



## Look after yourself before the holidays

Christmas and end of year school holidays are often a very busy time for us all. Many of us spring clean the house, or organise the car to be serviced before those long road trips, or get stuck into the garden and really clean it up.

When was the last time you devoted that much attention and energy to yourself?

Our physical health and well-being is a precious gift – and often we just take it for granted until something happens. That's when we pop in for a "quick" visit to our doctor, fix the problem of the moment, and then forget it!

Many things impact on our health – including lifestyle factors like diet and exercise, stress, family history and genetics – the list goes on. Which is why we will often take the opportunity to discuss these things when you come in for other acute problems, or our nurses might take the opportunity to undertake some health screening with you while you are waiting.

So while you are busy making preparations for the traditional festive season, take a moment to think about yourself – when was

the last time you had a decent check-up? We value the time we can spend with patients when appointments are made especially for this purpose. We can then spend the time to really go through your health and lifestyle with you. Our recommendations for screening tests are based on prevention guidelines, issued by reputable organisations like Diabetes Australia, the Royal Australian College of General Practitioners, BreastScreen Qld etc.

**We've heard it before – but it does need emphasising – prevention is better than cure.**

So when you book the car in for the service, take a minute to think about yourself – maybe you should be booking yourself in for a full check up as well.

We wish all of our valued patients and their families an enjoyable festive season, and a healthy new year.



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### Christmas Opening Hours

**We will be Closed**  
**Wednesday 25th and Thursday 26th December 2019**  
**We will also be closed Wednesday 1 January 2020**

Our practice provides 24-hour care for patients through the local after hours deputising services. They can be contacted after hours via our surgery number or by telephoning them directly:

Chevron After Hours - 5532 8666



We know you are busy but please book your women's health check today—you are *important too*

Are you going overseas?

World COPD Day 18 Nov

**HEALTH CONSIDERATIONS BEFORE YOU GO**

- See your doctor for health checks & vaccinations 6-8 weeks before travel
- Know what you are covered for - medical treatment in other countries can be very expensive
- Consider a flu vaccination when embarking on winter travel
- Label medication clearly for customs
- Do some research - health risks vary from country to country
- Pack a small medical kit:
  - headache tablets
  - antiseptic lotion
  - band aids
  - latex gloves
  - sunscreen
  - insect repellent



The Australian Lung Foundation says that if you can answer YES to three or more of these questions, you may have COPD.

- Do you cough several times most days?
- Do you bring up phlegm or mucous most days?
- Do you get out of breath more easily than others your age?
- Are you aged over 45?
- Are you a smoker or ex-smoker?

Talk to your doctor

## 45—49 year old health checks

**Everyone should have an annual check up.**

The aim of this health check is to assist with the prevention of chronic disease and to enable early intervention strategies. It is an excellent opportunity to spend some time with our doctors and nurses for a full check up. Examples of these conditions include diabetes, high blood pressure, arthritis, osteoporosis and heart disease.

Patients who have any of the following risk factors would benefit from the Health Check service.

- Life style risk factors such as smoking, physical inactivity, poor nutrition or alcohol misuse;
- Biomedical risk factors such as high cholesterol, high blood pressure, impaired glucose metabolism or excess weight and
- Family history of chronic disease such as diabetes or High blood pressure.
- Patients who haven't had screening—eg they don't know their numbers for weight, BMI, waist, and blood pressure

## Healthy Patients = Healthy Communities

Population health is about improving the health of communities through targeted interventions for people with particular needs. As a practice we not only work with you to look after the health of each individual patient, we regularly review health of our practice population. In our most recent review we found that many patients are not taking advantage of the health assessment and chronic disease management services to which they are entitled. We also found that many of our patients aren't taking advantage of their women's and men's health checks. These services are important because your health and well being is important. So make the time to prioritise your health. Our wonderful practice nurses, work closely with your treating doctor to ensure you are receiving the most comprehensive patient care.

At Hope Island and Homeworld Helensvale Medical Centres, the nurses perform tests such as ECG and Spirometry at the request of your doctor. They give injections and manage wounds, under the supervision of your doctor and they also undertake health assessments, care planning and care coordination. If you have an appointment to see your doctor, and the nurse calls you in, don't worry. You'll see your doctor as well. Our nurses may call you from the waiting room, to discuss a service to which you may be entitled or to help the doctor by taking your BP and weight for example.

