



Merry Xmas to all our valued patients. Happy 2019, wishing you all a year of good health and happiness to come, from all the Team at Ocean Wave Medical.

OCEAN WAVE WELLNESS CENTRE NOW OPEN

Our new Wellness Centre adjacent to our medical centre at 27 Mayes Avenue, Caloundra is now ready for our Allied Health Team. From 7th January, Rachel from Embody Movement & Physio and David Morgan Podiatry will be operating from these new rooms. More Allied Health Practitioners will be joining them throughout the year. Car parking at rear of centre. Entrance at Rear.



Christmas & New Year's Opening Hours:

Saturday 22nd December – 8:30am – 4:30pm
 Sunday 23rd December – 8:30am – 1:00pm
 Monday 24th December – 7:30am – 5pm
 Saturday 29th December – 8:30am – 4:30pm
 Sunday 30th December – 8:30am – 1:00pm
 Monday 31st December – 7:30am – 5:00pm

CLOSED PUBLIC HOLIDAYS ONLY

Tuesday 25th December – Christmas Day
 Wednesday 26th December – Boxing Day
 Tuesday 1st January – New Years Day
 Australia Day Long weekend – closed
 Saturday 26th, Sunday 27th, Monday 28th January

OUR DOCTORS: Dr Amir Akram, Dr Deborah Vercoulen, Dr John Fogarty, Dr Venera Edwards, Dr Geoff Broad, Dr Christelle Greeff, Dr Jonathan Jing, Dr Tony Moor, Dr Alison Roper, Dr Maria Adan-Bautista

SUMMER SUN PROTECTION TIPS

Cover Up!

To protect yourself from the aging effects of the sun, you want to cover your head, your body, and your eyes as much as possible. Yes, it's not realistic to always wear flowing robes from head to toe, but the more you cover yourself, the more youthful your skin will look in the long term. As a test, hold an article of clothing up to the light. Can you see light through it? That means sunlight will get through the weave of the clothing and will hit your skin. The more light the cloth blocks- the better.

Hats

Hats are necessary in the sun. This might be the single best thing you can do to protect the sensitive skin of your face and neck—the same skin that is often exposed to the sun. The more you can cover it, the better. Wide brim hats work the best; a brim all the way around the hat helps protect your nose, eyes, cheeks, ears, and neck. The same suggestion about the fabric of clothing applies to hats as well: thicker, tighter weaves, darker colours. Additionally, make sure the underside of the brim of the hat is a darker shade, as brighter colours (like a white brim) will reflect more light onto your face.



Sunglasses

Your eyes are sensitive to UV rays, and UVA and UVB rays both damage your eyes just like they damage your skin. To avoid cataracts and diminished vision, wear sunglasses that have 100% UVA and UVB protection. The tighter they fit and the more they wrap around the sides of your eyes (and don't let in light above or below them), the better. Sunglasses also help protect the sensitive skin around your eyes and can help prevent wrinkles and crow's feet.

Sunscreen

Use sunscreen with at least an SPF of 15 and broad UVA and UVB protection. The problem is, many sunscreen lotions also contain toxic chemicals and don't protect very well against UVA rays. Use a sunscreen with zinc oxide and titanium dioxide (that haven't been micronized) and no other active ingredients. It's tough to find, but these ingredients will provide decent UV coverage without many of the toxicities of other sunscreen chemicals.

Be aware of the areas that usually get the most sun, so you can liberally apply sunscreen to these areas: the cheeks and nose, neck, shoulders, chest, calves, and tops of feet. Of course, any exposed skin should be protected. Apply sunscreen lotion before going into the sun and use a liberal amount. For most people covering a good portion of their body, this means using 1 ounce of sunscreen (think: a shot glass size) for each application. This is a lot! Sunscreen also wears off, so reapply every 2 hours, or more often if in the water. Make sure the sunscreen hasn't expired. If it's exposed to high temperatures, sunscreen degrades and has a shorter shelf life.

