

# THEODORE MEDICAL CENTRE

Ninth Ave (Hospital Grounds)  
Theodore 4719

P: (07) 4993 1371 (24 hours)  
F: (07) 4993 1857

practice.manager@theodoremedical.com.au

## Health Improvement Hub

P: (07) 4993 1279

health.improvement@theodoremedical.com.au

*Theodore Medical – providing better health outcomes for Indigenous Australians.*



**We all Stand on Sacred Ground:**

Learn, Respect & Celebrate  
Theodore NAIDOC Celebration:  
Saturday July 11 • 10am - 4pm  
• Theodore Football Grounds •

## Dr Bruce Chater

MBBS (Hons) Qld FRACGP DRANZCOG (Adv)  
FACRRM FACNEM

## Dr Adele Love

MBBS (Hons) Qld FRACGP GradDip Rural GP  
DRACOG FACRRM

## Dr Elizabeth Clarkson

MBBS, BSc FRACGP, FACRRM

## Dr Sabiena van Es

MBBS, BSc

This practice provides a comprehensive rural general practice including surgery, anaesthetics and obstetrics. Also available on-site is a wide range of diagnostic services including x-ray, ultrasound, hearing, heart and breathing tests. Other services include acupuncture, back manipulation and pharmacy.

## MANAGEMENT

### Operations Manager

Anne Chater

### Practice Manager

Natalie Dunk Andrews, including RN & Diabetes Educator

### Assistant Practice Manager

Danielle Martin, including Aboriginal Health Practitioner

## OFFICE STAFF

### Reception

Margaret Hedington and Nicky Muller

### Nursing

Alix Conroy (RN), Leah Hewitt (EEN),  
Lisa Fredriksson (AIN), Brooke Sparrow (RN),  
Hailey Keene (RN)

### Aboriginal Health

Shontelle Bradden-Beezley (AHA)  
Tamia Kyle (SBT)

### Health Improvement

Hailey Keene (RN), Lisa Fredriksson (AIN),  
Ashlynn Wrigley (SBT), Scout Dickson (SBT)

### Medicals

Shekaylah Dodd and Nicky Muller  
Medicals Assistants in Nursing

**Cleaning** Dianne Beezley, Jarlin Bayles  
and Allison Lindermann

**Laundry** Shirley Mills

## SURGERY HOURS AND SERVICES

Consultations by appointment.

**Mon, Tue, Thu & Fri** 8:15 am – 5:00 pm  
**Wed** 8:15 am – 2:30 pm

Emergencies and public holidays as required.

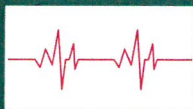
**URGENT** medical problems are dealt with promptly.

**HOME VISITS** are made when necessary.

**AFTER-HOURS** – for urgent medical problems after hours (nights, weekends & public holidays), please call the hospital on 4990 3000.

# YOUR DOCTOR

JUNE 2023



IS YOUR HEART  
RATE NORMAL?



REDUCE BOWEL  
CANCER RISK



BREAK THE  
SILENCE



NAPPY  
RASH

*Compliments of your GP*

## Fibre is essential for good health: here's why

With Bowel Cancer Awareness Month in June, it's a good reminder to pay attention to dietary fibre and all it can do to keep your bowel and body happy.

The Heart Foundation recommends that women eat 25g of dietary fibre per day and 30g for men; however most Australians eat less than this. Fibre is even more important as you get older, as your digestive system slows down with age.

### How does fibre help your body?

Foods that are high in fibre are usually good sources of vitamins and minerals, as well as other important nutrients which all contribute to good health.

The main job of fibre is to keep your digestive system healthy, but it's also beneficial for weight control, diabetes management, and even protecting your body from bowel cancer and heart disease.

Fibre also plays a role in stabilising blood sugar and cholesterol levels, which can help prevent a range of conditions, such as heart disease and type 2 diabetes. A low-fibre diet can lead to colon cancer, obesity, haemorrhoids, constipation, and so many other preventable conditions.

