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Debbie Paterson, Suzie Alger, Wendy  
Sellings, Barb Lumby, Maddie Dixon,  
Lisa Woollard, Marina Paterson, Julie  
Patterson, Genine Gilbert & Amber Cull

#### SURGERY HOURS AND SERVICES

CONSULTATIONS can be arranged by  
phoning. PH: 5655 1355

**Monday to Friday** 9.00am–5.30pm

**Saturday** 9.00am–12.00noon  
(phone lines open at 8.30am)

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.

# YOUR DOCTOR

JUNE 2021

FREE!

## This month we talk about...



**CONJUNCTIVITIS:  
SORE EYE EYESORE**



**CATCHING  
CHLAMYDIA**



**THE FUTURE OF  
BONE REPAIR**



**WHAT ARE  
POLYPS?**

## You can reduce your AGEs and help your health - here's how

AGES stands for advanced glycation end products, which are harmful compounds that are created when protein or fat combines with the sugar in our blood. We make AGEs naturally in our bodies – but an excess is harmful and most of that comes from our diet.

Fortunately, your body is designed to get rid of these harmful compounds, however when you consume too many AGEs your body can't keep up with eliminating them, and they accumulate. If you regularly cook certain foods at a high temperature – such as frying, roasting and barbecuing – or eat large amounts of processed foods, your AGE levels are probably high. This can have serious effects on your health.

### Limiting AGEs in your diet has been shown to help lower the risk of many diseases



#### WHY ARE AGEs A PROBLEM?

AGEs increase oxidative stress, causing an imbalance in the body's natural process of keeping itself healthy. In the long-term this can lead to inflammation and cell and tissue damage, contributing to an increased risk of a wide range of diseases.

Serious chronic conditions like heart disease, type 2 diabetes, kidney disease, cancer, and some forms of dementia are more common in people with higher levels of AGEs in their body. Higher levels of AGEs in our diet increase the amount in our body, and directly increase the risk of those diseases known to be linked.

The modern diet, high in AGEs, is thought to be partly to blame for recent increases in the incidence of many chronic diseases. Fatty, highly processed foods are unhealthy in their own right, as well as contributing to obesity, which in turn is a risk factor for a number of life-threatening conditions.

#### REDUCING AGEs IN YOUR DIET

Changing the way you cook is a good start if you're trying to reduce the amount of AGEs you consume. Dry heat is a particular culprit, so cooking things slowly and keeping them moist helps limit AGEs. A slow cooker is a useful (and tasty) way of cooking food. Cooking high fat, high protein foods creates more AGEs than cooking low-fat plant-based foods, even at the same temperature.

Certain foods are high in AGEs, particularly high protein animal foods like meat and high fat dairy products. Margarine, oils, and nuts also produce high levels with heat. The highest level of AGEs is in processed foods (e.g. chips, crackers, and biscuits) due to the dry cooking methods as well as the ingredients.

Eating food that's high in antioxidants not only reduces your overall intake of AGEs, but helps your body get rid of those that you take in from other sources. Following a healthy diet rich in fresh, raw fruit and vegetables, whole grains and legumes will reduce your intake of AGEs, improving your overall health in all kinds of ways!

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

# What are polyps?

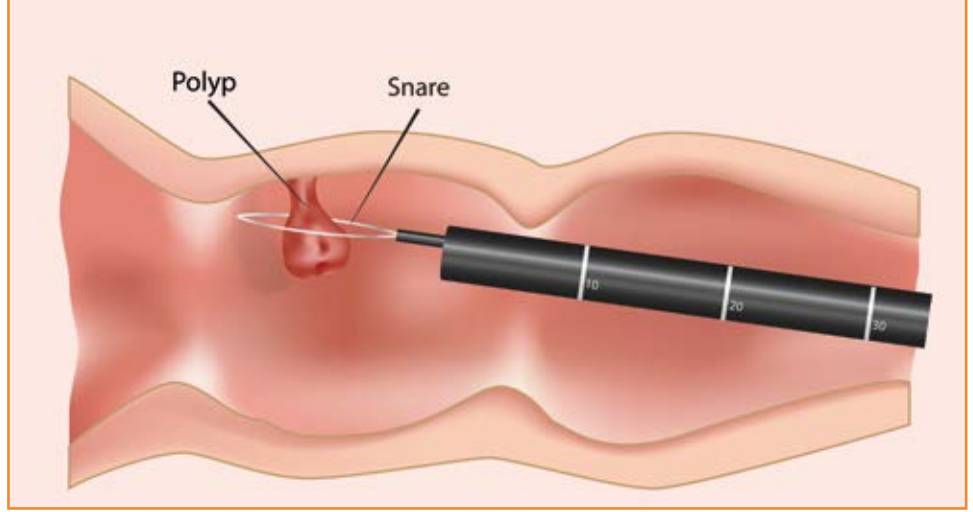
Polyps are small growths, sometimes flat and sometimes on a stalk. They're fairly common, and can develop in many different parts of your body.

