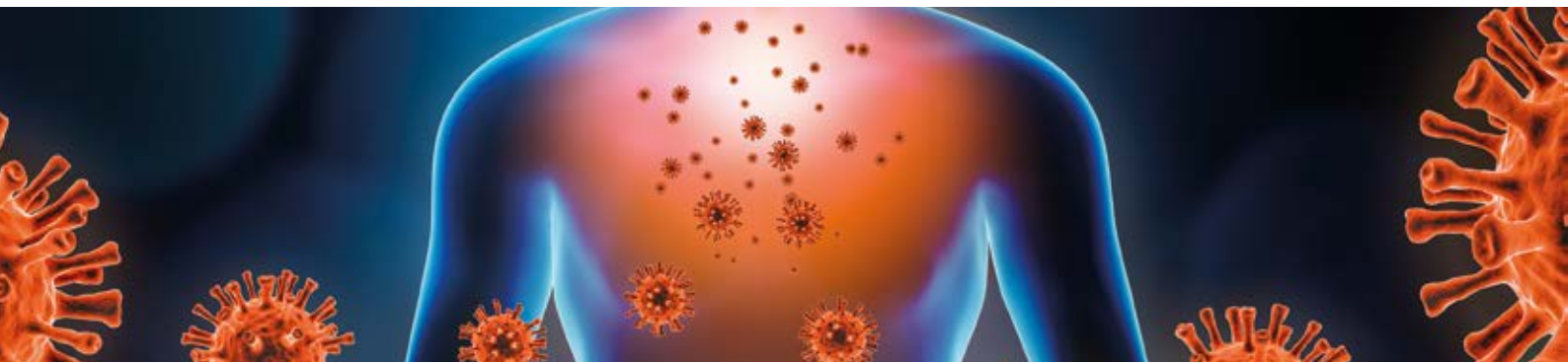
with healthy food, and a Mediterranean style diet is particularly recommended. This kind of diet includes:

- healthy fats, such as those from olive oil, nuts, seeds, and oily fish
- a variety of fruit and vegetables
- complex carbohydrates such as wholegrain, high fibre options.

Foods that can worsen inflammatory conditions include:

- fatty meats and processed meats such as bacon
- highly processed foods high in saturated and trans fat like margarines and junk food
- refined carbohydrates, particularly sugars like those in fizzy drinks, cakes and pastries.

Eating the right kinds of foods, maintaining a healthy weight and getting regular exercise can help to improve chronic inflammatory conditions. Any long-lasting problems should be professionally assessed and may need medical management.



Do you suffer from heartburn?



Heartburn, which is also referred to as acid reflux, is the way we describe a kind of burning sensation in the chest and throat. Despite its name heartburn has nothing to do with the heart – it's actually a digestive system problem.

CAUSES AND SYMPTOMS

The oesophagus is the tube that carries food and drink from your mouth to your stomach. It has a muscle where it opens into the stomach – called the oesophageal sphincter. This muscle normally closes tightly after food has entered the stomach, however, if it becomes weak and doesn't fully close, stomach acid can flow back up the oesophagus (acid reflux).

The stomach acid irritates the oesophagus lining and produces the painful burning sensation, and can even cause damage. Other symptoms of heartburn can include a sour or sick taste in your mouth, hoarseness and cough. Symptoms can worsen when lying down or bending over.

CAN YOU PREVENT HEARTBURN?

Some people find certain factors bring on heartburn or make it worse. These can include: acidic, fatty or spicy food, alcohol, coffee, being overweight, smoking, and

certain medications which irritate the stomach – such as aspirin. Keeping a record of your diet and any activities that make your symptoms worse, may be useful in finding out what triggers your heartburn. Eating smaller, more frequent meals may also help.

Painful heartburn often occurs in the third trimester of pregnancy. It's particularly important to get medical advice on which treatments are safe during pregnancy.