### What foods contain fibre?

Fibre is found in plant products, like fruits, vegetables, and cereals. There are two types which everybody needs to include in their daily diet: soluble and insoluble. Most plant foods contain a mixture of both.

Insoluble fibre is part of plant cell walls which helps to keep our bowels regular.

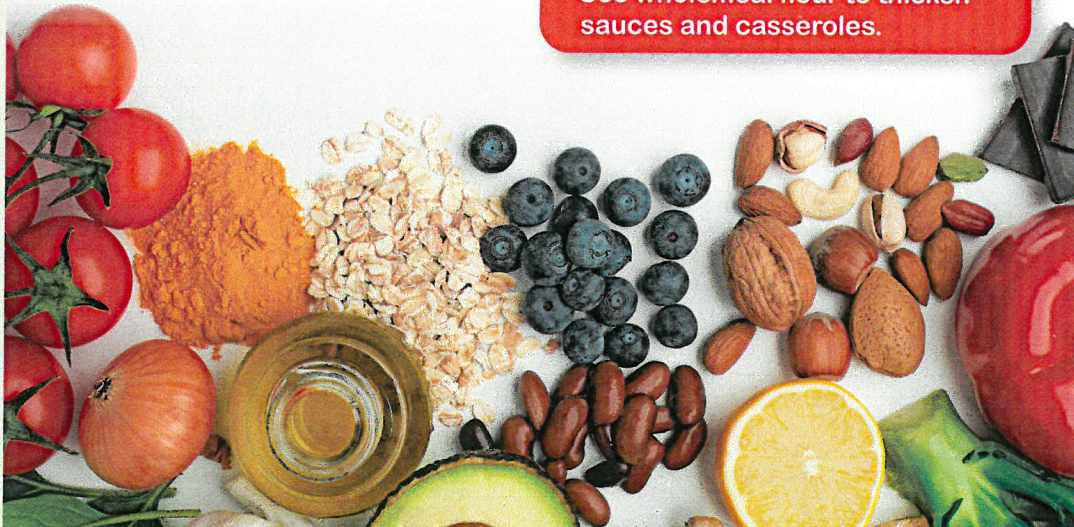
Good sources are found in the skin of fruit and vegetables, whole grains, nuts, seeds, and beans. Insoluble fibre helps to add bulk, and to prevent constipation and associated problems such as haemorrhoids.

Soluble fibre mainly exists in plant cells and one of its major roles is to lower LDL (bad) cholesterol levels. You can get plenty of soluble fibre from fruit and vegetables, peas, lentils, oat bran, seeds, and soy products such as soy milk. Soluble fibre can also help with constipation by acting as a sponge, making bowel contents softer and easier to move.

Drastic increases in fibre consumption may cause discomfort such as flatulence (wind) in some people, so increase your intake slowly until your body adjusts. Eat a variety of nutritious food to get each type of fibre, drink plenty of fluid to help it work efficiently, and enjoy the benefits of better health.

### 5 ways to get more fibre

- Check the fibre content on packaging and choose foods with at least 4g fibre per serve.
- Replace white bread with wholemeal or wholegrain bread.
- Eat wholemeal crackers topped with avocado and tomato.
- Try brown rice, cauliflower 'rice', or quinoa instead of white rice.
- Use wholemeal flour to thicken sauces and casseroles.



