

My Health For Life

Hope Island and Homeworld Helensvale Medical Centres have been awarded funding to offer our patients the My Health For Life Program.

My health for life is a **FREE** healthy lifestyle program designed to help people who are at high risk of chronic disease get their health back on track.

Chronic disease, such as type 2 diabetes, heart disease and stroke, is often influenced by lifestyle factors. **My health for life** is about knowing your health risks and taking small steps towards a healthier life so that your health stays on track and your risk of future illness is minimised.

It is important to note that this program has a prevention focus, so it is not open to people who already have diabetes but could be ideal for a family member or friend.

You may be eligible if you are:

- Aged 45 years and over and have been identified by a health professional as being at high risk of chronic disease (which includes type 2 diabetes, heart disease and stroke)
- Aged 18 years and over and are of Aboriginal or Torres Strait Islander descent and are at high risk of chronic disease
- Age 18 years and over with pre-existing conditions (E.g. previous history of gestational diabetes or have been diagnosed with high blood pressure or high cholesterol).

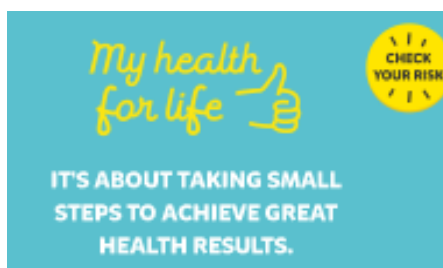
Talk to your doctor or our practice nurses today.

The first thing to know about **My health for life** is that it's different to traditional weight loss or gym-style programs.

We've taken a fresh approach to helping people make healthy choices. Maybe yours is finding the motivation and support to get going, while for someone else it's weight loss or finding a physical activity they enjoy. Sometimes it is just about finding the right headspace to keep on track when life gets in the way.

We work with you to identify your barriers to healthy change and help you take manageable steps to get past them. We show you how to set realistic goals and an action plan for success – and we support you throughout your journey to get your health on track. The program is delivered in your general practice by qualified health professionals.

The great thing about **My health for life** is that it is personalised to suit your needs – **and it's free!**



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Ask your doctor or our practice nurses today

CPR Update

All Hope Island and Homeworld Helensvale Medical Centre staff and doctors, once again, recently completed their annual CPR training.

Our staff regularly undertake training and education courses so that our patients may benefit from the best practice models of care.

Do you know CPR?



Patient Rights and Responsibilities.

Patients of Hope Island and Homeworld Helensvale Medical Centres are entitled to:

- Be treated with care, respect and dignity.
- Know what services are available
- A clear explanation of: your condition, any planned treatments or procedures, any alternate treatments or procedures available and possible side effects or after effects.
- The implementation of emergency care without delay.
- Withdraw consent at any time. You should only give consent if you feel suitably informed.
- Be informed of the likely costs prior to any procedures etc.
- Ask for a second opinion.
- Know the identity and professional status of any individual providing care to you.
- Be involved in the planning and implementation of your care.
- Details of your treatment will be kept confidential unless the law requires otherwise.
- You may ask the doctor to view your medical file.
- Privacy when undergoing treatment or procedures in a safe and comfortable environment.
- Have concerns or complaints addressed in a timely fashion.

Patients of Hope Island and Homeworld Helensvale Medical Centre have the following responsibilities:

- Notify Hope Island Medical Centre staff as soon as possible if you are unable to attend at the scheduled appointment time.
- Support those caring for you with complete and accurate information concerning your health, medical history and medications.
- Respect the rights of other patients, visitors and staff.
- Inform those caring for you when you do not understand explanations.
- Respect the facilities property and the property of others.
- Be responsible for the payment of all fees

*Thank you for giving us the
opportunity to serve you.*

*We appreciate the confidence you
have placed in us.*



Don't ignore any signs or symptoms!

So many things that we can all experience at times, can be symptoms of illness — such as headaches, lumps, chest pain, nausea and fatigue. So it's sometimes hard to know when to go to the doctor. A good gauge is your own level of concern — if you're worried, go to the GP.

Have you been to see your GP lately? Especially when you aren't actually sick?

We all get busy and time flies by, so chances are that unless you've had a particular illness you might not have seen your local doctor for a while. An annual check up is really important and we should make time for it.



Diabetes

Diabetes is the epidemic of the 21st century and the biggest challenge confronting Australia's health system. Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).

