



YOUR HEALTH™

healthy advice from your family doctor

Spring 2022 Edition 103

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LOCATION

Ballarat Community Health has four GP clinics located at:

12 Lilburne, Street, Lucas

Dr Padma BHASKAR
Dr Fatin HANNA
Dr Muhammad HANIF
Dr Kemi FREEMAN

1042 Howitt Street, Wendouree

Dr Dilhani WITHANAGE DONA
Dr Shaun MOHAMMADSAEEDI
Dr Kevin CHOY
Dr Jennifer CELESTINO

260 Vickers Street, Sebastopol

Dr Arezoo KESHAVARZ
Dr Sumudu WARNAKULASURIYA
Dr David ANDERSON

Telephone: 03 5338 4585
Facsimile: 03 5336 1613
Email: gpclinic@bchc.org.au
Web: www.bchc.org.au

HOURS

Our reception hours are 8.30 am to 5.00 pm Monday to Friday.

Appointments are scheduled 9.00 am to 5.00 pm Monday to Friday.

APPOINTMENTS

To make an appointment, you can call us on 5338 4585 or you can book online. Go to our website at www.bchc.org.au/service/doctors-clinic/

FEES

Patients with a current concession card and people under 16 will be bulk-billed. Non-concession card holders are private patients and need to pay their accounts on the day of the appointment. Cash and EFTPOS payments are welcome.

Some procedures/services may attract a small additional fee. These fees will be discussed with you.

If you don't have a Medicare card you will need to pay the full fee before you see the Doctor or Nurse on the day.

TELEHEALTH SERVICES

Telehealth services are available to all patients who have been seen in clinic over the last 12 months. If you have not had a face-to-face appointment within the last year, you will not be able to consult using telehealth services.