What You Eat

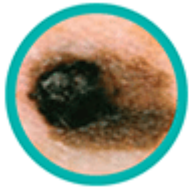
Interestingly, what you eat can affect how well your skin interacts with the sun. There are many known antioxidants in different foods that have been clinically shown to help protect your skin (by fighting free-radical damage), and eating these foods regularly over time can help you promote your defences against the effects of sunlight. In particular, carotenoids found in colourful fruits and vegetables can help, as can the polyphenols found in green tea. One of the best ingredients in foods for support during sun exposure is the lycopene found in tomatoes. Healthy, regular servings of tomato can aid your skin's resistance to the sun.

DON'T FORGET YOUR ANNUAL SKIN CHECK...

Queensland has one of the highest skin cancer rates in the world. Luckily, if found early, most dangerous moles and spots can be removed - which significantly reduces your risk of developing skin cancer.

If you've noticed a change in a mole or spot, don't risk your health. Get your skin checked by your GP – especially if you are over 40 and/or have sun damaged skin, or multiple moles and freckles.

Most of our GPs can perform skin checks and have further qualifications in this field so can also remove any dangerous spots or moles. **Call or book an appointment at Reception for your annual skin check.**



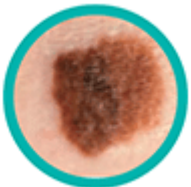
Asymmetry

If you “draw a line” through a mole and the two halves do not match (meaning it is asymmetrical) this is a warning sign for melanoma.



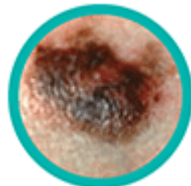
Border

The borders of an early melanoma tend to be uneven as opposed to a smooth border.



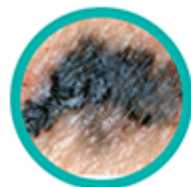
Colour

A mole that has a variety of colours is a warning sign. This includes different shades of brown, tan, black, red, white and blue.



Diameter

Melanomas usually have a large diameter (as a rough guide 6mm) however if detected early they can be smaller.



Evolving

If a mole starts to evolve or change in any way, like shape, colour, itch or bleed, this could be a warning sign and you should see your Doctor.

WHAT'S YOUR RISK LEVEL?

Everyone is at risk of skin cancer, however you're at greater risk if answering yes to any of these questions below:

Do you have fair skin, fair or red hair and blue eyes?

Do you have a large number of moles?

Do you work outdoors?

Do you spend your weekends or holidays in the sun?

Have you ever used solariums, sunlamps and sun beds?

Is there a previous history of skin cancer in your family?

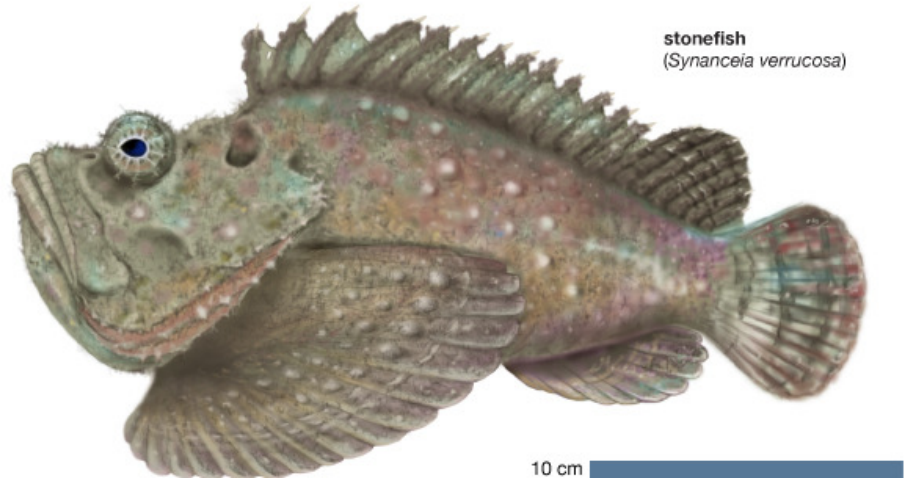
As a child, did you spend a lot of time in the sun?

