

HEALTH MATTERS

ST PETERS FAMILY PRACTICE

NEWSLETTER

FEBRUARY – MAY 2012

ST. PETERS FAMILY PRACTICE
ACCREDITED GENERAL MEDICAL PRACTICE
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PRACTICE PRINCIPAL: DR. ADAM PEDLER
ASSOCIATE DOCTOR: DR. MARGARET TAYLOR
PRACTICE MANAGER: LYN PEDLER
PRACTICE STAFF: DEBBIE CURTIS, EVE CARSON
PRACTICE NURSES: KELLIE HERBERT & JAN JOYCE

PRACTICE HOURS:

MONDAY – FRIDAY 8.30 AM – 6.00 PM

AFTERHOURS:

DR. PEDLER PROVIDES PERSONAL AFTERHOURS COVER MONDAY TO FRIDAY, EXCEPT BETWEEN THE HOURS OF 10.00 PM AND 7.00 AM WHEN CALLS WILL BE DIRECTED TO OUR LOCUM SERVICE. WHEN DR PEDLER IS NOT AVAILABLE, AFTER THESE HOURS OR ON WEEK-ENDS, OUR PAGING SERVICE WILL OFFER YOU A HOME VISIT FROM OUR LOCUM SERVICE OR DIRECT YOU TO AVAILABLE HOSPITAL EMERGENCY DEPARTMENTS.

IN THIS ISSUE

- **Following up Test Results – it's up to you!**
- **Dr. Pedler talks about Safe and Quality use of Medicines.**
- **Dr. Taylor looks more closely at Vitamin E Research.**

FROM THE RECEPTION DESK

Ringling for Results

If you have a blood test, x-ray or leave a sample for pathology testing, we ask you to take the responsibility for following up those results. **The best time to ring for your results is between 12.30 and 1.30pm** on the day the doctor indicates your test will be reviewed.

As Debbie and Eve are both at the Reception desk during 12.30 and 1.30 pm it is the optimum time for them to give you those results, any comments from the doctor and they can make you a further appointment or arrange for you to speak directly to the doctor.

Unfortunately we do not have the capacity to ring each of our patients with their results, so we ask you to take this responsibility seriously and ring us for your results when we are best able to give you our time, and that's between 12.30 and 1.30pm – thank you!

Collections!

The surgery is open from 8.30 am, although in the quieter summer months we may close a little earlier than the advertised 6.00 pm closure. If you have scripts, referrals, x-rays or anything to collect can we ask you to ensure you come by 5.00 pm, otherwise, just let us know and we can make other arrangements to best suit you.

Flu Vaccinations

Patients travelling overseas are asking when this year's flu vaccine will be available. No definitive answers yet, but CSL assure us it will be late February/early March. In the meantime we can offer to put your name on a list and we will contact you as soon as stocks arrive.

Whooping Cough

There has been a dramatic rise in cases of Whooping Cough. Sanofi Pasteur has launched a new whooping cough website, which is ideal for parents, grandparents and anyone interested in learning more about this disease and how it is impacting on each state in Australia: Go to .whoopingcough.com.

FROM THE DESK OF DR. ADAM PEDLER

Your medications!

Safe and quality use of medicines is an important part of good medical practice. We need to know that you are familiar with all aspects of your medication and this includes:

- Purpose of the medication – why is it needed,
- Importance – what are the consequences of not taking it?
- Benefits – how it will help?
- Risks – what are the possible side effects?
- Responsibilities – how to take the medicine.

Dr. Taylor and I will regularly review your medication list to ensure it's up to date for both pharmaceutical and complimentary medicines and you need to let us know if there are any changes too. Sometimes our Practice Nurses might refer you for a **Home Medicines Review** when a Pharmacist will work with me to review your medications. It is surprising how many patients think they are managing their medications but find the review process very educational and helpful.