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



## Pear and apple crumble

### INGREDIENTS

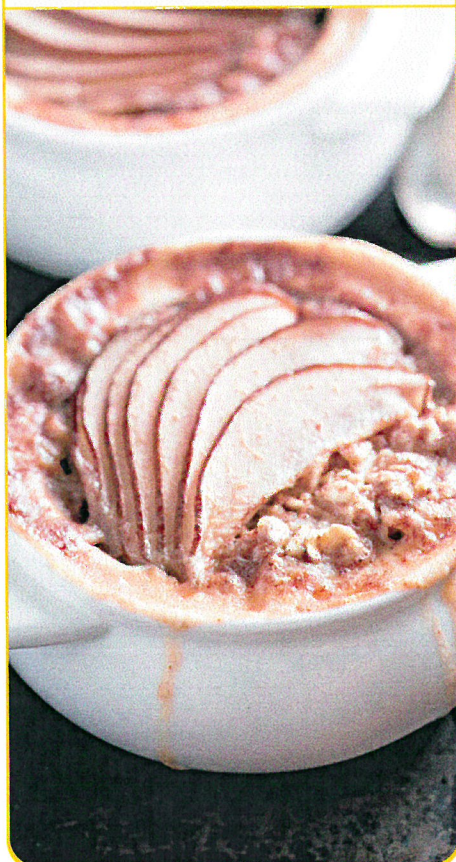
- 4 pears, diced
- 4 apples, diced
- 1 cup ground almonds
- ½ cup oatmeal
- ¼ cup coconut oil, melted
- 2 Tbsp honey or maple syrup
- 1 tsp cinnamon
- ¼ tsp ground ginger

### METHOD

1. Preheat oven to 180 degrees.
2. Mix pears and apples and place into a large baking dish, leaving room for the topping.
3. Combine remaining ingredients in a bowl, then sprinkle over the fruit.
4. Bake for approximately 30 minutes until golden and bubbling. Allow to cool for 10 minutes before serving, as the fruit will be very hot.

### Options

- Add a handful of frozen berries into the fruit mix for some pops of colour.
- Add rhubarb to the fruit.
- Mix chopped walnuts through the topping.



## BOWEL SYMPTOMS? SEE YOUR GP

**B**lood in your poo  
**O**bvious change in your bowel habit  
**W**eight loss you can't explain  
**E**xtrême tiredness for no reason  
**L**ump or swelling in your abdomen

## Breaking the silence: understanding and supporting young men with depression

Depression is a common mental health condition affecting many people in Australia regardless of age, gender, or background. However, studies have shown that young men are more likely to experience depression than any other demographic group.

According to Beyond Blue, a mental health organisation in Australia, one in seven young men aged between 16 and 24 experience depression or anxiety each year. The reasons behind this are complex, but one of the most common is the expectations from society that men face to be strong, independent, and successful. These expectations can lead to feelings of isolation, inadequacy, and worthlessness, which can trigger depression.

### What are the signs and causes?

Depression usually develops because of a combination of issues, but some of the most common causes in young men include stressful life events (such as unemployment), loneliness, trauma, and drug and alcohol abuse. Additionally, young men who have a family history of depression or who experience chronic illnesses may be at a higher risk of developing depression. Sometimes there is no clear cause.

Recognising the signs of depression can be challenging as many men may feel reluctant to talk about their feelings. There's a lot of pressure on men to be 'manly', and not to show emotions or ask for help. In young people sometimes the signs are often dismissed as 'just a part of growing up or being a teenager'.

Common signs include:

- persistent sadness, anxiety, or hopelessness
- loss of interest in activities once enjoyed
- difficulty concentrating or making decisions
- changes in sleep patterns, appetite or weight
- fatigue, lack of energy, decreased motivation
- thoughts of suicide or self-harm
- feeling angry or irritable
- feeling physically unwell

### How to help

If you know someone who may be experiencing depression, there are several ways you can help. Firstly, it's essential to encourage them to seek help from a health professional such as a GP or a psychologist. They can also contact support organisations such as Beyond Blue or Lifeline for assistance.

Secondly, you can offer your support by really listening to them, showing empathy and understanding. It's crucial to avoid judgement or criticism and instead offer encouragement, reassurance, and practical help.

Finally, you can help by encouraging them to practice self-care and engage in healthy activities such as exercise, healthy eating, and mindfulness meditation. Encourage them to set achievable goals, such as taking a walk or practicing a hobby, and help them develop a support network of family and friends.

In conclusion, depression is a common mental health condition affecting many young men in Australia. Understanding more about it and how to help is crucial to support those in need. By offering empathy, support, and professional help, we can help everyone overcome depression and lead healthy, fulfilling lives.