!! STONE FISH WARNING !!

There have been multiple cases of venomous stone fish stings in the Caloundra and Golden Beach area over the past few

weeks. Please be wary when swimming or walking in shallow coastal waters and don't venture away from the clean

sandy substrate. These fish usually lie motionless, partially buried and perfectly camouflaged amongst coral, reef, rocks, rubble and aquatic plants.



stonefish
(*Synanceia verrucosa*)

Stings will usually occur to the feet of swimmers and multiple spines can often penetrate affected limbs, resulting in more extensive envenomation. The pain is immediate, excruciating and may last for many days. Muscular paralysis, breathing difficulties, shock, and sometimes heart failure and death can ensue.

To prevent stonefish stings, sturdy footwear should be worn on reef flats, or while wading on soft-bottom substrates adjacent to rocky or weedy areas. An antivenin for stonefish stings has been developed. In the event of a sting, the victim should leave the water and seek medical attention as soon as possible.

First aid consists of the following.

- Call an ambulance - You may need hospital treatment for the relief of pain and/or to be given stonefish antivenom.
- Immerse the affected area in hot water to relieve pain. (Try putting an unaffected part of your body in the hot water first to make sure you are not burning yourself.)
- DO NOT apply a pressure immobilisation bandage.
- Leave any barbs or spines in place and place padding around them. They may be plugging a wound and preventing blood loss.
- If the person is unresponsive and not breathing properly, start CPR (cardiopulmonary resuscitation).

You may need hospital treatment for the relief of pain and/or to be given stonefish antivenom.

Signs and symptoms of fish stings: Fish stings are usually extremely painful, which can lead to irrational behaviour. The sting wound may be bleeding, bruised or swollen.



Eating Well During the Festive Season



We associate the festive season with lots of social events, catch ups, shared meals and delicious treats and gifts. The idea of a healthy Christmas sounds almost depressing, doesn't it? But it doesn't have to be that way. You don't have to stick to carrot sticks on the nibble platter or only eat the fruit at desert or swap the wine for mineral water only. Eating well during the festive season is about everything in moderation – even moderation!!

Think quality over quantity

Home cooked foods are tastier and more nutritious than the mass-produced supermarket options. Think home baked fruit mince pies, shortbread or high-quality chocolates over cheap chocolates

Is it special and unique to the festive season?

A lot of the foods we indulge in at Christmas time have become foods that are available all year around. Gone are the days that prawns and ham are a special treat or cheese platters are for when the Christmas visitors drop by. Explore your thought and beliefs around food at this time of the year and enjoy those special treats that are only in abundance this time of the year, again skipping the mass produced less nutritious foods that you can have at any time

Do we really need to increase our food intake at Christmas

Does our appetite increase? Do we double our energy exertion? Probably not but our overall food and energy (Kj) intake seems to multiply during the festive season.

Are all the extra snacks and treats necessary?

All the 'just in case foods' can add up, between the marketing and specials at supermarket and the desire to be the best hostess to your guests, after Christmas you may be left with a lot of high sugar, high fat snacks, that you feel you need to eat to avoid waste. These days the shop's opening hours are much more convenient than in the past. Even Christmas day there is independent grocers open. Think about all the just in case snacks you put in your trolley – is it necessary? Your guests may actually appreciate a lighter snack of fresh fruit or good quality cheese.

Swap box of chocolates gifts for a more thoughtful and healthier option.

A tin of biscuits or boxes of chocolates are an easy gift, but your family and friends may be receiving this from many well-meaning gift givers. Can you give a pot of fresh herbs nicely wrapped or some cooking spices with suggested recipes? By not giving food as gifts you may also be helping those around you make healthier choices.