FROM THE DESK OF DR. MARGARET TAYLOR

Vitamin E Research

If you have been worried by media reports of adverse effects of vitamin supplements, take a closer look through your newspapers and magazines. Have you noticed how the news media are quick to publish negative allegations about vitamins, or misrepresent research by taking it out of context? Rarely do they present the positive side.

Following are some examples of articles about the effectiveness of Vitamin E therapy!

* **Increasing vitamin E prevents COPD** (Chronic obstructive pulmonary disease, emphysema, chronic bronchitis) This was in the Women's Health Study, May 2010. This is important information for people who have not yet managed to give up smoking, or who have had damaging bouts of lung infections.

* **Taking 300 IU vitamin E per day reduces lung cancer by 61%.** (Mahabir 2008)

*** 800 IU vitamin E per day is a successful treatment for fatty liver disease.** (Sanyal May 2010)
Also known as non-alcoholic steato-hepatitis (NASH), this is usually due to obesity, diabetes and insulin resistance. Vitamin E improved it by 43% compared with 19% in the group who tried to eat better. Pioglitazone, a new diabetic drug, which is supposed to reduce insulin resistance, managed to improve the liver by only 34%.

*** Alzheimer's patients who take 2,000 IU of vitamin E per day live longer.** And it slows the deterioration in patients with moderately severe AD. The authors suggest it may prevent dementia in elderly individuals who are minimally or not yet cognitively impaired. (Pavlik 2009, Grundman 2000) If you take the whole range of antioxidants and eat lots of brightly coloured fruit and vegetables the dose needed would be much less – probably 500iu/day.

*** Lower risk of colon cancer** in people with a family gene predisposing them to colon cancer, if they have a higher intake of vitamin E. (Lo 2010)

***Vitamin E is an effective safe treatment for premenstrual painful, swollen breasts** (Parsay 2009) Vitamin E levels were significantly lower in patients with benign breast disease and even lower in women with breast cancer. Lower levels of beta-carotene and vitamin C also increased the risk of breast cancer. This study, from India, studied vitamin E levels from foods, eg nuts, seeds, oils, pulses and whole grains.

Vitamin E in foods is a mixture of different isomers (shapes). The one we have been mostly using is d-alpha tocopherol, but there are 3 other tocopherols, and also 4 tocotrienols.

The recent research suggesting that vitamin E increases breast cancer and heart disease used pure d-alpha tocopherol. Other research suggests that only gamma tocopherol decreases growth of cancer cells, and other forms of vitamin E eg alpha tocopherol do not.

The older research that found such good results, used vitamin E from foods eg oils, and it was a mixture of the vitamin E complex, and not as pure, so more effective. For example:

*** 400 to 800 IU of vitamin E daily reduces risk of heart attack by 77%.** (Stephens and the Cambridge Heart Antioxidant Study (CHAOS) 1996 – incredible isn't it – much better than statin drugs!

*** 400 IU of Vitamin E per day reduces epileptic seizures in children by more than 60%.** (Ogunmekan 1989)

Such effective quantities of vitamin E cannot be obtained from diet alone. So taking extra as a supplement is a good idea, long term. Vitamin E is the only vitamin destroyed by freezing, so don't freeze your bread, and eat plenty of nuts, seeds and mayonnaise and oils. This will amount to about 30iu/day maximum. Here at the surgery we have available a Vitamin E supplement which has all the different forms of vitamin E, in order to get all the benefits.

We suggest you don't take Vitamin E on its own. Antioxidants are a team and can't work on their own. Vitamin E needs the other vitamins and minerals and the brightly coloured plant antioxidants to work properly, so talk to Adam or me about which you need for your particular health pattern. It is very often just one of our excellent multivitamins.

The Orthomolecular Medicine News Service takes no advertising from anybody and is free of charge. OMNS continues to announce and advocate vitamin therapy, because it works. To find out more go to [://www.orthomolecular](http://www.orthomolecular) and see News releases.



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