

Dr Phil Huguenin
MBBS Dip.RACOG DA (Lon.)

Dr Peter Lewis
MBBS Dip.RACOG

Dr Mark Bensley
MBBS Dip.RACOG FRACGP

Dr Clare Stainsby
MBBS Dip.RACOG FRACGP FACRRM

Dr Dong Xu
MBBS MMED PhD FRACGP (casual)

Dr Jacqui McDonnell
MBBS FRACGP

Dr DaMing Chi
MBBS FRACGP

Dr David Selvanayagam
MBBS

Dr Paul Odgers
MBBS

Dr Boriana Grozev
MBBS FRACGP

Dr Yan Lu
MBBS

Dr Muneza Khalid
MBBS

Dr Liying Chen
MBBS

PRACTICE STAFF

Donna Smith (Practice Manager)
Tania Findlay (Nurse Team Leader)

PRACTICE NURSES

Jenny Edwards, Faye Walker,
Tania Findlay, Laura Nicholas,
Sharon Goad, Michelle Bensley,
Nicole Tuckett, Kristy Grabham &
Emma Radmore

ADMINISTRATIVE STAFF

Debbie Paterson, Suzie Alger,
Carmel Chessari, Wendy Sellings,
Barb Lumby, Karon Mackin, Maddie Dixon,
Heidi Greenwood, Lisa Woollard,
Marina Paterson, Meg Newton
& Julie Patterson

SURGERY HOURS AND SERVICES

CONSULTATIONS can be arranged by
phoning. PH: 5655 1355

Monday to Friday 8.30am–6.00pm

Saturday 8.30am–12.00noon

The practice prefers to see patients by
appointment in order to minimise people's
waiting time.

Home visits can be arranged when
necessary. If you need a home visit,
please contact the surgery as soon as
possible after 8.30am.

For After hours emergency medical
attention – at night, weekends or public
holidays please call 03 56542753 where
a nurse will triage your needs and contact
the doctor on call.



**FREE!!
TAKE ME
HOME**

YOUR DOCTOR JANUARY 2020

The healing powers of honey

Honey has been prized around the world since time immemorial for its flavour, as well as its medicinal qualities. Jars of honey dating back to 5,500 years ago were found in a noblewoman's tomb in Georgia, showing how treasured honey has been through the ages.

Honey is delicious

Honey is a sweet substance that bees produce from the nectar of flowering plants. Many types are available depending on the plant type. Honey is loved around the world for its flavour, texture and versatility.

And it's good for you

Honey was used as a healing ointment at least as far back as Ancient Egyptian times, and its popularity as a wound care product has had a recent resurgence. Researchers believe that honey's healing powers come from its antibacterial and anti-inflammatory effects. It also has the ability to nourish surrounding tissue, making it effective for wound healing. Pharmaceutical preparations of honey are now well-evidenced as excellent topical antibiotics with healing properties.

Honey is rich in antioxidants, known for their properties in reducing the risk of cell damage and certain cancers. A growing body of evidence links honey with reduced risk of cardiovascular disease and type two diabetes, due to its action on harmful triglycerides – chemicals linked to insulin resistance and inflammatory disease. Honey is also thought to increase HDL – 'good' cholesterol while decreasing LDL – 'bad' cholesterol.

Honey has been popular for generations as a traditional home remedy for sore throats, hay fever, skin conditions, and coughs and colds. Regular honey is often pasteurised and processed, so raw honey is the best way to maximise potential health benefits.

Drawbacks to honey

Although researchers have found a possible connection between honey and a lower glycaemic index compared to other sugars, consuming honey still means you are consuming sugar, which does affect your blood sugar in some way. Eat only a moderate amount of honey in your diet, or replace processed sugars with honey for a sensible approach.

Current advice from the World Health Organisation is that honey should not be given to infants under twelve months, as in rare cases honey may harbour certain bacteria which, while harmless to older children and adults, can cause serious illness in babies.

In short...

Honey is high in certain substances which are known to promote health and reduce certain diseases. There is compelling evidence for its use in wound treatment, and ongoing research into its potential for reducing the risk of cancer and other serious illness. While honey is high in healthy chemicals, it's also high in sugars – better forms of sugar than most other sweet foods, but still high in calories, so moderation is the key.

WHAT'S INSIDE

YOUR BODY

- Summertime stings
- Robotic surgery
- The liver
- A healthy New Year

YOUR RECIPE

- Honey Apricot Bliss Balls

The liver

The liver is incredible. It's a large organ which sits at the upper right of the abdomen, just under the lungs and diaphragm. It's the heaviest internal organ, and is dark reddish-brown. It receives blood from two main blood vessels, and it performs at least five hundred distinct essential roles in the human body. It's the only internal organ that is able to regenerate, and can actually regrow back to its normal mass even when up to 75 percent of it is removed or damaged.

