

# HEALTH MATTERS

## ST PETERS FAMILY PRACTICE NEWSLETTER

### NOVEMBER 2010 – JANUARY 2011

ST. PETERS FAMILY PRACTICE  
ACCREDITED GENERAL MEDICAL PRACTICE  
50 STEPHEN TERRACE ST PETERS 5069  
PH: 83631033 FAX: 8362 2587 EMAIL: reception@spfamily.com.au



PRACTICE PRINCIPAL: DR. ADAM PEDLER  
ASSOCIATE DOCTOR: DR. MARGARET TAYLOR  
PRACTICE MANAGER: LYN PEDLER  
PRACTICE STAFF: DEBBIE CURTIS  
EVE CARSON  
PRACTICE NURSE: ISLA YIANNOULLOU

#### 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

- PRACTICE ARRANGMENTS OVER CHRISTMAS
- PREPARING FOR OUR 4<sup>TH</sup> ROUND OF ACCREDITATION
- PRACTICE SURVEY RESULTS – ARE YOU CLEAR ON OUR AFTERHOURS SERVICE?
- DR. PEDLER TALKS ABOUT PRACTICE ISSUES – STAFF, FEES, PATHOLOGY RESULTS
- DR. MARGARET TAYLOR TELLS WHY NUTS ARE GOOD FOR YOUR HEART AND WAIST LINE!



#### XMAS CLOSURE

WE WILL BE CLOSING THE PRACTICE AT 1.00PM ON 24<sup>TH</sup> DECEMBER AND RE-OPENING ON MONDAY JANUARY 3<sup>RD</sup> AT 8.30AM.

DURING THAT TIME OUR TELEPHONES WILL BE SWITCHED THROUGH TO OUR ANSWERING SERVICE WHO WILL DIRECT YOU TO OUR LOCUM SERVICE FOR A HOME VISIT, OR, APPROPRIATE HOSPITAL EMERGENCY CENTRES.

We would like to thank all our patients for your support this year, and extend our warmest wishes for a Merry Christmas and a happy, safe holiday season.

#### PRACTICE ACCREDITATION

Before we close the doors for a short (but well deserved!) holiday break over christmas we will be undergoing our 4<sup>th</sup> round of practice accreditation. To maintain and renew accreditation our practice team spends considerable time working together to ensure the quality and standards of our service are recognised at national assessment levels.

On Friday December 17<sup>th</sup> the surveyor team will spend up to four hours in the practice interviewing staff, carefully checking our policies, procedures and all aspects of the practice. We hope to minimise any disruption to consulting and thank you for your patience on the day. Accreditation is not compulsory but we continue to participate in the process to ensure we are working at the highest standards, and we hope it gives our patients an assurance that you have chosen a practice which invests in quality and demonstrates excellence!

## **PRACTICE SURVEY RESULTS**

As a part of the accreditation process we conduct a Practice Survey. We appreciate the time and effort you take to give us this important feedback. The outcome was very positive and it is pleasing that such a high percentage of patients continue to value the quality and performance of our team.

Our mission statement reads “ We are committed to provide the highest quality health care and service with professionalism and sensitivity to ensure the health and well being of our patients”. The survey feedback suggests our staff understand and execute this well.

The survey indicated that some patients are confused about our afterhours arrangements, so we'd like to take the opportunity in this newsletter to make it clear.

## **OUR AFTERHOURS SERVICE**

The practice is open 8.30 to 6.00pm, afterwhich our telephones are diverted to a *personal* answering service whose staff are instructed to suggest various options which best suit your needs. Dr. Pedler is available to his patients up until 10.00pm Monday to Friday. He comes back on call at 7.00am each week-day morning. On week-ends and public holidays the practice is closed.