**If you are going through a hard time, reach out for help - it can make a real difference having someone to talk to and listen to what you have to say.**



## How to reduce your risk of bowel cancer

Bowel cancer is Australia's second deadliest cancer. In fact, bowel cancer claims the lives of around 103 people in Australia every week, but it is treatable if detected early.

### What are the risk factors?

Bowel cancer can happen at any age but the risk rises after 40 years old and increases every decade. Other risk factors that you can't change are a family history of bowel cancer, hereditary conditions, and your personal health history.

Fortunately there are other factors that you do have control over; diet and lifestyle choices, screening and monitoring can all help reduce your risk.

### REDUCING THE RISK

#### Diet and lifestyle

Not smoking, following a healthy diet, exercising, maintaining a healthy weight and waist circumference, and reducing alcohol consumption are the best things you can do to reduce your risk of bowel cancer – as well as lots of other preventable serious diseases.

Aim for a diet that's high in fibre and low in processed foods. More fibre generally means healthier bowels; so choosing fruit, vegetables, wholegrains, and other carbohydrates in their least processed form can improve gut health. Eat very little, if any, processed meat (like sausages and bacon), and limit consumption of red meat.\*

Exercise regularly - aim for moderate to vigorous activity for at least 30 minutes a day and increase the time as you gain fitness. Limit the time you spend being inactive – such as sitting at a computer or watching television.

### Bowel cancer screening programmes

Cancer screening programmes are designed to identify problems early. Pre-cancerous cells and polyps can be removed before they develop into cancer.

Ideally, existing cancer can be found in an early stage where it hasn't spread significantly, and can be treated effectively. Early treatment of bowel cancer improves recovery rates.

Many people feel very private about their bowel habits and this might mean that they don't seek help when there's a problem.

The signs of bowel cancer can look similar to other conditions, so it's really important to see your doctor promptly if you have any symptoms or concerns.

**June is Bowel Cancer Awareness Month**

**Know the symptoms. Visit [www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org)**

\* For dietary guidelines visit [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## How to prevent and treat nappy rash



**The longer a baby or toddler wears a wet or soiled nappy, the higher the risk of damage to their skin – give as much nappy-free time as possible each day.**

Nappy rash is a common skin condition that affects babies and toddlers. It can be sore or itchy and your little one may be unsettled or irritable because of it.

### What is nappy rash?

Nappy rash is a type of dermatitis that causes redness, irritation, and inflammation in and around the nappy area. Your baby's skin will look red and raw, and can also be spotty.

### How does it happen?

Nappy rash can occur due to various reasons, including: wearing wet or soiled nappies for a long time, friction, bacterial or fungal infections, or allergic reactions to certain nappies or wipes. When skin is constantly moist or irritated, it becomes vulnerable to inflammation and infection, leading to nappy rash.

In most cases, nappy rash is not serious and can be treated easily with over-the-counter creams or ointments. However, if left untreated it can cause discomfort, pain, and even lead to secondary infections such as bacterial or fungal infections.

### How to prevent nappy rash

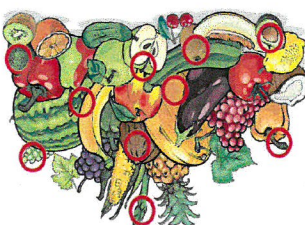
It's essential to keep your baby or toddler's nappy area clean and dry. You can do this by changing nappies frequently, using gentle wipes or water to clean the area, and allowing their skin to air-dry before putting on a new nappy. Avoid using harsh soaps or wipes that contain alcohol or fragrances, as these can irritate their skin further. You may also consider using a barrier cream or ointment to protect their skin from moisture and friction.

### When to get help

If the rash is severe and isn't clearing up, or your baby has a fever or is very uncomfortable, consult a healthcare provider. Additional treatments or tests may be needed to rule out any underlying infections or allergies.



o?  
**FIND  
10  
DIFFERENCES**







## Is your heart beat normal? What you need to know about arrhythmia

Your heart beats an average of 100,000 times per day, and, of course, is vital to your health and wellbeing.

