

# HEALTHY HEART CHECKS

May/June 2018

Issue 74

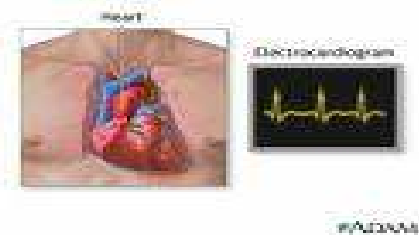
## Do you have a healthy heart?

May is “Know your Heart” month at Hope Island and Homeworld Helensvale Medical Centres.

In conjunction with National Heart Week we invite you to attend our “Know Your Heart Clinics” throughout May and June.

## How Much will it cost?

The Heart Clinics will usually be BULK BILLED



Please make an appointment with our receptionists by telephoning

Hope Island 55108199

Homeworld Helensvale 55806677

## Who should get to know their Heart?

Please attend the clinic if you are aged 40 – 70 and have any of the following risk factors;

- high cholesterol or you have not had your cholesterol recently assessed
- high blood pressure or you have not recently had your blood pressure recently assessed
- Smoking
- Overweight or inactive
- Diabetes or you have not recently had your Blood Glucose level checked
- A family history of heart disease

## What will happen at the heart clinic?

You will have your height, weight, blood pressure and blood glucose levels assessed. A blood cholesterol test will be organised if necessary.



You will then have an ECG to check the function of the heart. One of our doctors will check the results of this assessment.

If you are aged 45-49, you can attend the heart clinic as part of your 45-49 year old health check.

There are other check up services

- Annual Diabetes Review
- Annual Asthma Review
- Annual Health Assessment
- Annual Skin Check

Please discuss your eligibility with your GP or one of our practice nurses

**We send SMS reminders for your appointments—you can now reply Y or N**

**We send SMS notifications when your doctor wants you to make an appointment to discuss results or correspondence**

**We send SMS reminders when you are on our reminder list.**

**If we send you a message, please ring us back so we can arrange your appointment. Please let us know if you do not want to receive communication via SMS straight to your mobile phone.**

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**Do you have a healthy heart and do you know your numbers?**

**BP, cholesterol, height,**



## Flu Vaccination— It's not too late

Although most people recover from the flu quickly, some people such as young children, older people and people with certain health conditions can be seriously affected by the flu, which can sometimes even result in death. Flu vaccination can be administered to anyone who wishes to reduce the likelihood of becoming ill with influenza. Annual vaccination is recommended for people who are at increased risk of flu related complications, including all people 65 years and older. The flu vaccine is FREE for many patients. Have your flu vax today!

If you are not eligible for free vaccine you can obtain the vaccine here at the Medical Centre at a cost of \$22.00, or you can have your prescription filled at the pharmacy of your choice. Last year was a particularly bad flu season and we encourage everyone who works with the public to strongly consider vaccination.

Vaccination against influenza is recommended every year, for anyone wanting to lower their chance of catching influenza. Influenza vaccination is particularly recommended for the following groups of people for whom influenza can have

complications:

- those 65 years of age or older,
- All children aged 6 months—5 years
- Aboriginal and Torres Strait Islanders 15 years of age or older,
- those 6 months of age or older who have certain heart, lung or blood circulation diseases. This includes, for example, people with heart problems, cystic fibrosis, chronic obstructive pulmonary disease, or asthma,
- those 6 months of age or older who have other ongoing illnesses including: diabetes, kidney problems, poor immunity (including people with HIV, cancer, chronic steroid use) or inherited abnormal haemoglobin conditions,
- those 6 months of age or older who have illnesses of the nervous system that may affect the lungs. children 6 months to 10 years on long term aspirin therapy,
- women who are planning to

become pregnant, and those who are pregnant

•people living in nursing homes, hostels or other long-term care facilities,

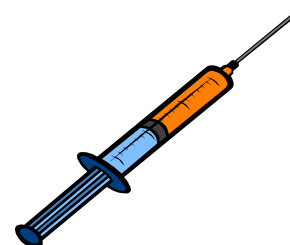
•homeless people, and those who care for them.

Influenza vaccination is also recommended for people who:

•may spread influenza to anyone from the groups of people listed above including anyone who lives, works or cares for them,

•provides essential services or work in other industries, especially those associated with the public.

*If you are seeing the doctor for your flu vaccine ONLY then the service will be bulk billed. If you are seeing the doctor for other things as well such as scripts, then normal fees will apply.*



## Australia's Biggest Morning Tea

Hope Island and Homeworld Helensvale Medical Centres will again be hosting Australia's biggest morning tea events. Australia's Biggest Morning Tea is an opportunity for friends, family or workmates to come together, share a cuppa and some delicious food, whilst helping those affected by cancer. All too often our practice teams are part of many patients' cancer journeys and this event is one way we like to help. The contributions made at Australia's biggest morning tea events fund cancer research, prevent and control cancer, and provide information and support for people affected by cancer. Proudly, we raised over \$1300 across the two practices last year, and we thank you all for your support. We've love to beat our efforts this year!