Diabetes is a serious complex condition which can affect the entire body. When someone has diabetes, their body can't maintain healthy levels of glucose in the blood. Understanding diabetes and its seriousness is important.

- If you are living with diabetes, you need to learn how to manage your diabetes
- If you have a family member or friend with diabetes, you can learn how to support them
- If you are a teacher or employer, you have a duty of care to provide a safe environment
- Importantly, if you are at risk of developing type 2 diabetes, you can take steps to prevent or slow down diabetes
- 280 Australians develop diabetes every day. That's one person every five minutes
- It is the fastest growing chronic condition in Australia
- More than 100,000 Australians have developed diabetes in the past year
- For every person diagnosed with diabetes there is usually a family member or carer who also 'lives with diabetes' every day in a support role. This means that an estimated 2.4 million Australians are affected by diabetes every day

While there is no single cause of type 2 diabetes, there are well-established risk factors. Some risk factors can be controlled and others you are born with. An estimated 2 million Australians are at high risk of developing type 2 diabetes and there are also large numbers of people with silent, undiagnosed type 2 diabetes which may be damaging their bodies. Diabetes Australia has developed a Risk Calculator based on the Australian type 2 diabetes risk test (AUSDRISK). It is a simple and easy way to assess your risk of developing type 2 diabetes. Ask your doctor or our practice nurse today.

Please Keep Your Details Up To Date

You would be amazed at the number of times we have to contact a patient's emergency contact and/or their next of kin, only to find out that this very important person, who may be needed in an emergency, no longer has that phone number. It is vitally important that we have accurate and current contact details for all our patients, so that we can find you to tell you about an unusual test result or other important communication. Please let the reception staff know if you change ANY of your details – your mobile number, email, address or work telephone. Our Medicare Australia Online Service regularly asks us to confirm your address and Medicare Card details, and we appreciate your assistance there, but we really rely on you to advise us of any changes in your contact details.

The Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK)

- Your age group**

Under 35 years	<input type="checkbox"/>	0 points
35 – 44 years	<input type="checkbox"/>	2 points
45 – 54 years	<input type="checkbox"/>	4 points
55 – 64 years	<input type="checkbox"/>	6 points
65 years or over	<input type="checkbox"/>	8 points
- Your gender**

Female	<input type="checkbox"/>	0 points
Male	<input type="checkbox"/>	3 points
- Your ethnicity/country of birth:**
 - Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?**

No	<input type="checkbox"/>	0 points
Yes	<input type="checkbox"/>	2 points
 - Where were you born?**

Australia	<input type="checkbox"/>	0 points
Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe	<input type="checkbox"/>	2 points
Other	<input type="checkbox"/>	0 points
- Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?**

No	<input type="checkbox"/>	0 points
Yes	<input type="checkbox"/>	3 points
- Have you ever been found to have high blood glucose (sugar) (for example, in a health examination, during an illness, during pregnancy)?**

No	<input type="checkbox"/>	0 points
Yes	<input type="checkbox"/>	6 points
- Are you currently taking medication for high blood pressure?**

No	<input type="checkbox"/>	0 points
Yes	<input type="checkbox"/>	2 points
- Do you currently smoke cigarettes or any other tobacco products on a daily basis?**

No	<input type="checkbox"/>	0 points
Yes	<input type="checkbox"/>	2 points
- How often do you eat vegetables or fruit?**

Every day	<input type="checkbox"/>	0 points
Not every day	<input type="checkbox"/>	1 point
- On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?**

Yes	<input type="checkbox"/>	0 points
No	<input type="checkbox"/>	2 points
- Your waist measurement taken below the ribs (usually at the level of the navel, and while standing)**
Waist measurement (cm)

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90 cm	Less than 80 cm	<input type="checkbox"/> 0 points
90 – 100 cm	80 – 90 cm	<input type="checkbox"/> 4 points
More than 100 cm	More than 90 cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102 cm	Less than 88 cm	<input type="checkbox"/> 0 points
102 – 110 cm	88 – 100 cm	<input type="checkbox"/> 4 points
More than 110 cm	More than 100 cm	<input type="checkbox"/> 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

- ☐ **5 or less: Low risk**
Approximately one person in every 100 will develop diabetes.
- ☐ **6-11: Intermediate risk**
For scores of 6-8, approximately one person in every 50 will develop diabetes. For scores of 9-11, approximately one person in every 30 will develop diabetes.
- ☐ **12 or more: High risk**
For scores of 12-15, approximately one person in every 14 will develop diabetes. For scores of 16-19, approximately one person in every 7 will develop diabetes. For scores of 20 and above, approximately one person in every 3 will develop diabetes.