A normal resting heart rate is generally between 60 – 100 beats per minute for adults. However, sometimes the rhythm of your heart can become abnormal, which is known as arrhythmia. This can cause a variety of medical issues and complications, so it's important to find out more about it.

### What is arrhythmia?

Arrhythmia is a fault in your heart's electrical system. The abnormal electrical activity makes your heart muscle beat too fast, too slow or irregularly.

Arrhythmias can occur in the upper or lower chambers of your heart, and they can cause your heart to pump less efficiently. When your heart isn't functioning correctly, it can affect the blood flow to the rest of your body.

Every 30 minutes one Australian loses their life to heart disease.

Learn more on heart health at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

### How to identify arrhythmia

Some people don't experience any symptoms of an arrhythmia, but common signs can include a fluttering or pounding sensation in your chest, and changes to your

usual heart rate. More seriously, you may experience shortness of breath, fatigue, weakness, dizziness, fainting or feeling faint, and chest pain or discomfort.

### Medical issues caused by arrhythmia

Arrhythmia can lead to several medical issues, including:

**Stroke:** if your heart beats too fast, it can cause blood clots to form in your heart, which can then travel to your brain and cause a stroke.

**Heart failure:** arrhythmia can weaken your heart muscle, leading to heart failure.

**Sudden cardiac arrest:** In some cases, arrhythmia can cause your heart to stop beating, which is a medical emergency.

### Can arrhythmia be prevented?

There are some factors such as medical conditions, age and genetics that may make some people more prone to arrhythmia than others, but making certain lifestyle changes can reduce your risk of heart problems.

These include exercising regularly to strengthen your heart, managing stress, and maintaining a healthy weight. Consume alcohol and caffeine in moderation as these can trigger arrhythmia. It's also essential to quit smoking as smoking can damage your heart.

See your doctor promptly if you experience any symptoms of arrhythmia, or have any concerns about your heart.

## Questions to ask at your next doctor's visit

Asking questions is key to good communication with your doctor. To get the most out of your next visit, use the area below to note what you'd like to know and take this list with you to your next appointment so you don't forget what it was you wanted to ask..

DOCTOR'S NAME	DATE	TIME

1.

2.

3.

NOTES:

**Disclaimer:** The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your doctor first.

## COVID VACCINATIONS

Theodore Medical continues to offer COVID vaccines to those patients who are eligible for their vaccinations including your booster vaccinations and for children aged 5yrs and up. The most efficient way to book an appointment for these vaccinations is please ring reception and the reception staff will be able to help with these appointments.

If you would like to discuss whether you need or are recommended to have a COVID booster vaccine please speak with your GP or one of our nurses.

## FLUVAX

if you haven't had yours yet please phone to make an appointment or you can pop in to LOOP to have your vaccination. For a free vaccination please check with your GP to see if you are eligible.

## INTERN

Our intern Jazmina will be with us until the middle of June and then we will be joined by Kathy ☺

## MEDICAL STUDENTS

Our UQ medical student Hannah will be joining us at the end of June until August.

## RDAQ IN CAIRNS

This year, Dr Clarkson and Dr van Es will be travelling up to RDAQ conference to see all the new and innovative ideas happening in General Practice. Anne and Nat are also going to join them this year as they will be having a stand in the exhibition to promote Theodore Medical and our amazing community to future doctors and medial students, and encouraging them to come and work with us. This will be the first time we have done this and we are excited to see what this adventure will bring back to our practice.

## MATERNITY LEAVE

In the middle of June we will be wishing Dr Clarkson, Ben and Emelia warmest wishes as they await for the arrival of their new baby due early July. We can't wait to hear their exciting news and meet their new little one.

## SABIENA HEADING HOME FOR A HOLIDAY

Sabiena will also be heading off in June after RDAQ for a holiday back home to the Netherlands (Holland) and will be visiting her parents, siblings and nieces and nephews again after a long break away. We wish her safe travels and look forward to hearing of her fantastic adventures when she returns in July.

Our newsletter is free! Take a copy with you.