

# HAWKINS MEDICAL CLINIC

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Mount Gambier, SA 5290

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Suttontown, Mount Gambier, SA 5291

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## Dr Ron Wallingford MBBS DCH

## Dr Shivani Gulati MBBS

## Dr Martine Mitchell MBBS

## Dr Cherry Oo MBBS

## Dr Cherilyn White MBBS

## CLINIC HOURS AND SERVICES

Consultations at Sturt Street and Pinehall Avenue by appointment.

### HAWKINS@PINEHALL

Monday to Friday 8:00am to 5:00pm

### HAWKINS@STURT

Monday to Friday 8:00am to 7:00pm

Saturday 8:30am to 11:30am

Call 8723 1233 or 8725 5266 for an appointment.

After hours clinics are held at Sturt Street at 7:00pm every evening Monday – Sunday and also at 11:00am on Sundays. After hours clinics on Saturdays and Sundays are restricted to urgent matters for patients of Hawkins Medical Clinic. Call our duty doctor on 0418 838 466 for an appointment.

If you need a home visit, please call the clinic as soon as possible after 8.00am.

# YOUR DOCTOR



JANUARY 2019

## Smelling sickness

– body odour may be sign of disease

Did anyone ever tell you that you smell bad? Funky breath or stinky underarms can happen to anyone, at any age. Whether or not you've noticed them, some body odours can signal a health problem. Most breath and body odours are normal and can be kept in check with good oral and personal hygiene.

Bad breath is most often caused by bacteria on the teeth and tongue. It's normal if your breath smells a little in the morning, especially if you slept with your mouth open. A dry mouth allows bacteria to thrive. Bacteria that live in the mouth can make compounds that have sulphur. These compounds are especially stinky. They can smell like rotten eggs or onion, for example.

If bad breath isn't cleared up by brushing your teeth or using mouthwash, it may be a sign of another issue. Over time, bacteria can cause tooth decay and gum disease. Decay and gum disease do not smell good. Both require a trip to the dentist for treatment.

Other causes of foul breath odour may be sinus, throat, or lung infections. These also need to be treated by a health care professional.

Your breath can also carry clues of disease from other parts of your body. That's because you exhale more than just air. Your breath also contains gassy compounds that move from your organs through the bloodstream into your lungs.

Breath that smells fruity or like rotten apples, for example, can be a sign of diabetes that's not under control.

Rarely, people can have bad breath because of organ failure. A person with kidney failure

may have breath that smells like ammonia or urine. Serious liver disease can make breath smell musty or like garlic and rotten eggs.

Compounds that are transported through the blood can also be released through your sweat glands. This can make your armpits and skin smell bad. Stress is known to cause smelly compounds to be released through your sweat.

But your armpits can smell for other reasons too. Both moisture and hair enable bacteria to thrive. These bacteria can make smelly compounds. Bathing, shaving, and deodorant can help keep these odours in check.

In a laboratory environment, scientists can already analyse odour compounds from the body. Emerging research includes developing an electronic "nose" to help doctors detect certain diseases that cause breath or body odours. They've even trained dogs to detect signs of certain cancers in breath samples.

If you're concerned about a new or worsening body odour, a trip to the doctor for evaluation is always the first step, however bad breath is best assessed by a dentist.

If body odour is a concern, your doctor can conduct a physical exam. If needed, your doctor can suggest further tests. Your dentist can examine your mouth for signs of trouble.

A trial of avoiding foods that are known to cause body odour may be considered. In rare cases of body odour due to an underlying medical condition, the treatment of that condition may help to manage the odour as well.

*Choose Health for Life on the back page offers tips if you are concerned about body odour or sweating.*

See inside for an easy fresh and healthy RECIPE. Give it a try!

# Managing moods and mental health

Medication and psychological therapy are common treatment methods for anxiety, depression, and other mental health disorders, but lifestyle changes can also be beneficial. To improve your mood, manage your overall mental health, and even reduce stress, there are many things you can do alongside GP-recommended treatment.

## DIET AND EXERCISE

Eating the right food and exercising may be beneficial for your mental health. To improve brain function, get plenty of essential fatty acids, folate, and zinc, eat lean meat and seafood, whole grains, leafy greens, and legumes. Then, remember to get at least 30 minutes of physical activity every day. Try swimming, weight-lifting, team sports, or even going for a brisk walk.

