

Inside this edition:

- All About Stroke
- Grains
- Why choose an eHealth record?
- 2015 Influenza Vaccines
- GCMC Services



Shop 2085, Garden City Shopping Centre
Corner Logan & Kessels Roads
Upper Mount Gravatt QLD 4122
Phone: 07 3343 1344
Fax: 07 3849 7603

Monday - Thursday: 8am - 7pm
Friday: 8am - 6pm
Saturday: – 8.30am - 12.30pm
Sunday & Public Holidays: Closed

All About Stroke

What is a stroke?

A stroke happens when the blood supply to the brain is interrupted. Blood contains oxygen and important nutrients for your brain cells. Blood may stop moving through an artery because it is blocked by a blood clot or plaque (ischaemic stroke) or because the artery breaks or bursts (haemorrhagic stroke). When brain cells do not get enough oxygen or nutrients, they die.

A transient ischaemic attack (TIA) or a 'mini-stroke' happens when there is a temporary interruption to the blood supply to the brain. The risk factors and symptoms are the same as those for a stroke but the symptoms go away within 24 hours. Someone who has a TIA has a much greater chance of having a stroke and TIA should not be ignored.

How do I recognise the signs of stroke?

To help recognise the signs of stroke, ask these simple questions:
"Think....F.A.S.T."



Stroke is a medical emergency. If you see any of the signs of stroke call 000 immediately.

Other signs of stroke include:

- dizziness, loss of balance or an unexplained fall.
- loss of vision, sudden or decreased vision in one or both eyes.
- headache, usually severe and of abrupt onset or unexplained change in the pattern of headaches.
- difficulty eating and drinking.

All About Stroke Continued...

What are the effects of a stroke?

The effects of stroke are different for every person and depend on where in the brain the stroke happens, the size of the stroke, your general health and how quickly you received medical treatment. After a stroke, you might experience difficulties with the following:

- weakness on one side of the body: this might cause difficulty balancing, standing, walking or using your arm or hand.
- controlling or coordinating movements: this can be due to difficulties planning the movement and may cause difficulty standing or sitting without falling or leaning to one side, or difficulty using your arms.
- sensation: difficulty receiving messages from your five senses (smell, touch, taste, sight and hearing).
- communication: difficulty with language such as talking, slurring words, understanding what people are saying, reading, writing.
- thinking and memory: difficulty with thinking skills and memory including remembering time/ place, concentrating.
- swallowing: difficulty swallowing different foods, drinks or even your own saliva.
- vision and perception: difficulty seeing the things to one side or perceiving how close objects are.
- ignoring one side: difficulty recognising one side of your body or the environment around you.
- continence or toileting: difficulty controlling your bladder and bowel movements.
- emotions: feelings of anger, frustration, grief, loss and depression are common.
- fatigue: feeling of exhaustion, weariness or feeling too tired to do something.
- sexual activity: feeling worried about having sex or physical changes that make sexual activity difficult.
- appetite: not wanting to eat or drink as much as you used to.

- behaviour and personality: difficulty with 'insight' or acknowledging that you have difficulties because of the stroke, 'impulsive' or 'inappropriate' behavior, personality changes.

How can I prevent a stroke or having another stroke?

You can prevent a stroke by knowing and controlling your risk factors.

There are a number of factors that increase your risk of stroke. Some of the risk factors for stroke you cannot do anything about. These include age, gender, family history of stroke and previous stroke or TIA .

However, there are a number of risk factors you can do something about to reduce your chances of having a stroke:

- high blood pressure is one of the most important known risk factors for stroke.
- high cholesterol.
- smoking.
- obesity or being overweight.
- poor diet and lack of exercise.
- diabetes (type 1 or type 2).
- alcohol intake.
- irregular pulse (atrial fibrillation or AF).

For those who wish to prevent first ever stroke, talk to your doctor about completing a comprehensive risk assessment to understand your overall risk of stroke and other related conditions. This type of assessment looks at all your risk factors like putting all the pieces of the puzzle together.

Depending on your overall risk of stroke your doctor may talk to your about taking medications to reduce your risk of stroke.

For more information about Stroke, call StrokeLine on 1800 STROKE (1800 787 653).

(Source: All about Stroke, English fact sheet, Stroke Foundation)

Grains

By Lisa Peterson, Dietician / Nutritionist, Tree of Life Nutrition

With all the negativity around grains and cereal products in the media, people are starting to ask themselves- Are grains good for me or not? The answer is very clear, grains are great!

Grains are currently responsible for the largest amount of energy in the typical Australian diet as well as fibre, folate, thiamine, iron, magnesium, iodine, and carbohydrates.

They fuel our brain, muscles and various other organs in our body and serve as our leading source of fibre.

Fibre is an essential nutrient which help to keep our bowels regular, helps reduce cholesterol and keeps us fuller for longer so we can make it through those long days at school or work.

