

OVENS MEDICAL GROUP

WINTER NEWSLETTER

2016

CLINIC NEWS

We farewell Dr. Elizabeth Walker in June and wish her all the best for her future endeavours.

Dr Grace Reynolds is with us for two days a week for a few months doing her diversity component of her training, Grace is working Wednesdays and Thursdays.

JUNE IS BOWEL CANCER AWARENESS MONTH

Bowel cancer is diagnosed in over 12,500 Australians every year. It mostly affects people fifty years of age and over but it can happen in younger people. It is a serious disease, but if bowel cancer or its warning signs (polyps) are diagnosed early it is often curable.

SYMPTOMS OF BOWEL CANCER

In the early stages, bowel cancer often has no symptoms. This means that a person could have polyps or bowel cancer and not know it. Some of the most common symptoms of bowel cancer are:

- blood or mucus in the faeces or on the toilet paper
- an unexpected change in bowel habit (for example diarrhoea, or constipation for no obvious reason)
- general discomfort in the abdomen (feeling of bloating, fullness, pain, cramps)
- constant tiredness
- Weakness and paleness

Having these symptoms does not mean that you have bowel cancer. People experiencing these symptoms should discuss them with their doctor. See further information about screening program.

MENS HEALTH

Men should have regular health checks. See your doctor for regular medical check-ups to help you stay healthy and to pick up early warning signs of disease or illness. Cardiovascular (heart) disease, diabetes and some cancers can often be picked up in their early stages, when treatment may be more successful.



JUL-EYE

LOOKING AFTER YOUR EYES

Have regular eye check-ups. For people without eye disease or specific risk factors, examinations with a registered optometrist or ophthalmologist are recommended every two years.

Protect your eyes from UV light – by wearing sunglasses with good UV protection and a hat to reduce UV exposure.

Maintain a healthy lifestyle

Diets high in anti-oxidants (e.g from green leafy vegetables) Omega 3 fatty acids (eg fish linseed) various vitamins (including Vitamin E & C) and minerals (Zinc and Selenium) can help prevent or slow progression of macular degeneration in some people. Good eating habits combined with exercise help prevent diabetes, which is a significant cause of vision loss in Australia.

Do not smoke – smoking has been linked to macular degeneration and is also a cause of cardiovascular disease, which may impact the eyes and vision.

Protect your eyes from hazards – when working outside when there is a risk of eye injury (mowing lawns etc) and at work, protect your eyes with safety glasses.

60% of eye injuries happen at work, most incidents are preventable. When at work, follow directions to lower shields on machinery and wear safety glasses.

ARE YOU PLANNING TO HAVE A BABY?

Pre-Pregnancy Checklist

- Make sure your Pap smear is up to date.
- Take a daily folate supplement – folate (folic acid) is present in leafy green vegetables and whole grains, and is essential for the baby's developing brain and spinal cord.
- Limit caffeine before getting pregnant.
- Stop smoking, avoid social drugs (eg. Marijuana, ecstasy and limit alcohol intake)
- Enjoy a balanced diet
- See your dentist for a check up
- If you have any ongoing health problems, see your GP first
- If you are taking regular medications, make sure they are safe during pregnancy
- Get moving with moderate exercise
- Check that you are up to date with your immunisations

MY HEALTH RECORD

My Health Record is the new name of the National Digital Health Record system. Having a My Health Record means your important health information like allergies, medical conditions and treatments, medicine details, tests and scan reports can be digitally stored in one place.

Healthcare providers like doctors, specialists and hospital staff may be able to see it online anywhere at any time when they need to, like in an accident or emergency.

There are strict rules and regulations on who can see or use your My Health Record to protect your health information from misuse or loss. There are penalties for anyone who break these. For more information brochures are available in the clinic, or go to the website – myhealthrecord.gov.au, or visit a Medicare Service Centre.