Most polyps are benign, particularly when they're small, but they can develop into cancerous growths. If a polyp is suspected of being pre-cancerous or cancerous, it can be removed then sent to be examined for abnormal cells. The risk factors, treatment options, and symptoms of polyps depend on where they are.

## COMMON LOCATIONS

**Colon** – polyps in the bowel can cause symptoms like blood or mucous in our stools and can sometimes develop into cancers. They can be removed during a colonoscopy or sigmoidoscopy – a procedure where a doctor looks into your bowel using a long thin tube. Tiny tools can be passed through this tube to remove polyps or to take samples for testing.

**Stomach** – polyps in the stomach can be removed during a gastroscopy. Similar to the colon procedure, a fine tube is passed down the throat to look into the stomach and top of the small intestine. This tube can also be used with specially designed tools for polyp removal and tissue samples.



**Throat** – throat polyps tend to be associated with physical trauma to the vocal cords, this could be something as simple as shouting loudly. They can also be caused by damage from stomach acid in the throat in people who have acid reflux. Polyps on the vocal cord may need to be surgically removed to stop them affecting the voice.

**Uterus** – uterine polyps can cause irregular periods or unexpected vaginal bleeding, such as bleeding after menopause. They become more common with age, though young women can get them too. Uterine polyps in young women can affect fertility, so you may be advised to have them removed if you plan to have children.

**Cervix** – cervical polyps cause symptoms like vaginal bleeding after sex or between periods. Sometimes they don't cause any symptoms and are only spotted at a routine examination. Polyps on the cervix are more commonly found in women who've had children, after menopause.

Other places on your body where it is not unusual for polyps to develop include the bladder, ear canal, and nostrils.

The best way to help prevent polyps is to follow a healthy lifestyle; stop smoking, limit your alcohol intake, and follow a balanced, high fibre diet, combined with plenty of exercise.

# WORD SLEUTH

*How many words can you find that have been used somewhere in this edition of Your Doctor.*

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

- AGES
- ALLERGIES
- BACTERIA
- BENIGN
- BLOOD
- CELLS
- CERVIX
- CHLAMYDIA
- CHRONIC
- COLON
- COLONOSCOPY
- CONJUNCTIVITIS
- EYE
- EYELASHES
- FAT
- FIBRE
- GASTROSCOPY
- INFECTION
- INFLAMMATION
- LIVER
- PARTICULATES
- POLYPS
- PUS
- SEPSIS
- SKELETON
- SUGAR
- SURGERY
- SYMPTOMS
- TRAUMA
- UTERUS





## RICE PAPER ROLLS

Try this deliciously fresh, healthy snack – perfect for entertaining or tucking into your lunchbox. Want some protein? Try adding tofu, cooked prawns or shredded poached chicken breast.

### INGREDIENTS

|                                  |                                |
|----------------------------------|--------------------------------|
| 80g Vermicelli rice noodles      | 1 cup finely shredded bok choy |
| 1 carrot, finely grated          | Coriander leaves – whole       |
| 1 cucumber, finely sliced        | Mint leaves – whole            |
| ½ red capsicum, finely sliced    | Rice paper wrappers            |
| ½ yellow capsicum, finely sliced |                                |

### METHOD

1. Place rice noodles in a bowl of boiling water for 5 minutes or until soft. Drain noodles, and cut into shorter lengths – approximately one third of original size.
2. Place noodles, vegetables and herbs in a bowl and toss to combine.
3. Place one sheet of rice paper in warm water until it softens.
4. Place softened sheet of rice paper on a board and spoon 1/3 cup of vegetable filling horizontally across the lower part of the sheet.
5. Fold the bottom end of the sheet over, followed by the sides, then roll up tightly.
6. Repeat for remaining sheets and mixture. Serve with a dipping sauce.