YOUR COPY — FREE TO TAKE HOME



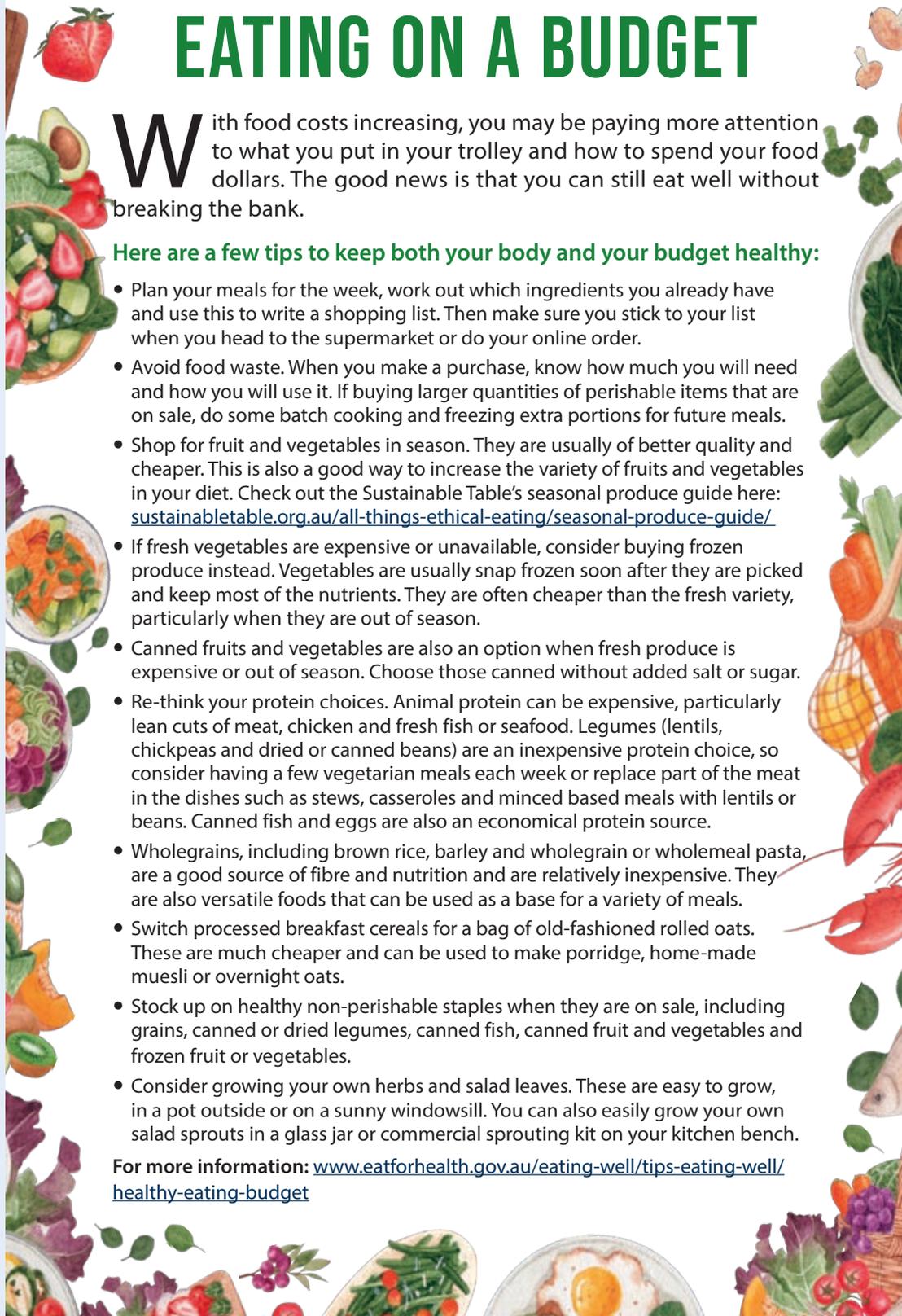
EATING ON A BUDGET

With food costs increasing, you may be paying more attention to what you put in your trolley and how to spend your food dollars. The good news is that you can still eat well without breaking the bank.

Here are a few tips to keep both your body and your budget healthy:

- Plan your meals for the week, work out which ingredients you already have and use this to write a shopping list. Then make sure you stick to your list when you head to the supermarket or do your online order.
- Avoid food waste. When you make a purchase, know how much you will need and how you will use it. If buying larger quantities of perishable items that are on sale, do some batch cooking and freezing extra portions for future meals.
- Shop for fruit and vegetables in season. They are usually of better quality and cheaper. This is also a good way to increase the variety of fruits and vegetables in your diet. Check out the Sustainable Table's seasonal produce guide here: sustainabletable.org.au/all-things-ethical-eating/seasonal-produce-guide/
- If fresh vegetables are expensive or unavailable, consider buying frozen produce instead. Vegetables are usually snap frozen soon after they are picked and keep most of the nutrients. They are often cheaper than the fresh variety, particularly when they are out of season.
- Canned fruits and vegetables are also an option when fresh produce is expensive or out of season. Choose those canned without added salt or sugar.
- Re-think your protein choices. Animal protein can be expensive, particularly lean cuts of meat, chicken and fresh fish or seafood. Legumes (lentils, chickpeas and dried or canned beans) are an inexpensive protein choice, so consider having a few vegetarian meals each week or replace part of the meat in the dishes such as stews, casseroles and minced based meals with lentils or beans. Canned fish and eggs are also an economical protein source.
- Wholegrains, including brown rice, barley and wholegrain or wholemeal pasta, are a good source of fibre and nutrition and are relatively inexpensive. They are also versatile foods that can be used as a base for a variety of meals.
- Switch processed breakfast cereals for a bag of old-fashioned rolled oats. These are much cheaper and can be used to make porridge, home-made muesli or overnight oats.
- Stock up on healthy non-perishable staples when they are on sale, including grains, canned or dried legumes, canned fish, canned fruit and vegetables and frozen fruit or vegetables.
- Consider growing your own herbs and salad leaves. These are easy to grow, in a pot outside or on a sunny windowsill. You can also easily grow your own salad sprouts in a glass jar or commercial sprouting kit on your kitchen bench.

For more information: www.eatforhealth.gov.au/eating-well/tips-eating-well/healthy-eating-budget



RECIPE



Veggie Tray Bake

Serves:	Preparation time:	Cooking time:
4	5 mins	30 mins

Tossing canned veggies and beans lightly in oil and seasoning and baking them in a hot oven gives them a whole new depth. They become packed with flavour & turn the pickiest eaters into veggie lovers. These rustic vegetables work beautifully with rice, quinoa or sprinkled over avocado on sourdough. A budget-friendly family meal at just \$1.40 per serve!