## REST AND SLEEP

A lack of quality sleep can cause havoc with your mental health and mood, which is why it's so important to make it a priority. Before heading to bed, don't consume caffeine and limit your exposure to blue light devices such as computers and phones. Keep your sleep habits to a regular schedule – rising and retiring at the same time. Rest can also mean taking part in relaxing activities to regulate stress such as reading a book or doing a puzzle.

## DRUGS AND ALCOHOL

Getting on top of problem drinking or substance abuse is essential for every facet of your health. Those who have drug and alcohol problems tend to face more mental illness-related issues than those who don't. What's more, cigarette smokers face a daily battle with



cravings and nicotine withdrawal. Studies show that stamping out these bad habits can result in reduced anxiety and better moods.

## NATURE

Ever wonder why the sunshine makes you smile? When you get plenty of sunlight, you receive a boost of vitamin D and balanced dosage of serotonin – a mood maintenance chemical. Research shows that spending some time in nature – away from chemicals, pollutants, and technology can improve your mood and self-esteem.

## ASK FOR HELP

If you're struggling with mental health, then it's important to know there is help available. Making positive lifestyle changes can be beneficial, but they are not a replacement for GP-prescribed medication and psychological support. Talk to a health professional and get the help you require.

Altering your lifestyle can go a long way to helping you feel better about yourself and your situation. However, it's important to talk to your GP for help and advice. If you are feeling low, depressed, stressed, or anxious, don't put off making an appointment any longer.

## WORD SEARCH

- ALPHALIPOIC
- ANTIBIOTICS
- ANXIETY
- BACTERIA
- BEETROOT
- CALCIUM
- CARROTS
- DEODORANT
- DEPRESSION
- EARDRUM
- EUSTACHIAN
- EXERCISE
- HEARING
- INFECTION
- MEDICATION
- MICROWAVE
- MOUTHWASH
- NATURE
- NITRATE
- NOCICEPTION
- ODOUR
- RADIATION
- SENSE
- SLEEP
- SULPHUR
- SUPERFOOD
- SWEAT
- VACCINATION
- VISION
- ZINC

M A H N R J W L R A D I A T I O N B P Q T V B W B  
C T V J O O P S Q H J Y K X A N T I B I O T I C S  
V Z M A I R E T C A B X J T I C I M R U F W Q E E  
A D G I G Z B T N V R Y H P H P V Q R G R U B U N  
Q B Z R J G R D W C B N T U A H N O I T C E F N I  
L E U S T A C H I A N M R T C L I I C A L C I U M  
P E K Z F O Y T J L D I U W H S Z H T N Y N Q N W  
G T Z C Z I C N A V U E Z R T V Q T A R U P O S U  
G R I W N S I A T Z G W P O D N E M C K A I O I E  
R O J Q E U O R D S S V R R V R A X U H T T T M V  
T O A L L S P O V C E R A Z E M A N E A J Q E T A  
Z T N B U H I D O H A H M C H S A E C R G Z N A C  
Y F X G B B L O A C R S E V I O S I S T C O Q G C  
A U I L X P A E U Y Q A S I C P D I A Z I I V Z I  
G W E O I L H D O U I W N T V E H E O T U U S O N  
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X R Y S U I L D S U W T S G E I E E C Z Z O O S T  
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## What you didn't know about beetroot

Like most fruit and vegetables, beetroot is packed full of essential nutrients to give your body a helping hand.

However, there is so much more to this newly categorised superfood.

Beetroot contains protein, calcium, iron, Vitamin A and C, folate, manganese, zinc, copper, fibre, and more! You can pickle it like your grandma used to, steam, boil, and roast it, or even eat it raw. This versatile vegetable does not get nearly enough of the spotlight as it deserves - especially when you find out just how beneficial it is for the body.

### WHAT DOES SCIENCE TELL US?

Scientists are discovering a lot of about this humble vegetable. Studies on hypertension in 2008 showed that beetroot could lower blood pressure due to its high nitrate levels. Two years later, another study

reaffirmed this. Regarding dementia, scientists are making headway here too. Consuming a high nitrate diet, including beetroot, means that blood flow and brain oxygenation were improved in the aging population, potentially helping to slow down dementia. The study was carried out at the Wake Forest Translational Science Centre.