*The overall score may overestimate the risk of diabetes in those aged less than 25 years.

If you scored 6-11 points in the AUSDRISK you may be at increased risk of type 2 diabetes. Discuss your score and your individual risk with your doctor. Improving your lifestyle may help reduce your risk of developing type 2 diabetes.

If you scored 12 points or more in the AUSDRISK you may have undiagnosed type 2 diabetes or be at high risk of developing the disease. See your doctor about having a fasting blood glucose test. Act now to prevent type 2 diabetes.

PLEASE
tell us !!!!!

Diabetes

If you are living with diabetes, good management has been shown slow the impacts and consequences of this serious chronic health condition. Diabetes Australia and the RACGP have developed a set of guidelines for the management of Diabetes. The annual cycle of care aims to improve detection and prevent disease progression, complications and co-morbidities in patients with Diabetes within a framework of best practice guidelines. The risks associated with diabetes are reduced when blood glucose levels, blood pressure and blood fats are kept as close to normal as possible. Good management also includes feet, urine and eye checks.

This review is conducted by your doctor and the practice nurse and ensures that your;

- **Blood Pressure has been checked at least every 6 months** (high blood pressure can increase the risk of heart disease, stroke and kidney disease).
- **Height/weight/waist measurements have been checked at least every six months**
- **Feet have been examined at least every six months** (people with diabetes can develop a number of problems such as changes to the skin, calluses, foot ulcers and nerve damage)
- **Glycaemic control (HbA1c) testing is done every six months** (this blood test shows an average of your blood glucose level. High blood glucose levels can contribute to the development of long term complications of diabetes)
- **Blood lipids are done annually** (this blood test looks at fats in the blood like cholesterol and triglycerides)
- **Microalbuminuria is checked annually** (over time, people with diabetes face increased risk of damage to their kidneys which can be detected through this simple urine test)
- **Eyes have been examined at least every two years** (diabetes can cause eye problems and may lead to blindness. Complications include cataracts, glaucoma and retinopathy)
- **Smoking status is reviewed annually**
- **Healthy eating plans reviewed annually**

Please let us know if you if you can't keep your appointment

This time of year when there is lots of cold and flu, waiting rooms across the Gold Coast are full.

There are many times where we have been unable to accommodate unwell patients in a timely manner because our appointments were all taken.... Only to find that some booked patients didn't keep their appointments.

So if you are unable to keep your appointment for what ever reason, we would be very grateful if you could please let us know so we can advise any waitlisted patients



Jeans for Genes Day 2018 -Friday 3 August



DonateLife Week, 29 July - 5 August 2018

Join the Australian Organ Donor
Register at donatelife.gov.au



Give thanks. Give life.



Re-educating the Brain to Hear

we support
**HEARING
awareness
WEEK**



ENTIRE
HEARING
CARE

What “getting used to hearing aids” really means is that you’ll be undergoing a learning process. Not only will you have to get used to the hearing aids themselves, but you’ll also have to get used to a new pattern of sounds. For some people with long-standing hearing loss, the process of reeducating the brain to specific sounds may take additional time; the signals amplified by the hearing aids may sound strident, artificial, or somewhat unpleasant. Often times the perceived “unnatural” sounds will only be temporary, as you become more accustomed to hearing aids, and can eventually help you improve your speech perception skills. What is vital to this process is that you wear your hearing aids as advised so to allow your brain to “re-learn” what it hasn’t heard for a long time and begin to acclimate itself to a larger spectrum of sound.

Typically hearing aids are amplifying high frequency speech sounds (like /s/, /sh/ and /f/). These sounds may not have been heard, or have heard differently, for years. Your hearing care practitioner’s goal is to program your hearing aids to your specific hearing needs. This may take more than one adjustment. So, don’t get discouraged if you are asked to come back for “tune-ups”. In fact, additional adjustments are just the practitioner’s method of assuring he or she is creating the best hearing experience possible. For example, each time you return, your provider may perk up the high frequencies, drop the low frequencies, or do something else to help ease your adjustment to the new auditory



experience. New hearing aid wearers are encouraged to actively listen, and converse with other people in different environments. Your Entire Hearing Care professional may also recommend different hearing “exercises” to help with your adjustment period.