Did you know ... canned foods are cheap, delicious pantry staples that can help you meet your daily nutrition goals and veggie intake? In fact, our expert dietitians say that canned foods can be just as good for you - and in some cases even better for you - than their fresh counterparts.

INGREDIENTS

- 420g can chickpeas, rinsed and drained
- 410g can whole baby carrots, rinsed and drained
- 410g can whole potatoes, rinsed and drained
- 1 red onion, cut into thin wedges
- 2 tablespoons olive oil
- 1 tablespoon Moroccan seasoning

INSTRUCTIONS

1. Combine all ingredients in a bowl and transfer into a deep baking tray.
2. Bake in a hot oven, 200°C, for 30 minutes, stirring at half-way.

NUTRITION

PER SERVE: Energy 1010 (240Cal), Protein 7.0g, Fat 9.0g (Saturated 2.0g), Carbohydrate 27g (Sugars 5.0g), Fibre 9.2g, Sodium 496mg, Potassium 540mg, Calcium 56mg, Iron 2.4mg.

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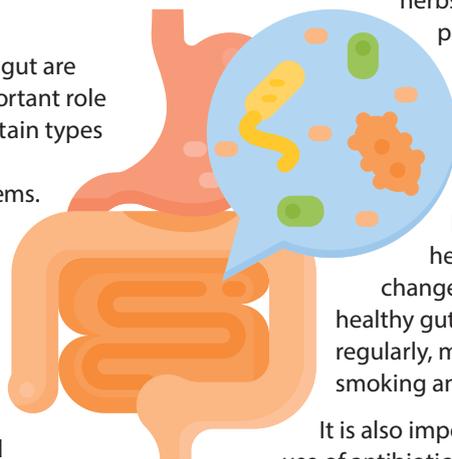
YOUR GUT MICROBIOME AND HEALTH

The gut microbiome is the community of over 100 trillion microorganisms that live in our gut—mainly bacteria, but also viruses and fungi. They perform a wide range of important functions, many of which we don't yet fully understand. This includes the digestion of food, the synthesis and absorption of nutrients, the development and regulation of the immune system, defending against harmful microorganisms, and influencing brain health, mood, metabolism and weight management.

Most of the bacteria in our gut are beneficial and play an important role in our health. However, certain types of bacteria in your gut can contribute to health problems. The right balance between good and bad bugs is the key to a healthy gut, and better overall health and wellbeing. Having a diverse microbiome (i.e. a wide variety of different gut bugs) is also associated with better health.

Each of us has a unique gut microbiome, which is affected by many factors - some which you can't change and others that you can. These include:

- Genetics
- Age
- Whether you were born vaginally or by caesarean section
- Whether you were breastfed and for how long
- Your location and living environment
- Your diet
- Your activity levels
- Stress
- Smoking and alcohol consumption



- Taking certain medications, particularly antibiotics and proton-pump inhibitors (medications used to treat reflux and stomach ulcers)

Not surprisingly, your diet plays a crucial role in building a healthy gut microbiome. What you eat nourishes not only you, but it also feeds the trillions of microorganisms that live in your gut.

Eating a wide range of fibre-rich plant foods (including fruits, vegetables, minimally processed whole grains, legumes, nuts, seeds, herbs and spices) can help to

produce a healthy and diverse gut microbiome. Restrictive diets, on the other hand, particularly low carbohydrate, gluten-free and low FODMAP diets, can reduce diversity and lower levels of some types of healthy bacteria. Other lifestyle changes that can contribute to a healthy gut microbiome include exercising regularly, managing stress levels, not smoking and limiting alcohol intake.

It is also important to avoid the unnecessary use of antibiotics. Antibiotics are life-saving when needed. However, they are also often overused. Antibiotics can kill many of our good gut bugs, as well as the bad ones. If you need to take a course of antibiotics, make sure you eat plenty of the foods that can help to boost your good bacteria. Taking a probiotic supplement may also help to restore some of your good gut bugs. However, with probiotics, there are many strains, and each has different effects on gut health. So, if you choose to take a probiotic supplement, speak to your GP or dietitian first to make sure the one you choose is right for you.