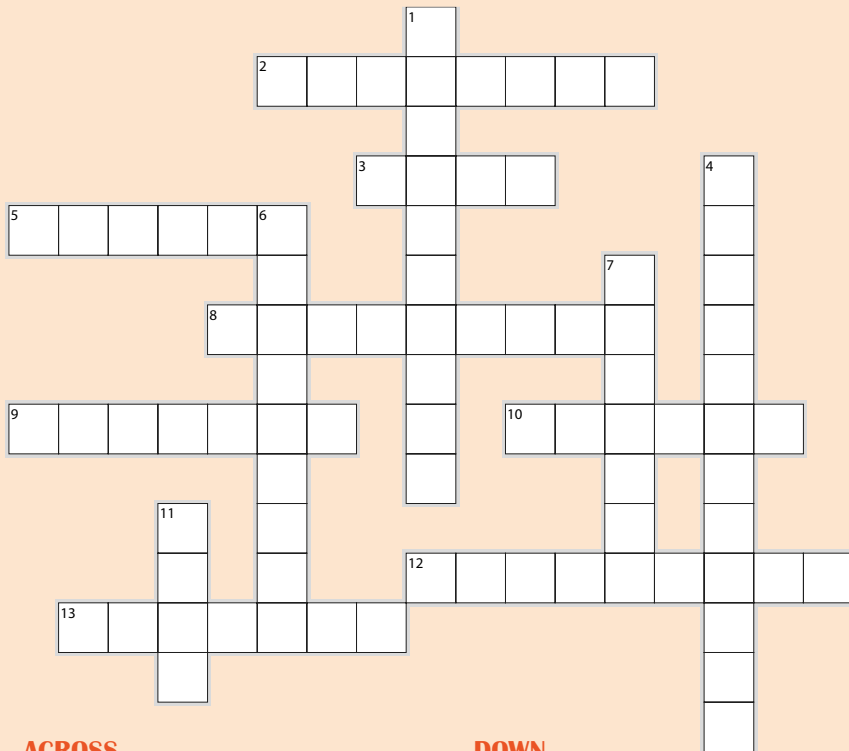
ASSESSING YOUR PAIN

Occasional heartburn is common, but if it's frequent, persistent and not easily managed, it may indicate a more serious form of heartburn called gastro-oesophageal reflux disease (GORD), for which you should visit your doctor.

There are also other conditions that can cause pains in the chest so it's important to know when to get help. Severe chest pain or pain which feels like heartburn but isn't relieved by your usual treatment should be assessed urgently.

If chest pain is accompanied by shortness of breath, arm pain, becoming clammy or dizzy, or having an irregular or rapid heartbeat – treat this as a medical emergency.

CROSSWORD



ACROSS

2. The correct name for school sores.
3. Short for chronic obstructive pulmonary disease.
5. A chemical that removes or whitens colour.
8. A highly processed food high in trans fat.
9. Healthy nuts that may help to reduce chronic inflammation.
10. Damp, sticky and sweaty.
12. A circular band of muscle.
13. A condition that is long-lasting.

DOWN

1. The tube that goes from your mouth to your stomach.
4. A natural, essential part of our body's healing and defence processes.
6. Another name for acid reflux
7. A material in our bodies which determines the shade of our hair and skin.
11. Short for gastro-oesophageal reflux disease.

Banana walnut loaf

This tasty, moist loaf doesn't have any added sugar – the ripe bananas make it naturally sweet. It makes a great snack for lunchboxes or for morning/afternoon tea.

INGREDIENTS

- | | |
|------------------------------|------------------------|
| 3 large ripe bananas, mashed | 1 cup wholemeal flour |
| 2 eggs | 1 cup rice flour |
| ½ cup olive or walnut oil | ¾ cup walnuts, chopped |
| ¼ cup milk | 1 tsp baking powder |
| 1 tsp vanilla extract | 1 tsp baking soda |
| 1 tsp ground cinnamon | Pinch salt |



INSTRUCTIONS

1. Preheat oven to 180°C. Grease and line a 23 x 13cm loaf tin with baking paper.
2. In a large bowl beat the eggs, oil, milk and vanilla, add the mashed bananas and stir to combine.
3. In a separate bowl mix the flours, cinnamon, salt, baking powder and baking soda.
4. Add the dry ingredients to the wet ingredients and stir to combine. Fold in the walnuts.
5. Pour the mix into the prepared loaf tin and bake for 50-60 minutes, or until a skewer comes out cleanly and the top is golden brown.
6. Leave loaf to cool in tins for 5-10 minutes before removing.

Store in an airtight container in a cool, dark place for up to three days, or in the fridge for up to five days. It also freezes well.

Shedding light on school sores

School sores is the common name for impetigo; a very common and contagious skin infection caused by bacteria. Impetigo can spread quickly in schools or child care centres – hence the name school sores. It can be painful and itchy, but doesn't usually cause serious problems.

