

AUTUMN NEWSLETTER 2021

Clinic News

The clinic will be closed on the following days:

Good Friday 2nd April

Easter Monday 5th April

Covid -19 Vaccinations.

Currently not given at OMG. We will advise patients when these vaccinations are to commence.

Please Note- The preferred minimum interval between influenza vaccine and a dose of COVID-19 vaccine is 14 days.

- Influenza vaccine can be given before or after any dose of a COVID-19 vaccine, with a minimum interval of 14 days.

Coronavirus hotline

If you suspect you may have coronavirus (COVID-19) call the dedicated hotline – open 24 hours, 7 days.

Please keep Triple Zero (000) for emergencies only.

1800 675 398

2021 Flu Vaccination program.

Who is eligible for the free influenza vaccine program?

- children aged six months to less than five years
- Aboriginal and Torres Strait Islander people aged from six months
- pregnant women (at any stage of pregnancy)
- people aged from 65 years
- people aged from six months with medical conditions putting them at increased risk of severe influenza and its complications

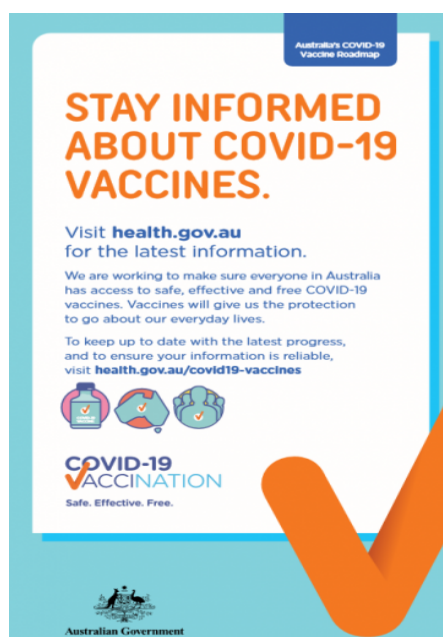
Exercise and Mood

Exercise can have an enormous impact on your mood. In fact, it is thought that exercise can be just as effective as anti-depressants in treating mild-to-moderate depression.

Not only can exercise help in treating depression, it can also prevent people from becoming depressed again. So it's important to keep up an exercise regimen after people get better.

We don't yet understand exercise and mood enough to know exactly which type of exercise is best - or how much - but what we do know is that it definitely has a positive effect. Exercise can:

- increase your energy levels
- help you get a good night's sleep
- distract you from your worries and get you out of a cycle of negative thoughts that can feed anxiety and depression
- help you get out and be with people if you're feeling lonely; even a smile as you pass someone on the street can boost your mood
- help you feel more in control, and improve your self-esteem, because you are taking an active role in your own treatment
- increase your confidence as you meet challenges and reach goals, no matter how small, as well as helping you to feel good about your body



- help you to avoid less helpful approaches, such as drinking alcohol or dwelling on how you feel.

- exercise can help treat people with depression who have partially responded to anti-depressants; that is, it can help them get ever better
- both aerobic exercise (such as walking, cycling or running) and strength training (such as weight lifting) can help treat depression.

The positive link between exercise and mood

We don't understand exactly why exercise is so good for improving mood conditions yet, but we do know that it works.

This may be due to a combination of reasons, including:

- Exercise helps chronic depression by increasing serotonin (which helps your brain regulate mood, sleep and appetite) or brain-derived neurotrophic factor (which helps neurons to grow).
- Exercise reduces immune system chemicals that can make depression worse.
- Exercise increases your level of endorphins, which are natural mood lifters.
- Exercise helps by getting your sleep patterns back to normal. We know getting enough sleep can protect the brain from damage.
- Exercise gives you a focused activity that can help you feel a sense of accomplishment.
- Exercise limits the effect of stress on your brain.

What we know about exercise and mood

Many studies have been done to understand the link between exercise and mood.

What we do know is:

- people who exercise regularly have fewer symptoms of depression and anxiety than those who don't
- moderate intensity exercise can be an effective treatment on its own for mild-to-moderate depression
- 16 weeks of regular exercise is just as effective as anti-depressant medication in treating older people who were not exercising previously

Exercise outdoors

For even greater benefits, try [exercising outdoors](#).