What does the liver do for you?

Your liver:

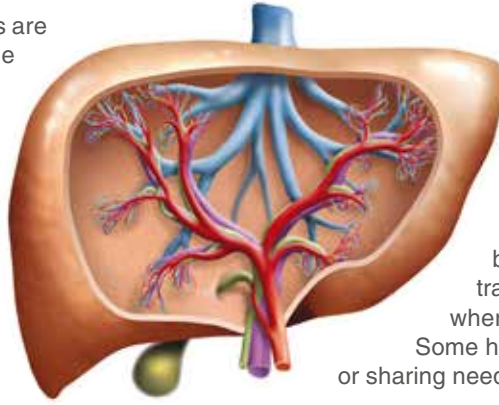
Detoxes – the liver is where most toxins are removed from your blood – it 'cleans' the blood. The liver takes harmful toxins and chemicals which are no longer needed in the body, and breaks them down into a form which can be safely excreted.

Creates protein – in particular, the vital proteins that carry essential chemicals around the body, including hormones, vitamins, iron, and all the factors needed for the human body to form, regulate, and break down blood clots.

Produces digestive enzymes – the liver creates bile, which is stored in the attached gallbladder, and is essential for breaking down dietary fat.

Regulates the amount of glucose released into your bloodstream for energy.

Responds to low blood pressure by releasing a hormone to increase blood pressure.



What can you do for your liver?

A healthy liver is exceptionally good at looking after itself, as well as the rest of the body. However, there are some diseases or conditions which can affect the liver's function. Some problems require medical treatment, but there are steps you can take to help keep your liver healthy:

Follow a healthy diet: the liver is very good at metabolising fat, but large amounts can cause problems like fatty liver disease, closely linked to bad diet and high fat intake.

Limit alcohol: high alcohol intake is also linked to fatty liver disease, as well as cirrhosis – where liver tissue becomes scarred by consistent exposure to the toxins released as it breaks down alcohol.

Avoid exposure to infections known to cause liver inflammation (hepatitis). Hepatitis can be caused by some viral infections. Some of these can be vaccinated against; especially important if you're travelling to high-risk areas, or work in an environment where you might be exposed to blood-borne viruses. Some hepatitis viruses can be spread by unprotected sex, or sharing needles to inject drugs.

Be aware of environmental or occupational toxins – the liver's job is to get harmful chemicals out of your body, but we are exposed to many more toxins than the liver evolved to cope with. In particular, people who may be repeatedly exposed to substances known to be harmful, such as industrial solvents, metals, and some pesticides, should follow stringent health and safety rules at work.

A healthy liver is all you need to detox your blood, and the best way to look after your liver is through eating healthily, maintaining a healthy weight, and exercising regularly. It's just that easy.

WORD SEARCH

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

SATURATED
 ANAPHYLAXIS
 HOLISTIC
 ANTIOXIDANT
 VITAMINS
 CELLS
 TOXINS
 DIABETES
 FAT
 ANTIHISTAMINE
 HEPATITIS
 LIVER
 EXERCISE
 ADRENALINE
 PHARMACIST
 HONEY
 ALLERGY
 INSULIN
 PROTEIN
 HEALTH
 DIET
 TELESURGERY
 BILE
 DISEASE
 HEART
 MEDICINE
 SUGAR
 IRON
 FIBRE
 GALLBLADDER

Summertime stings

However much you love the sunshine, the warm weather brings its own particular irritations; late summer is when the bees and wasps are the most active.

Despite the common misconception, bees and wasps are defensive, not aggressive. Usually, just staying calm and still, or walking away from the insect will prevent any incident.

Bees have barbed stingers which remain stuck in the skin, causing the death of the bee and the challenge of removing the stinger without releasing more venom. It should be carefully scraped off the skin, not squeezed. Wasps have retractable stingers so they can sting multiple times when provoked. They will actively defend their nest, and will do so in large numbers.

First Aid

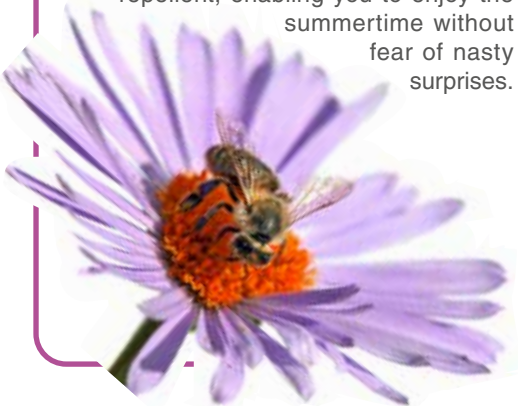
Mild and moderate reactions to wasp stings can be treated at home with a few simple remedies such as cleaning the wound and applying ice. If you need further relief consult your pharmacist for a cream to calm the irritation and itching. Taking an antihistamine tablet can also help, and antihistamine creams are also available, marketed specifically for stings and bites.