TREATING IMPETIGO

See your doctor if you think anyone in your family might have impetigo, or if you're worried about their symptoms. There are some other conditions which can look similar but need different treatment.

Impetigo causes small sores, usually on the face and hands. The sores may start as a blister and then develop a yellow crust which will fall off, leaving healthy skin. Keeping the sores clean and dry can prevent further infection and help them heal.

Impetigo will usually clear up after a few days, but if it seems to be getting worse the doctor may recommend a different course of treatment. In some cases swabs may need to be taken from the sores to ensure they're treating the right kind of bacteria.

PREVENTING IMPETIGO

Impetigo spreads by touch, so covering sores and general good hygiene, such as frequent handwashing, helps prevent it spreading. Children with impetigo are usually not allowed at school until they've begun treatment, or the sores have cleared up.

It's difficult to stop small children from touching sore or itchy areas of their skin, so it's very common to see impetigo spread from the face to the hands, or vice versa. Keeping their fingernails short and clean may help.

The bacteria which cause impetigo can infect damaged skin more easily than healthy skin, so it's important to be careful with cuts and grazes. People who have dry skin conditions may be more prone to getting skin infections.

People taking certain medications or with conditions which affect their immune system should take extra care if they've been in contact with someone with impetigo, and consult their doctor if they have any concerns.

Could mushrooms be the answer for a safer hair dye?

Conventional hair dyes are notoriously bad for your hair – products containing bleach and ammonia make hair dry and straw-like, and can cause irritation to the scalp. Hair dyes are strongly associated with allergic reactions – the reason that patch tests prior to full application are always recommended.

To dye hair a lighter colour, harsh chemicals are used to strip colour and open the hair cuticles so the dye can penetrate the hair shaft. Even plant-based dyes like henna come with risk of allergies and irritation, and often give unpredictable results. Some of the chemicals in standard hair dyes are also linked to certain cancers, so the development of alternatives could be ground-breaking.

Researchers have been developing an idea of a more natural hair dye – one which, in fact, uses exactly the same mechanism to make colour that our hair naturally uses. Melanin is a material often found in the form

of brown or black pigment which determines the shade of our hair and skin. Since melanin is naturally produced by the body, scientists believe there would be less risk of allergic reactions to it.

Most organisms produce melanin, making it readily available and versatile. Scientists have used enzymes found in mushrooms to make synthetic melanin in a range of natural hair colours. It effectively replaces the natural melanin in hair, instead of removing it. It would be a similar process to conventional hair dyeing, but with the benefit of a more sustainable and natural product.

Using melanin-based dyes also appears to offer the hair a degree of protection from the sun's damaging rays. Synthetic melanin hair dyes are still in the developmental stage, but have huge potential – for allergy sufferers and seasoned hair-dyers alike.

FEBRUARY PRACTICE UPDATE

WELCOME

Goyder's Line Medical will be welcoming two new registrars in February, Dr Michael MacPherson and Dr James Brew. If you see an unfamiliar face around town, don't be afraid to say hello.

COVID

GLMP will continue to strenuously follow any and all Covid-safety protocols that are put in place, whether they are part of our "new normal" or in response to any outbreaks. We thank all of our community members for their diligence and understanding.

SUN SMART

With the hot weather upon us it is important to remember to cover up when in the sun. Australia has the highest rate of skin cancers in the world but fortunately, sun safety is a wonderful preventative to skin cancers. Skin checks are also a wonderful way to monitor any skin spots of concern. Goyder's Line Medical have talented doctors who can remove lesions/moles of concern. Please contact one of our practices to arrange an appointment.

PLEASE BOOK IN ADVANCE

Patients are encouraged to make appointments in advance with a doctor for ongoing health needs:

- Prescription renewals – **organise when you pick up your last repeat from the pharmacy.**
- Appointment to follow up on test results.
- Drivers Licence – **organise when you receive your renewal paperwork.**
- Regular health checks.

Quote: "You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know." — A.A. Milne

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 your concerns.

DOCTOR'S NAME	DATE	TIME
1.		
2.		
3.		
NOTES:		

CROSSWORD SOLUTION

DOWN
 1. OESOPHAGUS 4. INFLAMMATION 6. HEARTBURN
 7. MELANIN 11. GORD

ACROSS
 2. IMPETIGO 3. COPD 5. BLEACH 8. MARGARINE
 9. WALNUTS 10. CLAMMY 12. SPHINCTER 13. CHRONIC

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