Some recent studies have found people report a higher level of vitality, enthusiasm, pleasure and self-esteem, and a lower level of tension, depression and fatigue, after they have walked outside. People who exercise outside also say they are more likely to exercise again than those who stay indoors.

And, people who exercise outside do it more often, and for longer, than those who work out indoors.

Vitamin D

Research shows that [Vitamin D](#) can help us to fight disease. Vitamin D is known as the sunshine vitamin because we can get our daily dose just by spending some time in the sunshine.

We are still learning about what vitamin D can do for our bodies, but studies suggest it can protect us from a range of conditions, from osteoporosis and cancer to heart attacks and depression.

The good news is that your body can make all the vitamin D you need if you expose your arms and legs to sunshine for 10 to 15 minutes a few times a week. For extra benefits, why not combine this with getting some exercise?

Less screen time

Being indoors, it is naturally tempting to be more sedentary than if you are outside. You might like to do your exercise in the controlled environment of a gym, but there are always plenty of opportunities to be active outside.

You might like to try to spend more time walking or cycling to work, gardening, cleaning up the yard, or doing other activities that get you moving and away from your computer or television.

Children are particularly at risk of watching excessive amounts of television, playing video games or using tablets. [Research has found](#) that children are twice as active when they spend time outside.

Light

Natural light is known to help lift people's moods, so heading outside can help you to feel better.

Green exercise

Researchers in Britain have been working on the idea that exercising in nature has added benefits for mental health. They call this 'green exercise'.

These researchers have found that even five minutes exercising in nature can lift your mood. When you're feeling down, a walk through the park might be worth a try.

Other research has found that children with attention deficit hyperactivity disorder can concentrate more easily after walking through a park, compared with walking through a residential neighbourhood. Although the study was done only with children, it might be worth trying a walk in the park if you're having trouble concentrating too.

A surprise benefit of green exercise is that exposing your body to plants can also improve your immune system. Scientists think that airborne chemicals from plants can also protect us against bacteria and viruses.

There are so many benefits to exercising outside. And unlike going to the gym, it's all free.

Remember...

- Exercise is a great way to improve your mood.

- To increase the benefits, try exercising outside.

Reference <https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mood#bhc-content>

SMOKING AND EYE DISEASE

Smoking is a major factor contributing to the early development of age-related macular degeneration. Age-related macular degeneration is the most common cause of blindness in the Western world.

Recent studies have found a link between some common eye problems and cardiovascular (heart) disease. In particular, people with age-related macular degeneration were found to have double the risk of death from a heart attack or stroke than those without the condition.

Cigarette smoking speeds up the development of atherosclerotic plaques (collections of cholesterol and fat), in the walls of arteries. These are like porridge, gradually blocking arteries so that blood flow becomes limited.

Nicotine and carbon monoxide in cigarette smoke are thought to be important causes of arteries losing their elasticity. This means that arteries respond less well to fluctuations in pressure and are more likely to rupture.

How the eye is affected

The macular area of the retina has the finest blood supply in the body, serving the retinal receptors that enable us to see minute detail clearly. Obstruction and failure of the blood supply to the macula happens even before other body functions may be affected. This blood vessel damage causes a gradual failure of vision. New vessel growth and leakage can result in scarring of the retina and severe vision loss.

The average age that people present with age-related macular degeneration in the first

eye is about 65 years. The second eye becomes impaired at a rate of about 12 per cent each year and about 60 per cent of patients are legally blind in both eyes by their 70th birthday. There is no effective medical or surgical cure for age-related macular degeneration, but rehabilitation advice helps people to live more independently.

- Quitting smoking, or not starting in the first place, is a way to ensure that good vision is maintained for as long as possible.

References <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/smoking-and-eye-disease>

For advice on Smoking cessation call Quitline 137848

The impact of vision problems

Age-related macular degeneration has extensive implications. People who have it:

- Cannot read or see detail on the TV
- Cannot easily recognise faces
- Cannot drive
- Confuse medication labels and are at risk of other illnesses
- Fall more easily and suffer more serious complications from falling
- Lose independence and may require residential care earlier than if their vision was normal.

Quitting smoking, or not starting in the first place, is a way to ensure that good vision is maintained for as long as possible. Through its low vision clinics, Vision Australia provides optical and other devices to enable people with macular degeneration to make best use of their remaining vision and continue to live independent and fulfilling lives.