Most importantly however the nursing team at Hope Island and

Homeworld Helensvale Medical Centres, work very hard to ensure that all patients receive the especially complex services, to which they are entitled, through Medicare. These services can be grouped as Health Assessments, Management Plans and Annual reviews and are often complex and time consuming. However, the nurses have the advanced skills and training to prepare and gather the information required by your doctor and these services really do assist your doctor in ensuring you are receiving the best possible care, support and education regarding your healthcare. Although these services may sometimes seem similar, they are in fact quite different services and each assists your doctor in a different way. You may be entitled to receive all of these services through Medicare.

**There are brochures available at reception—and don't hesitate to ask your doctor .**

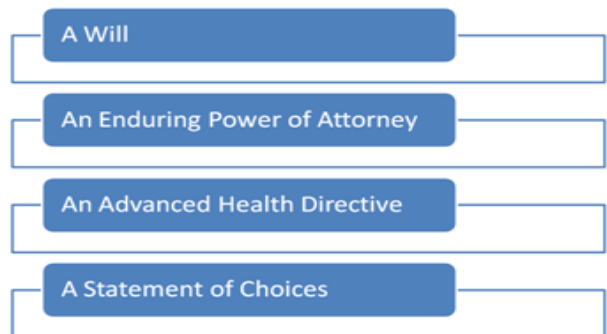
- **Health Assessments for Patients aged over 75 year**
- **Health Assessments for patient aged 45-49 years**

- **Management Plans for patients with chronic disease**
- **Annual Cycle of care reviews for patients with diabetes**

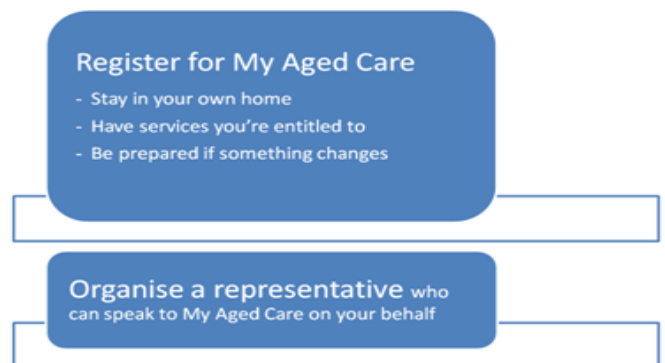


CHOOSE WHAT'S RIGHT FOR YOU.

### Every Australian Adult Should Have



Then once you turn 65 regardless of your health status



## Imagine.....for Summer

With Summer fast approaching now is the time to consider a non-surgical makeover.

Book your appointment now with Dr Hung Nguyen at Hope Island Medical Centre for your favourite treatments including cosmetic injectables and dermal fillers

## Have you been to see your GP lately? Especially when you aren't actually sick?

We all get busy and time flies by, so chances are that unless you've had a particular illness you might not have seen your local doctor for a while. An annual check up is really important and we should make time for it.



## Eating Healthily Over the Holidays

To make the holiday season enjoyable (and not regrettable for the waist line), use the tips below to help you dodge common holiday eating pitfalls.

### Using traditional higher fat recipes

Use lower fat recipes, remember to trim the fat off meats, use minimal added oils when cooking, avoid creamy sauces and use low fat ingredients (such as skim milk) in recipes.

### Including extra soft drink and alcohol

Avoid regular soft drinks as there is 8 teaspoons of sugar in every can! Limit alcohol; try swapping some alcoholic drinks for diet soft drinks, soda water, diet cordial or plain water.

**Eating all day** Set regular meal times, and avoid snacking on extra "nibbles" between meals. Don't leave plates of food on the table between meals – this makes it too easy to grab a little something every time you walk past! Similarly, if you are at a party or gathering, make a point of sitting away from the food so that you are not tempted to eat as you socialise.



**Going back for seconds** Many of us serve buffet-style meals at parties and family gatherings over the holidays. Stick to this simple rule – one plate only, filled once only. If you are still hungry, have extra salads if they are available, or save the tummy room for a small dessert portion as a treat! At the end of the day, Christmas comes by just once a year... one day with a few extra indulgences will not cause too much of a problem... but indulging throughout December and into the New Year will! Save your favourite Christmas foods for Christmas Day – buy only what you need and remember to pass on tempting leftovers to friends or family.

Merry Christmas from the team at Way of Life Nutrition

# MOVEMBER



Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of various cancers, such as prostate cancer. The Movember Foundation runs the Movember charity event, housed at [Movember.com](http://Movember.com). The goal of Movember is to "change the face of men's health."