**Together with the Cancer Council we're here to help and support those diagnosed as well as their families. Our main fundraising activity this year will be a hamper raffle. Please buy tickets from reception.**

**\$2.00 each or 3 tickets for \$5.00**

# Men's Health

## How often should men go to the doctor?

Forty-four per cent of doctors' patients are men and men visit their doctor less from adolescence onwards. There are no recommendations as to how often men should visit their GP and get a general health check as it depends on age, health and a whole range of other factors.

Your doctor will be able to advise how often or when your next appointment should be.

A Medicare item for a health check was introduced in 2006 to encourage men and women between the ages of 45 and 49 who are at risk of developing a chronic disease to visit their GP for a health check. The Australian Institute of Health and Welfare estimates that 94 per cent of males between the ages of 45 and 54 have at least one risk factor for cardiovascular disease. The bulk billed health check aims to help detect and prevent chronic disease, and encourage early intervention strategies.

## Why is it important to know your doctor?

GPs are not just available for diagnosis and treatment of health issues; GPs are a complete health resource. There are many benefits to building a relationship with your GP. By regularly visiting the same GP, he/she will know your long-term medical history and have a better understanding of your health behaviours and needs. This then means that you can make the most of your consultation time when you are there. You are also more likely to make an appointment for the important follow-up consultation.

Developing trusting relationships can encourage men to visit the doctor, speak about their health, make positive changes to health behaviour, and make repeat visits for further health care.

If you haven't been to the doctor for a long time, or are new to the area, booking a long consultation for the first appointment will ensure that the doctor has time to take a full medical history.

And if your doctor can't help you directly with your health concern, he/she can refer you to someone else locally.

## Questions for men over the age of 40:

- Am I at risk of developing any diseases and do I need tests?
- Is my family history important?
- What about my prostate – should I get it checked and is a blood test enough?
- Is my weight a problem?
- What about my cholesterol?
- If I'm okay— why don't I feel so good?
- 



World MS Day 27 May 2016



*When you are ready to make changes that may improve your health; to lose weight, give up smokes, drink less, laugh more etc then don't forget that your GP can provide you with help, support and resources so you can achieve your goals*



A united Australia which respects this land of ours; values the Aboriginal and Torres Strait Islander heritage; and provides justice and equity for all. ①



Hope Island and Homeworld Helensvale Medical Centres are proud to be participating in the Close the Gap Program and can offer patients all aspects of the PIP Indigenous Health Program including Wellness Checks. For more information, please speak to our practice nurses



## NATIONAL BOWELCANCER SCREENING PROGRAM

Bowel cancer is Australia's second biggest cancer killer affecting 1 in 12 Australians in their lifetime. So chances are that you, or someone you know, will be affected in some way by the disease. Despite being one of the most preventable cancers, bowel cancer is something people don't like to talk about; it's a conversation killer. Our aim is to stop people dying of embarrassment. **The reality** – bowel cancer doesn't discriminate; it affects both men and women. **The risk** – bowel cancer risk increases with age or a family history. **The hope** – if caught in time, 90% of bowel cancer cases can be treated successfully.

If you're aged 50-74 and eligible you'll be sent a free bowel cancer screening kit. Around 80 Australians die of bowel cancer every week, but if detected early, up to 90% of cases can be successfully treated. Everything you need to know about the National Bowel Cancer Screening Program is here. It's a gift that could save your life.

If you've missed the National Free Screening Program, then don't worry. We can organise inexpensive testing for you. Talk to your doctor.

### What are the bowel cancer symptoms I need to look out for?

Not all bowel cancers show symptoms and experiencing symptoms does not necessarily mean you have bowel cancer. However you should see your doctor if you notice:

- bleeding from the back passage or any sign of blood after a bowel motion
- a change in usual bowel habit, such as straining (constipation) to go to the toilet or loose motions (diarrhoea)
- abdominal pain or bloating
- weight loss for no obvious reason, or loss of appetite
- symptoms of anaemia – including unexplained tiredness, weakness or breathlessness.

### Who is at risk?

Everyone is at risk of developing bowel cancer, however the risk greatly increases with age, particularly from age 50. You are also at greater risk if you have:

- a previous history of polyps in the bowel
- a previous history of bowel cancer
- chronic inflammatory bowel disease (eg. Crohn's disease)
- a strong family history of bowel cancer
- increased insulin levels or type 2 diabetes.

If you are at increased risk, discuss surveillance options with your doctor.



Talk to your doctor today