When you ring outside of surgery hours these are the options our Paging Service will offer you:

- If you just want some medical advice, you will be given the details of a free advice line called **Health Direct**. Telephone 18090 022 222. This is a 24 hour a day 7 day a week service run by registered nurses. Calls from landlines are free although mobile phone charges may apply.
- If you prefer a home visit, our locum service will come to your home. Our locum service is an accredited service called GP Connect. You can call the Locum Service direct on 8130 3333 or this can be booked by the Paging Service. We have an arrangement with them to inform us of the details of your visit the following working day, so we can contact you and ensure your afterhours problems have been resolved. This is a bulk-billed service.
- Wakefield Hospital Emergency Centre, 300 Wakefield Street, telephone: 8405 3440, offers 24 hour emergency care. Fees apply.
- St. Andrews Hospital Emergency Department, 350 South Terrace, ph: 8408 2222 has an emergency service which operates between 8.00am and 10.00 pm.

Don't forget, if it is an emergency, dial the Ambulance Service direct on 000. We have brochures on these services available at Reception.

## **FROM THE DESK OF DR. ADAM PEDLER**

### **STAFF UPDATE**

Isla, our practice nurse has returned to the practice on Mondays, a reduced one day a week, following the birth of her daughter, Skye. Our thanks to Kellie who conducted the home visits on our over 75's during her maternity leave. Isla will be concentrating on managing patients with health care plans, identifying patients at risk of problems and continuing visits to our over 75 year olds. She of course is also available for early morning fasting blood tests, immunisations and wound management on **Mondays**.

Marie Bell has been enticed out of retirement! After filling in for Debbie while she took extended holiday leave, Marie has agreed to assist us behind the scenes with our patient recall systems, once a month. She will work closely with Dr. Pedler to ensure you are recalled for your annual health checks and other related issues. A preventive care program is really important to your health care management, so when you receive your recall letter please be proactive and make an appointment for that check-up.

## FEES UPDATE

Every year, on November 1<sup>st</sup>, the government introduce their revised list of medicare rebates. This is usually the time we too review our costs and fees. After careful consideration of the substantially increased costs in running a medical practice, we find that a fee increase is necessary to maintain the quality of service provided by our doctors and staff.

Over the last 25 years the government has failed to properly index the Medical Benefits Schedule and the medicare rebate has not kept pace with the rising costs of providing a high quality medical service. The AMA has called for proper and realistic indexation of Medicare patient rebates following notice from the Department of Health and Ageing that the patient rebate for a standard GP consultation will increase by just 60 cents from 1 November 2010. AMA President, Dr Andrew Pesce, said the overall Medicare fee increase of 1.8 per cent is inadequate when compared with the Labour Price Index of 2.96 per cent and CPI of 2.92 per cent

The cost of providing a medical practice of this size and quality is substantial. Increases in employment expenses and operating costs including computer clinical management systems, accreditation compliance and medical indemnity insurance must all be met from the fee charged by the doctor.

The long history of Medicare Benefits Schedule (MBS) indexation lagging well behind the cost of delivering high quality patient care is the reason for the difference between MBS fees and our fees.

If you are experiencing financial difficulty please approach me or Dr. Taylor directly.

## PATHOLOGY RESULTS

Just a reminder! If you have a blood test, an x-ray or leave a sample for pathology testing, **don't forget to ring us for the results!** Time and numbers prevent us from ringing each of you individually for those results, and unlike some surgeries, we don't feel it's necessary to make a return appointment unless its indicated. When you have the test, your doctor will indicate the approximate time your result will be returned. All results are reviewed by your doctor, and when you ring our Receptionist she will give you those results and any comments from the doctor. She may also make a further appointment, or ask you to speak directly to the doctor, as directed. All results which are not collected by the end of the week are targeted by us for action, but we ask you to make our busy lives a bit easier and take the responsibility to ring us first!

## FROM THE DESK OF DR. MARGART TAYLOR

**Nuts are a healthy high-fat food in a fat-phobic world! We know nuts are important for the prevention of heart disease, but did you know they also play a role in weight management?**

Nuts such as almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts are often forgotten cousins in a healthy diet, with fruits and vegetables, low-fat dairy and lean meat.

## NUTS AND HEART HEALTH

Five population studies show that eating a handful of nuts (30g) at least five times a week reduces the risk of developing heart disease by 30-50%.

### How?

A combination of nut nutrients, all acting in different ways, prevent development of cardiovascular disease.