Where to get help

- Your doctor
- Your local community health centre
- [Vision Australia](#), blindness and low vision services Tel. 1300 84 74 66

Things to remember

- Smoking is a major contributing factor to the early development of age-related macular degeneration.
- There is no effective treatment for age-related macular degeneration.

BREAKFAST

Breakfast is often called ‘the most important meal of the day’, and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

Many studies have shown the health benefits of eating breakfast. It improves your energy levels and ability to concentrate in the short term, and can help with better weight management, reduced risk of type 2 diabetes and heart disease in the long term.

Despite the benefits of breakfast for your health and wellbeing, many people often skip it, for a variety of reasons. The good news is there are plenty of ways to make it easier to fit breakfast into your day.

Why breakfast is so important

When you wake up from your overnight sleep, you may not have eaten for up to 10 hours. Breakfast replenishes the stores of energy and nutrients in your body.

Energy

The body’s energy source is glucose. Glucose is broken down and absorbed from

the carbohydrates you eat. The body stores most of its energy as fat. But your body also stores some glucose as glycogen, most of it in your liver, with smaller amounts in your muscles.

During times of fasting (not eating), such as overnight, the liver breaks down glycogen and releases it into your bloodstream as glucose to keep your blood sugar levels stable. This is especially important for your brain, which relies almost entirely on glucose for energy.

In the morning, after you have gone without food for as long as 12 hours, your glycogen stores are low. Once all of the energy from your glycogen stores is used up, your body starts to break down fatty acids to produce the energy it needs. But without carbohydrate, fatty acids are only partially oxidised, which can reduce your energy levels.

Eating breakfast boosts your energy levels and restores your glycogen levels ready to keep your metabolism up for the day.

Skipping breakfast may seem like a good way to reduce overall energy intake. But research shows that even with a higher intake of energy, breakfast eaters tend to be more physically active in the morning than those who don't eat until later in the day.

Essential vitamins, minerals and nutrients

Breakfast foods are rich in key nutrients such as folate, [calcium](#), iron, B vitamins and fibre. Breakfast provides a lot of your day's total nutrient intake. In fact, people who eat breakfast are more likely to meet their recommended daily intakes of vitamins and minerals than people who don't.

Essential vitamins, minerals and other nutrients can only be gained from food, so even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.

Breakfast helps you control your weight

People who regularly eat breakfast are less likely to be overweight or obese. Research is ongoing as to why this is the case. It is thought that eating breakfast may help you control your weight because:

- it prevents large fluctuations in your blood glucose levels, helping you to control your appetite
- breakfast fills you up before you become really hungry, so you're less likely to just grab whatever foods are nearby when hunger really strikes (for example high energy, high fat foods with added sugars or salt).

Breakfast boosts brainpower

If you don't have breakfast, you might find you feel a bit sluggish and struggle to focus on things. This is because your brain hasn't received the energy (glucose) it needs to get going. Studies suggest that not having breakfast affects your mental performance, including your attention, ability to concentrate and memory. This can make some tasks feel harder than they normally would.

Children and adolescents who regularly eat breakfast also tend to perform better academically compared with those who skip breakfast. They also feel a greater level of connectedness with teachers and other adults at their school, which leads to further positive health and academic outcomes.

A healthy breakfast may reduce the risk of illness

Compared with people who don't have breakfast, those who regularly eat breakfast tend to have a lower risk of both obesity and type 2 diabetes. There is also some evidence that people who don't have breakfast may be at a higher risk of cardiovascular disease.

Breakfast helps you make better food choices

People who eat breakfast generally have more healthy diets overall, have better eating habits and are less likely to be hungry for snacks during the day than people who skip breakfast. Children who eat an inadequate breakfast are more likely to make poor food

choices not only for the rest of the day, but also over the longer term.

People who skip breakfast tend to nibble on snacks during the mid-morning or afternoon. This can be a problem if those snacks are low in fibre, vitamins and minerals, but high in fat and salt. Without the extra energy that breakfast can offer, some people feel lethargic and turn to high-energy food and drinks to get them through the day.

If you do skip breakfast, try a nutritious snack such as fresh fruit, yoghurt, veggie sticks and hommus, or a wholemeal sandwich to help you through that mid-morning hunger.