## Could you catch chlamydia?

Chlamydia is a sexually transmitted infection (STI) which can cause serious health problems. It's the most common STI in New Zealand and Australia, and spreads easily through vaginal, oral, and anal sex.

Symptoms can include bleeding between periods or after sex, pain during sex, a burning sensation when you urinate, and a discharge from the vagina or penis. However, around half of men and three quarters of women with chlamydia don't have any symptoms at all, so without regular screening the condition may go unnoticed for years.

Being unaware of an STI means it's more likely to be passed on, as it might not seem so important to practice safe sex when you don't see or feel anything wrong.

### COMPLICATIONS OF CHLAMYDIA

Left untreated chlamydia can cause pelvic inflammatory disease (PID). This is a serious condition where infection of the female reproductive organs can cause infertility or life-threatening sepsis. Having chlamydia while pregnant increases the risk of miscarriage; and the infection can also be passed on to the baby, causing serious eye and lung infections.

In men, chlamydia can spread to the testicles and the tubes that carry sperm, causing pain and fertility issues.

### PREVENTING CHLAMYDIA

Practicing safe sex is essential. Using a condom or dental dam when having sex dramatically reduces the chances of

passing on or catching STIs. It's a good idea to be screened for STIs regularly if you change sexual partners, and make sure they get screened too.

If you're diagnosed with chlamydia, it's important to let your recent sexual partners know and encourage them, (and their recent sexual partners), to get tested. Nobody likes phoning their ex to tell them they might have passed on an STI, but it's the right thing to do, and has huge implications for the health of everyone involved.

If it's caught early, chlamydia is very easily, effectively, and painlessly treated. See your doctor, or go to a sexual health clinic if you suspect you have it, or may have been exposed to it.

## Conjunctivitis – a sore eye, and an eyesore

Conjunctivitis is a common condition which affects the eye. The white of the eye can appear pink, so conjunctivitis is sometimes referred to simply as 'pink eye'.

It can affect one or both eyes, and can make your eyes feel very sore, gritty, and itchy. It's tempting to rub them when they're like this, but rubbing inflamed eyes causes more irritation and can make conjunctivitis worse.

### WHAT CAUSES CONJUNCTIVITIS?

Anything that irritates the eye and causes inflammation can trigger a case of conjunctivitis. Some common causes are:

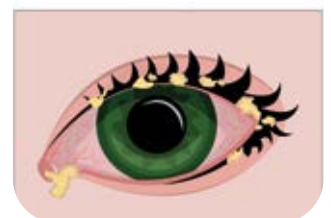
- Allergies can make eyes swollen, red, weepy and sore. Over-the-counter antihistamines and eye drops designed for hay fever can help, but if allergies are difficult to manage, see a GP.
- Bacterial infections can cause yellow or green pus on the eyes and lashes. The bacteria that cause this kind of conjunctivitis can be passed on, so it's especially important to wash hands frequently, and avoid touching your eyes.

- Irritants such as household chemicals can cause sore eyes, particularly cleaning products.
- Particulates such as dust and sand can irritate and inflame the eye.

### COMPLICATIONS

Most cases of conjunctivitis clear up easily with simple home treatment – bathing your eyes with cooled boiled water using clean cotton pads or cloths can help to reduce the symptoms. If your eyes are very weepy or producing pus, eyelashes sometimes stick together, particularly on waking in the morning. Bathing them with clean water should help – trying to force your eyes open when the lashes are stuck together can pull eyelashes out! Contact lenses shouldn't be worn during a bout of conjunctivitis, as they can make it worse.

There are over-the-counter remedies for allergies, and a pharmacist can give advice on managing conjunctivitis. It's best to see your GP if conjunctivitis doesn't clear up within around two weeks, if it keeps recurring, or if the eyes are producing a lot of pus.



# 3D bone printing – the future of bone repair

3D printing technology has come a long way in recent years, we've moved on from the simple extruded plastic of early designs. Scientists have found ways to use 3D printing with living cells which mimic and replace parts of bones lost through surgery, trauma, congenital defects or cancer.