Beetroot even helps with digestion, inflammation, diabetes, and athletic performance. As it contains alpha-lipoic acid, it can lower glucose levels, and with high fibre content, it can promote healthy digestion. Beetroot's powerful nutrient known as choline can also reduce chronic inflammation while also improving sleep, memory, learning, and even muscle movement.

It can seem strange for a vegetable to improve athletic performance, but beetroot is creating waves in the fitness field for that reason as well. A juice supplementation improved muscle oxygenation, leading to better tolerance of long-term exercise. These were noted in time trials with performance improvements of as much as 2.7 and 2.8 percent.

If you are looking to make changes to your diet, then there's every reason to give beetroot a try. However, be sure to consume it as part of a healthy, balanced diet. Beetroot juice may cause red urine and faeces, and improperly stored beetroot juice can be harmful due to high levels of nitrate. Consult a health professional if you have any concerns or questions about making dramatic changes to your diet.



### Ingredients

- 2 medium beetroots, trimmed
- 4 tablespoons (50g) walnuts
- 40g reduced-fat feta
- 1/3 cup low-fat Greek-style yoghurt

### To Serve

- 2 large carrots, peeled, cut into sticks
- 1 large cucumber, cut into sticks

### Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Wrap each beetroot tightly in foil and roast on the baking tray for 35 minutes.
3. Place walnuts on the other tray and lightly toast in the oven for the last 5 minutes.
4. After 35 minutes remove both trays from the oven. Leave to cool.
5. Unwrap the beetroot from the foil and rub off the skin.
6. Chop beetroot. Place in food processor along with walnuts, feta and yoghurt.
7. Blend until smooth and refrigerate until ready to serve.

Serve dip with carrot and cucumber sticks.

## Myth Busters

### Myth:

**Eating a lot of carrots helps you see in the dark.**

Vitamin A is good for the health of your eyes — especially those with poor vision and it just happens to be a major nutrient found in carrots. However, giving Bugs Bunny a run for his money won't give you all-seeing night vision superpowers.

The myth is thought to have originated as a piece of British propaganda during World War II. It is alleged that the government wanted to keep the existence of radar technology that allowed its bomber pilots to attack in the night, a secret, and used carrot-eating as the explanation!

### Myth:

**Your microwave can give you cancer and disrupt your pacemaker.**

Microwave radiation only heats food up — it won't cause cancer.

There are only a few cancer-causing types of radiation, and these depend on the dose. For example, we know too much radiation from the sun can cause skin cancer, however just enough of that same radiation helps your body make Vitamin D.

Disruption to heartbeat-keeping devices can be caused by devices such as mobile phones, powerful refrigerator magnets and anti-theft systems, but a microwave won't disrupt a pacemaker.

### Myth:

**Humans have five senses.**

The commonly recited senses of sight, smell, taste, hearing, and touch are only the beginning.

Additional senses not so often mentioned include balance, temperature, and time, as well as proprioception — the body awareness that helps us not walk into things all the time — and nociception, our sense of pain.



# Pain in the ear: fending off ear infections

Being up all night with a child crying from the pain of an ear infection can be a nightmare, but it's not uncommon. Most children in developed countries get at least one ear infection by the age of five.

Most ear infections happen in the middle ear, the part of the ear behind the eardrum. The middle ear is connected to the upper part of the throat by the eustachian tube. It normally lets fresh air into your middle ear and lets fluid drain out.

After a cold or other infection, the virus or bacteria that caused the illness can spread to the middle ear. When this happens, the eustachian tube can swell up or become blocked with mucus. This can trap germs and cause an ear infection. The trapped germs can cause more swelling and fluid build-up, and that's what causes the pain of an ear infection.

So why do so many young children get ear infections? In younger kids, the eustachian tube, as well as the immune system, are still developing. Some kids might also have an underactive immune system that can't fight the infection.

In older children and adults, the eustachian tube is large and slanted to drain fluid from the middle ear. In younger children, this tube is narrower and more level, so it's more likely to get blocked.

Many ear infections don't need to be treated. They often clear up on their own.

If the pain won't go away or your child has fluid coming out of their ear, you should visit a doctor. Ear infections can also make a child fussy, cause a fever, or create trouble hearing.

There is a huge push not to overprescribe antibiotics. Bacteria can become resistant to the effects of these drugs, so doctors try not to give them, except for severe cases.

It's not always easy to get young children to take medications, but when drugs are necessary, it's important that they be taken for the full time your doctor tells you.