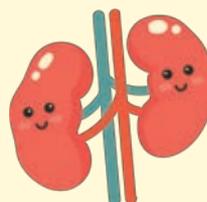
For more information visit: foodandmoodcentre.com.au/2018/10/gut-microbiota-and-diet-an-introduction/

CARING FOR YOUR KIDNEYS

We can't survive without our kidneys, yet most of us don't give them much thought. According to Kidney Health Australia, one in three Australians have risk factors for kidney disease.

The main role of our kidneys is to remove waste from the blood and return the cleaned blood back to the body. They can do this because of the tiny filtering units they contain called nephrons. Each kidney contains about one million nephrons and together they filter and clean about 1 litre of blood every minute.

When the kidneys are damaged, they can no longer remove waste products from the body, which build up and become toxic. These include urea, which is produced when the body breaks down protein, and creatinine,



which is a waste product made by the body. Minerals, including sodium, potassium and phosphorus, can build up to dangerous levels. And because the kidneys cannot remove excess fluid, you can lose 90% of your kidney function before any symptoms appear.

The good news is that there are ways to keep your kidneys healthy.

- Keep your blood pressure well controlled through lifestyle changes and medication. High blood pressure increases the risk of kidney disease.
- Maintain a healthy weight – being overweight increases the risk of high blood pressure and other conditions harder to manage.
- Don't smoke – studies have shown that smokers have a 1.9-fold higher risk of developing kidney disease and former smokers a 1.4-fold higher risk. Quitline on 13 78 48 or visit www.quitline.com.au

HOW TO MAINTAIN A HEALTHY BRAIN?

The risk of cognitive decline and dementia increase with age. And while age is the biggest risk factor, and genetics also play a part, there is increasing evidence for a link between dementia and lifestyle habits. So, rather than seeing declining cognitive function as an inevitable part of ageing, we should consider our brain health as yet another good reason to improve our lifestyle habits.

While usually diagnosed later in life, the disease processes contributing to dementia occur over several decades. This is a reason to take action now, and the news is that the lifestyle changes that are good for our brain are the same healthy habits that are important for reducing the risk of other chronic health problems like type 2 diabetes and heart disease.

While we can't change getting older, genetics, or family history, building healthy lifestyle habits can help to keep a brain healthy at any age and can reduce the risk of developing dementia, particularly as we get older.



Dementia Australia recommends focusing on the following three areas to reduce your risk:

- Look after your heart. Heart and blood vessel disease not only increases the chances of having a heart attack or stroke but is also one of the biggest contributors to dementia risk. That's because healthy blood vessels are important for carrying blood to the brain and when blood vessels are damaged, this can reduce blood flow to the brain. So managing risk factors, such as high blood pressure and high cholesterol, not smoking, exercising regularly and eating a healthy diet, is as important for your brain as it is for your heart.
- Look after your body. This includes eating a healthy diet, being physically active and optimising your sleep. Looking after your hearing and protecting your head from injuries are also important to protect your brain. Age-related hearing loss is associated with an increased risk of cognitive decline, cognitive impairment, and the development of dementia. Use of hearing aids, where needed, is associated with a reduced risk of dementia.
- Look after your mind. Just like you need to continue increasing the intensity of your exercise to improve physical fitness, your brain needs to keep being challenged to function optimally. Addressing loneliness and depression is also important. Spending time with people whose company you enjoy and in ways that interest you can help to improve brain function and reduces your risk of dementia.

Wondering how much difference lifestyle habits can make to your brain health? A study of 2235 men in the UK who were followed over 35 years found that five healthy lifestyle factors were associated with a reduced risk of cognitive impairment and dementia, as well as a reduced risk of diabetes, heart disease and stroke. These were exercising regularly, not smoking, eating a healthy diet (low in fat with three or more servings of fruit and vegetables each day), keeping a low body weight and having a low alcohol intake. Men who followed four or five healthy behaviours had a 64% lower risk of cognitive impairment and dementia.