In an emergency

Most people only have mild (yet painful) local reactions to wasp or bee venom – pain and swelling just around the site. However, there are people who have significant allergic reactions to insect stings or bites. If the person who has been stung suddenly becomes unwell; or has any reaction involving swelling of the face, lips or tongue, or breathing difficulties, this is a medical emergency and requires immediate assistance.

Some people with a severe allergy to insect venom may experience a reaction called anaphylaxis. They may carry an EpiPen or similar – a pre-prepared needle and syringe containing epinephrine (adrenaline) which is usually injected into the thigh muscle, and should reduce the swelling of the airway. This will buy time, but the affected person still needs emergency treatment, as anaphylaxis will typically last longer than the effects of the injection.

Remember that prevention is better than cure, and the risk of a bite or sting can be reduced by avoiding nests, keeping calm, covering food, and wearing insect repellent; enabling you to enjoy the summertime without fear of nasty surprises.



Tips for summer safety

Many Australians suffer from sun and heat-related stress and illness every year.

Follow some simple precautions to keep safe in the heat:

- **Keep hydrated**
Drink plenty of water - the more you move the more you need
- **Plan your day**
Try to avoid being outdoors between 11am and 4pm
- **Seek shade**
Keep in the shade, or take a sun umbrella
- **Avoid alcohol and caffeine**
They can make dehydration worse.
- **Cool off**
Take a tepid shower or bath, or a dip in the water
- **Eat fresh**
Try eating cold, healthy foods such as salads or fruit
- **Dress cool**
Wear hats, and light, loose natural clothing
- **Sunscreen**
Choose an effective sunscreen, follow the application instructions
- **Check others**
Take care of others who may be vulnerable to heat



Here's to a healthy New Year!

The arrival of another year is often a time when we reflect upon the past, but more importantly, forward to the year ahead. It's a time to consider the changes we want, (or need) to make, and a time to resolve to follow through on those changes.

Many of these resolutions revolve around eating better, losing weight, and improving our health. You can take a holistic approach to a healthy body with these suggestions...

EXERCISE

Getting a regular mix of cardiovascular training (for the heart and lungs), strength training (for the muscles and bones), and flexibility (for the tendons and joints), will keep your body mobile, minimise the risk of many lifestyle diseases, boost your self-esteem, and fill your body with energy. Exercise doesn't have to be a formal activity; you just have to move every day!

EAT 'HEALTHY'

Being healthy is a balancing act between being active and eating sensibly. You can reduce the risk of a range of health problems by maintaining a healthy body weight. Cut back on sugar, alcohol, salt and saturated fats. Eat a wide variety of nutrient-dense food such as vegetables, fruit, whole grains, healthy fats and lean proteins. In addition, ensure you are drinking enough water, as every system in your body depends on hydration.

REST

You might feel "fine" on five hours of sleep, but your body probably disagrees! During sleep you are actively restoring, repairing, and strengthening your body. It's also vital for efficient brain functioning. The average adult requires between seven to nine hours a night.

THINK POSITIVELY

Laughter really is great medicine, especially when it comes to managing stress. Laughter decreases the release of stress hormones, while increasing the release of 'feel-good' endorphins. Laughter has also been shown to boost immune activity in the body.

MAINTAIN BRAIN HEALTH

Living a mentally active life is as important as regular physical exercise. Stimulate your brain with reading, games, and puzzles, or learn a new skill. Try activities that require manual dexterity as well as mental effort, such as drawing, painting, or playing an instrument. Brain-challenging activities can help establish more connections between nerve cells, and may even help the brain generate new cells.

CONNECT WITH OTHERS

Friends are good for your health and wellbeing. Spending time with friends and family helps enhance happiness, lessens sorrows, and increases your sense of belonging and purpose. Helping others fulfils many basic emotional needs for both the helper and recipient.

Now is the best time for a healthy start – happy New Year and happy new you!

Robotic surgery today

Robotic surgery sounds like the stuff of science fiction, but is actually a reality at the cutting edge – literally – of medical research and development. Even before robotic surgery was an option, surgery was trending towards minimally invasive procedures. Minimally invasive surgery generally means better outcomes; as long as there's enough room for the surgeon to manoeuvre instruments and see what they're doing – that's where the robotic arm comes in.

Robotic arms have surgical instruments attached to them and are controlled by the surgeon from a computer near the operating table. A tiny camera can be inserted giving the surgeon a magnified, high-definition, 3D view of the surgical area. Surgeons are able to make smaller incisions and use tiny instruments, causing fewer traumas, reducing the risk of bleeding or other complications, and significantly shortening recovery times. Smaller holes mean smaller scars, less damage to muscles or other tissues, less risk of infection, and potentially quicker surgery.