### Fats

Despite the fact that nuts contain some saturated fat (between 0.6 and 15 %) it's the high proportion of healthy monounsaturated and polyunsaturated fats that help to **regulate cholesterol** production. Three big new studies looking at nuts and cholesterol-lowering have shown that:

- On average 67g or two handfuls of nuts daily resulted in 5% drop in total cholesterol (9% drop in obese people), 7% drop in LDL cholesterol, 8% drop in LDL:HDL ratio and 10% drop in triglycerides.
- 25-168 g almonds/day resulted in a significant drop in total cholesterol and LDL cholesterol.
- Walnuts providing 10-24% of calories (30-108g/day) resulted in 5% drop in total cholesterol, 7% drop in LDL cholesterol, improvement in antioxidant capacity and inflammatory markers, and no significant difference in weight loss or gain.

## **Protein**

Nuts contain the amino acid arginine which converts to nitric oxide and improves the lining of blood vessels, relaxing blood vessels (like puffers for angina) and blood pressure.

## **Fibre and plant sterols**

These reduce the amount of cholesterol absorbed in the gut.

## **Antioxidant vitamins, minerals**

Nuts contain vitamin E, selenium, copper, manganese and zinc, which boost the body's own antioxidant enzyme systems. Nut skins are especially rich in antioxidants.

## **Phytochemicals**

Such as resveratrol (also found in red wine) and many others are anti-inflammatory and have similar antioxidant capacities to known 'superfoods' such as blueberries and broccoli.

## **Glycaemic index-lowering effect and improving insulin sensitivity**

Adding nuts to meals with sugar or starch keeps blood sugar stable and reduces the risk of developing diabetes. Since those with diabetes have twice the risk of heart disease, nuts are a must-have food as part of a diabetic diet.

## **NUTS AND WEIGHT MANAGEMENT**

Scientists recently reported the results of an eight-year study looking at the relationship between diet and health in more than 50,000 nurses in the US. They discovered that women who ate more nuts had less weight gain. This is supported by the five studies already mentioned, which showed that those eating a handful of nuts (30 g) at least five times a week are more likely to have a normal BMI.

## **How?**

Eating nuts in place of unhealthy snacks such as muffins, cakes, sweet and savoury biscuits mean weight management is possible. This is because nuts:

- Satisfy hunger & reduce appetite: The protein and fibre in nuts keep dieters feeling fuller for longer by releasing satiety (satisfaction) hormones, which also curb hunger.
- Eating a snack of nuts can mean you have less desire to overeat later in the day, helping to reduce your overall daily kilojoule intake.
- Fewer kilojoules absorbed: As a whole food rich with fibre, the digestion and absorption of the energy in nuts is incomplete. It is estimated that between 5 and 15% of the energy in nuts is not absorbed. Some of the fat in nuts passes through your system trapped in the nuts' fibrous structure.
- Increased metabolic rate: The physical effort the body uses to digest nuts may also result in an increase in energy expenditure, estimated to be around 10% of the energy the nuts contain.
- Low glycaemic index effect: A slower rise in blood glucose also helps to keep insulin resistance low. Insulin resistance puts energy into fat cells instead of allowing it to be used as energy by muscles and brain.
- Enjoyment: People who enjoy their weight management diet are more likely to stick with it for longer and have greater success.

## **In a nut shell..**

Nuts are a core plant food for a healthy daily diet and should be recommended along with fruit and vegetables. Their unique combination of nutrients work together to protect the heart from coronary heart disease, lower blood cholesterol, reduce the risk of developing type 2 diabetes and help to manage weight. A handful of nuts a day along with two serves of fruit and five serves of vegies (2+5+ a handful) is an easy way to remember it.

## **30gm of nuts equals**

20 almonds, 10 Brazil nuts, 15 cashews, 4 chestnuts, 20 hazelnuts, 15 macadamias, 15 pecans, 2 tablespoons of pine nuts, 60 pistachios, 20 walnut halves, a small handful of mixed nuts.



**MERRY CHRISTMAS!**