Entire Hearing Care is offering complementary hearing evaluations. Entire Hearing Care will find out how well your ears are hearing and how well your brain is processing those signals. Just call 1300 557 134 to make your appointment.

To Remember Me...

One of our special patients keeps a copy of this verse by Robert Test, in his wallet and wanted us to share it with you.

Give my sight to the man who has never seen a sunrise, a baby’s face or love I the eyes of a woman.

Give my heart to a person whose own heart has caused nothing but endless days of pain.

Give my blood to the teenager who was pulled from the wreckage of his car, so that he might live to see his grandchildren play.

Give my kidneys to one who depends on a machine to exist from week to week.

Take my bones, every muscle, every fibre and nerve in my body and find a way to make a crippled child walk.

Explore every corner of my brain. Take my cells if necessary, and let them grow so that some day a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain against her window....

If you must bury something, let it be my faults, my weaknesses and all prejudice against my fellow man...

If by chance you wish to remember me, do it with a kind deed or word to someone who needs you. If you do all I have asked, I will live forever.

Adult immunisation

Vaccination for adults is just as important as it is for children. The information provided on this page is a general guide to immunisations for adults aged 20 to 64 years old and there are more immunisations to discuss with your doctor once you're over 65. The kind of vaccines you need will depend on several factors, including:

- whether you missed out on childhood vaccines
- if you are Aboriginal and/or Torres Strait Islander
- your job
- how old you are
- whether you plan on travelling.
- Speak to your doctor or vaccination provider about your or your family's specific needs.

Some recommended vaccines are funded through the Qld Government while other vaccines can be purchased privately with a prescription.

Catch-up vaccines

The vaccines listed below are part of the routine childhood schedule and generally adults won't need boosters. However, you should speak to your doctor or vaccination provider if the following vaccines were unavailable during your childhood, or you're not sure whether or not you received them.

Polio Measles, Mumps, Rubella Chickenpox (varicella) Hepatitis B

Additional vaccines

The Australian Government recommends the following vaccines for adults over a certain age.

Shingles (herpes zoster)

The Australian Technical Advisory Group on Immunisation recommends the shingles vaccine for all adults aged 60 years or more, if you have not been vaccinated against varicella or shingles before.



Flu (influenza)

The flu (also called influenza) is a very contagious infection of the airways. The Australian Technical Advisory Group on Immunisation recommends the flu vaccination for everyone aged six months or more.

Boosters

A booster is an extra dose of a vaccine that you have had before. It 'boosts' the immune system. The following vaccinations need booster doses. Diphtheria, tetanus and whooping cough (pertussis) Diphtheria and tetanus vaccinations are given as diphtheria-tetanus (dT) or diphtheria-tetanus-whooping cough (pertussis) vaccinations.

Tetanus

Tetanus is a serious disease that causes severe muscle spasms, especially in the neck and jaw (called lockjaw). It can sometimes cause death.

Vaccination for adults is just as important as it is for children.

A booster dose of a tetanus-containing vaccine is recommended for adults who are:

- aged 50 years old or more who have not received a vaccine that has tetanus in the past 10 years (but have previously completed a primary course of three tetanus doses)
- with tetanus-prone wounds (any wound that is not a clean, minor cut) if your previous dose was more than five years ago.

Whooping cough

Whooping cough (pertussis) is serious disease that can lead to pneumonia, brain injury and sometimes death. It can affect people at any age, but is especially serious for babies.

A single booster dose of whooping cough (pertussis) vaccine is recommended for adults who are in close contact with infants. This is if it has been more than 10 years since the previous dose.

Medically at-risk

The flu vaccination is recommended for people with certain underlying medical conditions that increase their risk of serious influenza disease and complications.

Annual flu immunisation is free through the NIP for people aged six months old or over with medical conditions that makes them more likely to get severe influenza. These conditions include:

- heart disease
- chronic lung disease (including people with severe asthma who require frequent hospital visits)
- chronic neurological conditions
- impaired immunity
- blood disorders caused by genetic changes (haemoglobinopathies)
- diabetes
- kidney disease.

Speak to your doctor if you are unsure if you have a medical condition that might increase your risk of serious influenza disease and complications.