The cutting edge

Robotic surgery also means more sophisticated instruments; multi-armed machinery able to perform tiny intricate procedures under the full control of the surgical team. And even the instruments themselves are getting cleverer – the iKnife, which analyses tissue as it cuts,

can instantly tell the difference between diseased and healthy cells. There is also the 'mechanical leech', which can be used to apply a set amount of suction and deliver blood thinning medication to improve blood flow and promote healthy tissue after reconstructive surgery.

The future of robotic surgery

When there are instruments that can be controlled remotely, and as reliable connectivity improves around the globe, the logical jump is to 'telesurgery' – remotely operated robotic surgical arms. A video link to an experienced surgeon who controls the robot arms, instruments and internal camera, means that complex surgery may not be restricted by geography. Telesurgery could mean being operated on by the best surgeon for your condition, without the risk of travelling to get to them. It could mean lifesaving, expert surgery in remote regions – just as long as they have the equipment and technical staff. It also may be an answer to the worldwide shortage of surgeons.

From telesurgery, the next leap is to fully autonomous robot surgeons – with increasingly sophisticated machine learning, the potential is there to perform surgery with almost no human involvement. This could reduce many of the risks associated with surgery, but could also raise a natural human aversion to totally automated medical procedures... only time will tell.

TIPS FOR STAYING HEALTHY OVER THE HOLIDAYS

1. **Don't binge for the whole holidays, try to keep a healthy eating routine through the holiday period as much as possible.** Remember, Christmas is only one day! If you stock up on too much food for the holidays and new years, you're setting yourself up for at least a month of overeating.
2. **Whilst chocolate and biscuits are yum, try to have healthy, fresh foods available,** like stone fruits, berries, salad and seafood as long as it's not battered and deep-fried. Grilling and barbecuing are the healthiest cooking options.
3. **Limit portion size.** Have smaller helpings of favourite foods and eat slowly. Don't eat the whole pavlova now ...because there will always be pavlovas in the world! Our plate sizes are 25 % bigger now than they used to be.
4. **Stay hydrated,** with the warmer weather it's important to drink plenty of fluids with water being the best choice. Try to limit the amount of soft drinks and alcohol. Did you know that 1 in 5 adults exceed Australia's lifetime alcohol risk guidelines? Try to space alcoholic drinks with non-alcoholic alternatives like soda or mineral water with fresh fruit. A beer or wine is equivalent to 600 kilojoules which takes a 20 run or 30 minute walk to burn off.
5. **Maintain some regular exercise.** Summer holidays can provide a great opportunity for some fun activity to help burn off those extra kilojoules – a walk around the streets to see the neighbourhood Christmas displays, backyard cricket, a swim. The longer daylight hours make it easier, it's important to be careful in the heat. It is not recommend to exercise too much in the heat, alternatively you could go for a walk in the early morning or late evening when it's cooler.
6. **Make smart food choices.** If you're going out for dinner, then have a lighter lunch or plan to do some extra exercise that day – or have a healthy snack to take the edge off hunger. If you arrive at the party hungry you are far more inclined over indulge. At the party, stand a little away from the food table. Reach for a soda and fresh lime to drink and rather than trying all the foods on offer at a party, choose a few favourites.
7. **Reduce Stress** – Shopping, preparing and cleaning for Christmas with lots of people and extended family can lead to undue pressure and tension. Try to relax where possible and enjoy the day, maybe try going for a walk.
8. **Be sun smart** – remember your sunscreen and hat when enjoying the sunshine. Avoid the middle of the day as this usually is the hottest.
9. **What if we do over-indulge? (as we invariably will!) Enjoy it! Try to avoid it becoming a whole week or all of December and January.** A few extra biscuits don't need to become the whole packet! It's not the couple of biscuits that does the damage, it's the attitude that it's 'bad' and you may as well give up and eat the lot! So, have a biscuit or two and enjoy them, rather than letting a few turn into the whole packet that you end up not enjoying at all.
10. **Most importantly Have fun!** The holidays are a time for catching up with our loved ones, time to make special memories so try not to be too hard on yourself and try to remember everything in moderation.

We would like to wish you all safe and happy holidays from everyone here at the clinic.

Honey Apricot Bliss Balls

These delicious bliss balls are the perfect energy snack and great for parties and summer picnics.

Makes about 16.

Ingredients

- 1 cup dried apricots, roughly chopped
- ½ cup almonds, roughly chopped
- ½ cup almond meal
- ½ cup shredded coconut
- ¼ cup tahini
- 3 Tbsp honey
- 2-3 Tbsp shredded coconut for rolling

1. Place all ingredients (except coconut for rolling) into a food processor.
2. Process lightly until a chunky mixture forms. Shape into even-sized balls, then roll in the coconut.
3. Store in an airtight container and keep in the fridge.



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...