And an Australian study of participants with subjective cognitive decline or mild cognitive impairment found that those who were supported to adopt a Mediterranean diet, increase physical activity and take part in online brain training had a lower risk score for Alzheimer's disease and a significantly higher cognition score than the control group who were provided with education only.

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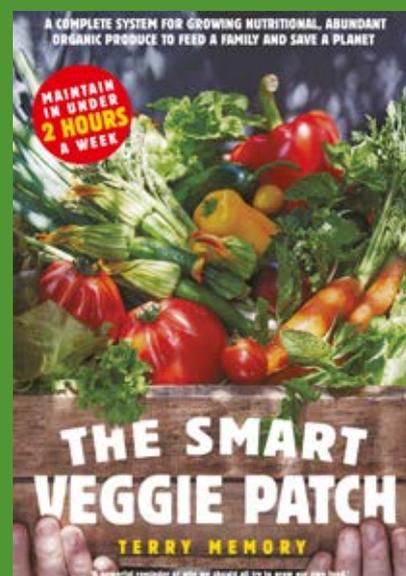
own that current smokers have
going chronic kidney disease
risk. Need help to quit? Call the
www.quitnow.gov.au

- If you have diabetes, keep blood glucose levels well managed through lifestyle changes and diabetes medications.
- Exercise regularly – being active can help with managing weight, blood pressure and blood glucose levels.
- Eat a healthy diet based around plenty of fruit, vegetables and minimally processed wholegrain, moderate amounts of lean protein foods and only small amounts of foods high in saturated and trans fats, added sugar and salt. Avoid high-protein diets, which can increase the progression of kidney disease. If you have kidney disease, it may be recommended that you follow a low protein diet, but this should always be done with the help of an Accredited Practising Dietitian, to ensure you are still meeting all of your nutritional needs.
- Stay well hydrated - choose water as your main drink and avoid sugar-sweetened drinks.
- Limit your alcohol intake to no more than two standard drinks per day. Excess alcohol, particularly binge drinking, can be harmful to your kidneys.

Dr. LoL:)



COMPETITION



Win a copy of *The Smart Veggie Patch*: A complete system for growing nutritional, abundant organic produce to feed a family and save a planet courtesy of Pan Macmillan.

Terry's overview of the deteriorating state of our food supply will inspire you to take a step towards self-reliance, while his practical tips and how to's offer the tools you need to get going.

Meticulously researched and passionately argued, with clear and accessible instructions, this is a book for anyone looking to cut costs, improve their health and save the planet

To enter visit us online at win.yourhealth.net.au

Competition opens 1st September 2022. The winning entry will be selected on 1st December 2022 and notified by email.

TELEHEALTH

MAINTAINED



Discover community health.
BOOK NOW: bchc.org.au | 5338 4500

Telehealth services are available by phone (landline) or video call (on your computer or mobile phone). Telehealth services are available for a wide range of health professionals. Telehealth services are available for a wide range of health professionals. Telehealth services are available for a wide range of health professionals.



DR KEMI FREEMAN



DR FATIN HANNA



DR MUHAMMED HANIF



DR PADMA BHASKAR

YOUR NEW LOCAL DOCTORS

BOOK TODAY: (03) 5338 4500

Appointments available.

BOOK NOW

ONLINE: bchc.org.au
PHONE: 5338 4500

BALLARAT COMMUNITY HEALTH OFFERS GP SERVICES IN THE HEART OF LUCAS.

Our doctors practice from 12 Lilburne Street, Lucas and are currently taking new patients. We're looking forward to helping you and your family achieve your health and wellbeing goals.

These services are also available at Ballarat Community Health:

- ✓ Physiotherapy
- ✓ Mental health supports
- ✓ Dietetics
- ✓ Podiatry
- ✓ Speech pathology
- ✓ Social work
- ✓ Nursing
- ✓ Exercise physiology
- ✓ Respiratory care
- ✓ Chronic disease care
- ✓ Occupational therapy
- ✓ Counselling
- ✓ Refugee/migrant health
- ✓ Help to quit smoking
- ✓ NDIS: Specialist support coordination
- ✓ NDIS: Support coordination

For more information, visit bchc.org.au or call 5338 4500. Clients may be eligible for a government subsidised appointment or partial payment through their private health fund.

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