Skipping breakfast

Skipping breakfast was shown to be common in the most recent national nutrition survey of Australian children and adolescents, although the majority did not skip breakfast consistently.

Those most likely to skip breakfast were older females, and people who:

- are under or overweight
- have a poor diet
- have lower physical activity levels
- do not get enough sleep
- are from single-parent or lower income households.

Some common reasons for skipping breakfast include:

- not having enough time or wanting to spend the extra time being in bed
- trying to lose weight
- too tired to bother
- bored of the same breakfast foods
- don't feel hungry in the morning
- no breakfast foods readily available in the house
- the cost of buying breakfast foods
- cultural reasons.

While skipping breakfast is not recommended, good nutrition is not just about

the number of meals you have each day. If you don't have breakfast, aim to make up for the nutritional content you missed at breakfast with your lunch and dinner.

Ideas for healthy breakfast foods

Research has shown that schoolchildren are more likely to eat breakfast if easy-to-prepare breakfast foods are readily available at home. Some quick suggestions include:

- porridge made from rolled oats – when choosing quick oats, go for the plain variety and add your own fruit afterwards as the flavoured varieties tend to have a lot of added sugar
- wholegrain cereal (such as untoasted muesli, bran cereals or whole-wheat biscuits) with milk, natural yoghurt and fresh fruit
- fresh fruits and raw nuts
- wholemeal, wholegrain or sourdough toast, or English muffins or crumpets with baked beans, poached or boiled eggs, tomatoes, mushrooms, spinach, salmon, cheese, avocado or a couple of teaspoons of spreads such as hommus or 100% nut pastes (such as peanut or almond butter)
- smoothies made from fresh fruit or vegetables, natural yoghurt and milk
- natural yoghurt with some fresh fruit added for extra sweetness and some raw nuts for crunchiness.

If you're time poor you can still have breakfast

Early starts, long commutes and busy morning schedules mean many of us don't make time to sit down to breakfast before heading out for the day. Whatever your reason for being time poor in the morning, there are still ways that you can fit in breakfast. Some ideas include:

- Prepare some quick and healthy breakfast foods the night before or on the weekend, such as [zucchini slice](#), [healthy muffins](#) or overnight oats (rolled oats soaked in milk overnight in the fridge – just add fruit/nuts and serve). A pre-prepared breakfast means you can grab it and eat at home, on the way to work or once you get to your destination.
- Keep some breakfast foods at work (if allowed) to enjoy once you arrive.
- Get in the habit of setting your alarm for 10 to 15 minutes earlier than usual to give you time to have breakfast at home.
- Swap out any time-wasting habits in the morning (such as checking your emails or scrolling social media) and use this time for breakfast instead.
- Prepare for the next day the night before to free up time in the morning to have breakfast.

Can't face food in the morning?

Some people find they just can't tolerate food first thing in the morning – perhaps because they have their last meal of the day quite late at night or they don't find typical breakfast foods appealing, or because food first thing in the morning turns their stomach.

If it's hard for you to eat food first thing in the morning, you might like to try:

- reducing the size of your meals in the evening and eating them earlier so you're hungry in the morning
- investigating some new recipes and stocking your cupboards with some different types of foods to increase your breakfast appetite
- switching your breakfast to morning tea or mid-morning snack time instead – perhaps try some of the portable breakfast ideas listed above so you've got healthy options ready to go when you feel ready for your mid-morning breakfast.

Where to get help

- Your GP (doctor)
- [Dietitians Association of Australia](#) Tel. 1800 812 942

References:

<https://www.betterhealth.vic.gov.au/health/healthyliving/breakfast>

Smashed banana on fruit bread

5 minutes (5 minutes)

Serves 4 (1 serve = 2 slices toast)

Ingredients

- 8 slices wholemeal fruit toast, thinly sliced
- 4 medium sized bananas
- 2 teaspoons cinnamon
- 480g reduced fat ricotta
- 20 strawberries, washed, hulled and diced
- 2 tablespoons honey

Method

1. In a bowl, mash together banana, cinnamon, and ricotta. Set aside.
2. Toast fruit toast.
3. Spread the banana mixture evenly over the toast. Evenly scatter diced strawberries over the banana mixture.
4. Drizzle over honey and serve immediately.

Ref

<https://www.heartfoundation.org.au/Recipes/Smashed-banana-on-fruit-bread>