Maintain Mindful Eating

Take a breath and notice how it can relax you, especially before eating. Use your senses to observe the variety of colours and aromas of the food and give a minute of gratitude to those who have prepared the meal. Sit to eat where possible and use a plate to allow you to visualise how much food you are eating, rather than snacking mindlessly. Becoming aware can help you enjoy all the deliciousness of the festive season and can assist you to recognise when to stop when you feel satisfied, avoiding the Christmas overeating

WISHING YOU A VERY MERRY XMAS



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Do you have ringing in your ears?

Ringing in the ears or **tinnitus** is common with approximately 30% of the population experiencing this phenomenon. People with tinnitus often describe it as ringing, buzzing, cricket sounds, humming, or whooshing but many other descriptions have also been used. Tinnitus can be constant, intermittent, in one ear or both and can change frequency, type of sound and intensity.

Tinnitus is most commonly caused by loud noise, hearing loss, some ototoxic medications, ear wax build up or ear infection. Some less common causes are Meniere's, Acoustic Neuroma and TMJ (temporomandibular joint) issues.

The effects of tinnitus vary between people from extremely debilitating causing anxiety for one person to easily adjusting to the tinnitus for another person.

While there's no known cure for tinnitus, it can be managed with the help of technology, lifestyle changes along with tips and techniques.

*If tinnitus affects you sleeping then sleep **sound therapy** maybe a solution for night relief a

*If you have a hearing loss **hearing aids** may provide relief from tinnitus with particular programs designed for this.

*If you are exposed to loud sounds regularly then **noise protection plugs** (custom or ready-made) are recommended to protect your hearing and tinnitus that occurs after noise exposure.

Impact Hearing can provide all these solutions and more.

If you would like a complimentary review of your hearing or a tinnitus discussion
call

Impact Hearing now on 0476 868 166 or book online www.impacthearing.com.au

We are located in Ocean Wave Medical Centre with a qualified audiologist consulting.

Impacting your Life with Quality Sound

It's Summer Time! The temperatures heat up, the days get longer, and activities abound. Fresh fruits can help you survive (and thrive!) all season long.

Summer fruits give you energy and nutrients your body needs, helps cool you down, hydrate your cells, and can even help protect you from the sun! **Nature gives us foods designed to support our health at the time they're grown, so when you consume fruits in season, you're giving your body the nutrients needed to do its job and keep you well.**

And overall, fruits have been found to be effective in treating and preventing a variety of health conditions.

For example, they have been found to help reduce heart disease. The province of North Karelia in Finland convinced local dairy farmers to grow berries on some of their pasturelands to increase fruit consumption and improve the health of its citizens. By replacing animal-based foods with berries, along with other healthful changes, in only one generation, *the region went from having one of the highest rates of heart disease in the world to one of the lowest.* In a population of 170,000 Finns, cardiovascular mortality dropped by more than 70% — an unparalleled achievement.

Impressive! But that's not all... **Fruits have also helped patients all over the world lose weight and lower LDL (bad) cholesterol levels. And contrary to popular belief, fruits can reduce your risk of developing type 2 diabetes.**

Not to mention, fruit is naturally sweet (no added sugar needed) and oh so delicious — whether enjoyed on its own or in a smoothie, salad, or dessert. As much as possible, choosing locally grown, seasonal produce is often the best choice for your health and for the planet. (This way, produce doesn't have to be picked rock-hard and transported over long distances).

Here is a list of all the fruit in season for Summer!

Watermelon: has a good level of vitamin B6 (which also helps the immune system). And it's also a *good source of potassium*, a mineral necessary for water balance (and preventing muscle cramps) that also helps keep your heart healthy. And this fruit is a fantastic source of lycopene a powerful antioxidant that protects skin from sun damage.

Watermelons can help: *Prevent heat stroke, Prevent cancer, Boost your immune system, Support eye health and prevent macular degeneration, Support heart health and lower blood pressure*

Papaya: Rich in fibre, Vitamin C and antioxidants which prevent cholesterol build up in your arteries.

Helps in weight loss. Boosts your immunity. Good for diabetics. Great for your eyes. Protects against arthritis. Improves digestion. Helps ease menstrual pain.