Grains can also be a great source of protein which is required for growth and repair of our muscles. The protein content of grains varies significantly however, so it is important to read the label to see how much protein is in the products you are eating.

Furthermore, grain products provide antioxidants and phytoestrogens which help to neutralise chemicals in the body and provide multiple health benefits such as protection against disease. Imagine if we didn't eat any grains?!!

Interestingly enough, not all grains possess the same amount of nutritional value and health benefits. Whole grain and high fibre products have been researched to possess greater benefits than refined cereals which contain only 30-50% of the total nutrients in whole grain products.

The consumption of these grains have displayed a reduction in the risk of Cardiovascular Disease, Type 2 Diabetes Mellitus, some Cancers and have been associated with better long term weight management.

Considering recent calculations have outlined two-thirds of Queensland adults and a quarter of Queensland children are overweight and obese, with the number of diagnoses of diabetes having increased to 60 Queenslanders per day, we must make the most nutritious foods available to us such as whole grains.

Whole grains are typically also lower in sugar than refined cereals- what a bonus!

As a result of all the evidence to support the consumption of grains, the Australian Dietary Guidelines recommends a variety of grain products should be consumed daily, mostly of the whole grain or high fibre varieties.

Have a talk to one of our dietitians to ensure you are getting the right number of serves of wholegrain cereals each day!

Examples of whole grains:

- wholemeal or wholegrain breads or crispbreads
- dark 'seedy' breads
- wholegrain breakfast cereals
- wheatgerm
- brown rice
- puffed whole grains
- bulgur
- quinoa
- couscous
- popcorn
- oatmeal.

Examples of refined grains:

- cake
- desserts
- white bread
- pasta
- muffins
- sweet or savoury biscuits
- refined grain breakfast cereals
- white rice
- pancakes
- waffles
- pizza.

Why choose an eHealth record?

An eHealth record can make getting the right treatment faster, safer and easier.

- emergency help – If there is a risk to your life or safety, healthcare providers can temporarily access your eHealth record to ensure you get the best care. This is consistent with existing privacy laws.
- safer care – The healthcare providers you authorise will be able to access your key health information, such as details of your allergies or previous bad reactions to treatment.
- more convenient – Even if you are travelling, your
- eHealth record will always be accessible so you will not need to repeat or remember all your health details.
- your choice – Registering for an eHealth record is entirely voluntary and, if you do choose to register, you will, over time, reap the benefits an eHealth record has to offer.
- future planning – You can include details about the location and custodian of your Advance Care documents.
- share the load – If you wish, you can nominate a trusted person, such as a carer or family member, to view the information in your eHealth record. Your nominated trusted person can even fully manage your eHealth record on your behalf, if you identify them as your Full Access Nominated Representative.

What if I don't have a computer, or am not confident using the internet?

You do not need a computer or computer skills to have an eHealth record, or to enjoy the benefits of an eHealth record.

Register for your eHealth record

The system will grow – as will the benefits – as more individuals and healthcare organisations register.

You can register for your eHealth record in one of the following ways:

- speak with your doctor - staff in the practice may be able to assist you to register
- over the phone – call 1800 723 471 and select option 1
- in person – visit a Medicare Service Centre
- in writing – complete a registration application form, available from a Medicare Service Centre or from the eHealth website and post it to: Personally Controlled eHealth Record Program, GPO Box 9942, In your Capital City
- online – visit www.ehealth.gov.au

2015 Influenza Vaccines

We wish to advise that the 2015 “Trivalent” Influenza vaccines are now available.

Therefore, patients eligible for a free injection, based on the National Immunisation Program, are encouraged to do so at their earliest convenience.

Please liaise with our reception staff regarding appointment bookings.

Did you know...?

We offer a broad range of general health services including preventive health and chronic disease management?

These include:

- chronic disease management
- team care arrangements
- GP health assessments
- clinical nursing care
- home medicine reviews
- healthy four year old checks
- vaccinations

Please liaise with our reception staff regarding appointment bookings.

Allied Health Services Available

We offer the following specialised allied health services here in practice:



Lisa Peterson | *Nutritionist / Dietician*



Aadila Dada | *Podiatrist*



Se Kim | *Audiologist*



Kieran Bairstow | *Exercise Physiologist*

Please liaise with our reception staff regarding appointment bookings.

Connect With Us



www.gardencitymedicalcentre.com.au



GardenCityMedicalCentre

Book Appointment
Online ▶

Opening Hours

DAY	TIME
Monday	8am – 7pm
Tuesday	8am – 7pm
Wednesday	8am – 7pm
Thursday	8am – 7pm
Friday	8am – 6pm
Saturday	8:30am – 12:30pm
Sunday	Closed

After Hours Care

In an emergency, please **call 000 (triple zero)**.

Alternatively, outside of our practice hours, patients can access the National Home Doctor Service by calling **13 SICK (13 74 25)**, for a home visit or call **13 HEALTH (13 43 25 84)** for health advice 24/7.