A recent study tested whether antibiotics could be taken for less than the standard 10-day treatment. Unfortunately, the shortened treatment didn't work as well and had no benefits.

If your child has repeated ear infections or trouble hearing, your doctor may suggest draining your child's ear with small tubes to help maintain a healthy environment.

Ear infections aren't contagious, but there are things you can do to lower your chances of getting one. See our tips on preventing ear infections to learn how.



## Tips to help prevent ear infections

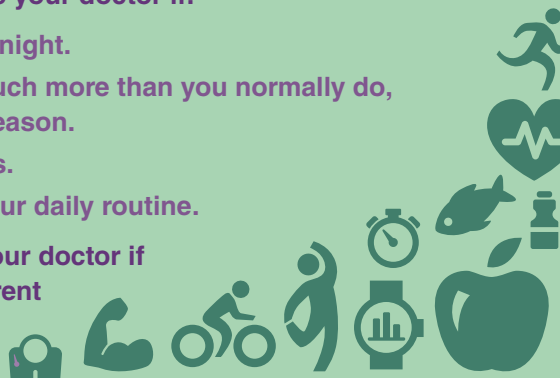
- Stay up to date on vaccinations, including an annual flu shot.
- Wash your hands often.
- Avoid close contact with people who have a cold or other illness.
- Avoid secondhand smoke.
- Never let your baby sleep with a bottle. The liquid may accidentally enter the ear.

## CHOOSE HEALTH FOR LIFE

Some medical conditions may change how much you sweat, whilst others can change the way your body smells. You should see your doctor if:

- You start to sweat at night.
- You start to sweat much more than you normally do, without any logical reason.
- You have cold sweats.
- Sweating disrupts your daily routine.

You should also see your doctor if your body smells different than usual.



**Disclaimer:** All text and images published in this newsletter are for general information and educational purposes only. It is not a substitute for professional advice. Always consult a registered health professional regarding any health-related diagnosis or treatment options.

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## WELCOME TO OUR DOCTORS JOINING US IN FEBRUARY

Dr Martine Mitchell, Dr Cherry Oo, and Dr Cherilyn White

## WALK-IN SCRIPT CLINIC

Did you know that Hawkins@Sturt now offers an alternative to ordering your repeat prescriptions over the phone? Attend Hawkins@Sturt Mon- Fri between 8:15 – 8:45am for a repeat prescription only, bulk billed consultation. No appointment necessary. Please note, the patient requiring the script must be in attendance for these appointments. Patients should be reviewed by their regular GP at least 6 monthly for some conditions. Please see one of our friendly staff for more details.

## APPOINTMENTS SYSTEM

Hawkins patients can now contact the clinic before 10am every weekday and they will be seen by one of our duty doctors at Sturt Street that morning. All you need to do is ask for a same day appointment. Patients can also book a duty appointment online from 6pm the night before on their computer or smart phone. Ask one of our friendly staff for an online appointment registration form and we will send you more information. You can still book an appointment with your usual GP in the same way.

## PAEDIATRIC CLINIC

Report to the nurses area at Sturt Street. A walk-in paediatric clinic for unwell children under 5 runs daily @ Sturt Street from 11 – 11:30am for non-trauma recent onset illnesses such as fevers, coughs, sore throats, colds, and rashes. This initiative is staffed by our registrars.

## HAWKINS@PINEHALL

Patients may be offered the opportunity to see their doctor at either location.

## ONLINE APPOINTMENTS

Register your email address with the clinic to be able to download the App or go to the website to book an appointment with our duty doctor from 6pm the previous evening. Saves a phone call next morning when you are up during the night with a sick child. A number of doctors also offer some online appointments each day. See our staff for more information.

## SKIN CHECK CLINICS

Dr Bruorton runs a weekly skin check clinic. Ask one of our friendly staff for more information.

## TEXT/SMS REMINDERS

Patients with mobile phones are encouraged to update their telephone details with the clinic. You will also be asked if you are happy to receive future SMS reminders. These should not be relied upon as your only appointment reminder.

## WHEN YOU ARRIVE FOR AN APPOINTMENT

It is important to ensure you let a receptionist know you have arrived for your appointment. Your doctor will only call you for your consultation if your arrival has been recorded.

Read the newsletter and test your knowledge - complete the **PUZZLE!**