Passion fruit: is highly rich in Vitamin C, beta-cryptoxanthin and alpha-carotene that boosts your immunity. It also has iron which increases haemoglobin in our red blood cells. The rich content of riboflavin (Vitamin B6) and niacin (Vitamin B3) in passion fruit helps in regulating the thyroid activity in our body.

Mangoes: can **help protect you from the summer heat and give you an energy boost.** This versatile tropical delicacy, sometimes known as the "king of fruit," is another one of the most popular fruits in the world. Mangoes can help: *Fight heat stroke, Boost the immune system, Control blood sugar, Help prevent cancer, Improve eye health, Ward off heart disease*

Rockmelon: Vitamin A-rich food, like decreased inflammation and a lower risk of developing cancer, heart disease and cataracts in the eyes

Guava: Rich in vitamin C, lycopene and antioxidants that are beneficial for skin. Guavas are also rich in manganese which helps the body to absorb other key nutrients from the food that we eat.

Strawberries: have been used throughout history as a general health tonic and for a variety of medical conditions, such as digestive issues, teeth whitening, and skin irritations. Strawberries can help: Ward off cancer, Boost your immunity,

Reduce inflammation, Maintain healthy vision, and Lower the risk of cardiovascular disease, improved regulation of blood sugar, especially when consumed after a meal.

Dragonfruit: As one of the healthiest fruit, dragon fruits are perfect for your health. Incredibly high in fibre for optimal digestive health. Aids in weight loss via improvement of metabolic rate

Bananas: Natural energy, abundant with health benefits including providing relief to symptoms of depression, emotional disorders and insomnia.

More Summer Fruits in Season:

Nectarine, Blueberries, Blackberries, Apricots, Apples, Cherries, Coconuts, Banana, Avocado, Oranges, Lychees, Mulberries, Figs, Honey Dew Melon, Dates, Grapes, Rosella, Raspberries, Pomegranate, Pineapple, Peaches, Oranges, Limes, lemons, kiwi fruit, grapefruit.



MY HEALTH RECORD UPDATE

In 2019, you will get a My Health Record unless you opt out. If you don't want a My Health Record, **complete the online process or by calling 1800 723 471 for phone based assistance by 31 January 2019**. You will need your Medicare card and driver licence (or other identification) to complete the opt-out process.

My Health Record will over time bring together health information such as medical conditions, medicines, allergies and test results into one place. It's your choice who sees your My Health Record and what's in it. You can choose to share with the health care providers involved in your care. By allowing them to upload, view and share documents, they will have a more detailed picture with which to make decisions, diagnose and provide treatment.

Ocean Wave Medical is already offering to upload patients My Health Records. Talk to one of our Nurses about how you can have your record uploaded.

Visit: myhealthrecord.gov.au for more information



BOOK YOUR APPOINTMENT ONLINE



Did you know you can book your appointment 24 hours a day, 7 days a week by visiting our website and clicking on the green link.

LOCATED WITHIN OCEAN WAVE MEDICAL – 87 BOWMAN RD, CALOUNDRA

QML Pathology - open Monday to Friday 8am to 12 noon, then 1pm to 4.30pm. Saturday 9am to 12

Psychologist – Monday to Thursday and Saturday Ph 54919044

Custom Denture Clinic – Monday to Friday Ph: 54927422

Dietitian – Jody Pollard, Total Nutrition Dietetics, Monday and home visits. Ph 0402 225 732

Dusk till Dawn Sleep Centre – Monday to Friday Ph phone 5455 6622

Impact Audiology – Dendra Cole Audiologist - Saturdays and by appointment Ph 3289 5563

LOCATED IN OCEAN WAVE WELLNESS CENTRE – 27 MAYES AVENUE, CALOUNDRA

Physiotherapist - Embody Movement Physio
Monday to Friday Ph Rachel on 0401263516

Podiatrist - David Morgan Podiatry
Tuesday and Thursdays. Ph 1300 288 365