Previously, bone grafts would be taken from another site on the same patient – for example, a portion of bone from a hip or rib might be used to rebuild facial bones after an injury. Using the patient's own bone means there is less chance of rejection as the body doesn't treat it as a foreign object. However, this technique has obvious drawbacks – it creates another surgical wound and removes healthy bone from its original position.

3D printing techniques can now use an individual's own cells to create a structural pattern. Bones are repaired with a material that doesn't just replace the lost areas without fear of rejection, but actually begins to grow and repair by itself.

Using medical imaging to see a patient's skeleton and soft tissues means that replacement bone parts can be created to fit, reducing any changes in their appearance after surgery.

Some of the newest techniques mean that the structures to repair bones can actually be printed and ready for action within the operating theatre during surgery, allowing surgeons to adapt them to any changing needs. Some modern bone materials can actually be printed directly onto the patient's bone in surgery for a perfect fit.

Technology which allows 3D printing using a patient's own cells has potential applications even beyond bone repairs, and research is ongoing into ways to print parts of damaged organs, including heart valves and liver tissues.



## 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:

**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.

## RETURNING TO COVID "NORMAL"

The last 12 months have certainly been different for everyone, and there lots of changes to how we do things. Here at the clinic we also had to adapt to the pandemic and restrictions that have been implemented by the department of health. Some of these included: restricting the amount of patients we were allowed to see at the clinic, the introduction of telehealth appointments, compulsory masks, and patients having to wait in their cars instead of in the waiting room. But as we are now learning to live with the pandemic, things that were put on hold are now important to follow up. Below are some of the additional services that we offer at the clinic, and whilst some things have been modified to be Covid safe it's important not to put these important health checks off any longer.

### SKIN CLINIC

Are you concerned with any spots or bumps on your skin? Then you should book in our skin clinic for a skin check by Dr Mark Bensley. Skin clinic runs every Tuesday.

### WOMEN'S HEALTH CLINIC

This is a clinic that runs once a fortnight specifically for women's health. They are 30 minute appointments that include not only cervical screening, provided by one of our nurses trained in women's health, but also a discussion on women's issues regarding health and education.

### LIFE PROGRAM

Are you at risk of developing type 2 diabetes, heart disease or stroke, have a BMI >35? Then this is the program for you! The life program is a FREE program that is run fortnightly for 8 weeks. During this time we discuss lifestyle changes that can dramatically reduce your risks of developing type 2 diabetes, heart disease and stroke. The program includes a session with a dietician to discuss food labelling and better food choices, and a session with a physiotherapist to explain ways we can get moving at home. Our programs are currently offered online or over the phone.

### SMOKING CESSATION SESSION

We are all aware how hard it is to QUIT smoking, research shows us that the more support we receive the more likely we are to succeed. Here at the clinic we offer QUIT sessions with the nurse and GP. During these sessions we help you develop a plan to QUIT. These sessions are available at the clinic every day, if you are interested please ask your GP

### IMMUNISATIONS

We offer a variety of immunisations here at the clinic, from childhood immunisations including catch up schedules, teenagers (particularly those that are a bit concerned about having a needle), through to adult immunisation such as flu, pneumonia and shingles vaccination. We have a team of nurse immunisers and GP's who can advise you on the right vaccinations for you.

### CHRONIC DISEASE MANAGEMENT

If you have a medical condition that lasts longer than 6 months, please discuss this with your GP as you may be eligible for a Chronic disease management plan. This is a detailed plan to help you manage your condition. If eligible you may even be entitled to some rebates for allied health care.

### ASTHMA EDUCATION

If you suffer from asthma then you should have an asthma action plan. For children and teenagers these action plans are required by schools and need to be updated annually. We have an asthma educator who will discuss with you your current medication, if you are using them correctly and also develop an action plan for when your asthma flares up.

### WOUND MANAGEMENT

Do you have a non healing ulcer or acute wound that needs attention? Our nurses are highly skilled and offer wound care services in conjunction with your GP. There may be additional costs associated with this service, please discuss this with your doctor.

These are just a few of the additional services that we provide here at the Korumburra medical centre. If you would like any more information about any of these services please ask any of our reception or nursing staff, or talk to your GP.

*Our newsletter is free! Take a copy with you.*