



# YOUR FAMILY DOCTORS

EDITION 2 : AUGUST 2015



## WELCOME

Welcome to the second edition of *Your Family Doctors*, a newsletter from the team at Shell Cove Family Health.

Last edition focused on Bowel Cancer Awareness Month, and ways in which you can reduce your risk.

This edition we focus on Healthy Bones Action Week which runs from 3 - 9 August 2015.

With osteoporosis affecting over one million Australians, Healthy Bones Action Week encourages people of all ages to build and maintain strong bones.

It's never too early or too late to start!

Speak to one of our experienced health professionals today on how you can protect your bones. Our multidisciplinary team, including GPs, nurses, dietitians, exercise physiologists, physiotherapists, psychologists and podiatrists, can support you on your way to better health.

## HEALTHY EATING ADVICE AND SUPPORT

Accredited Practising Dietitians (APDs) are four year university-qualified health professionals who translate food and nutrition science into practical advice to promote good health.

Seeing a dietitian provides the opportunity to talk with a specialist about eating patterns to optimise your health and wellbeing.

Dietitians can provide advice for infants, children, adults and for pregnancy, such as new ideas for healthy meals and snacks, label reading, portion sizes and strategies for achieving and maintaining dietary changes.

At Shell Cove Family Health, our dietitian Leah can support you to achieve improved dietary outcomes. Most recently, Leah has conducted information sessions regarding health eating for children and adult diabetes management.

If you would like to book an appointment with Leah, or would like to register your interest for a future information session, please call **02 4220 8800**.



## RAISING AWARENESS OF BOWEL CANCER

We celebrated Red Apple Day at Shell Cove Family Health in June to raise awareness for Bowel Cancer Awareness Month.

A big thank you to Woolworths Shellharbour who donated red apples which helped us to raise \$106.00 for Bowel Cancer Australia.

Thanks also to all our wonderful clients who supported this great cause by purchasing a red apple or a red apple pin.

## UPCOMING EVENTS

### Friday 7 August - Jeans for Genes Day

Jeans for Genes Day raises money to support genetic research at the Children's Medical Research Institute.

### Friday 28 August - Daffodil Day

Daffodil Day raises money for cancer research and support for those affected by cancer.

During August we will be selling merchandise to raise money for these great causes.



## HEALTHY BONES ACTION WEEK

Healthy Bones Action Week, 3 - 9 August 2015, encourages everyone to build and maintain strong bones. You are never too young or old to be protecting your bones so act now!

Osteoporosis, sometimes called Brittle Bone Disease, affects over one million Australians.

With brittle bones comes a greater risk of bones breaking which can then lead to chronic pain, loss of independence and even death.

So what can you do to prevent or manage osteoporosis?

## CALCIUM - ARE YOU GETTING ENOUGH?

Calcium is essential for building and maintaining strong bones however, most Australian's are not including enough dairy foods in their diet.

Adults need three to four serves of dairy foods per day with one serve being one cup of milk, one tub (200g) of yoghurt, two slices of cheese or a half cup of cottage or ricotta cheese.

If you don't eat dairy foods, getting enough calcium can be tricky. If you haven't already, consider speaking with a dietitian for advice.

How about trying some of these snack ideas to increase your dairy intake?



### FRUIT SMOOTHIE

Add  $\frac{1}{2}$  cup berries, 2 tbsp yoghurt, 200ml milk and ice to a blender. Process until smooth.



### TZATZIKI

Combine 1 cup of natural yoghurt, 1 chopped cucumber, 1 chopped clove of garlic and a squeeze of lemon juice.

## VITAMIN D

Vitamin D is needed to build strong bones as it helps absorb calcium from the intestine. Sunshine is our main source of vitamin D however the amount of time we require in the sun varies. Living in this region if you have your arms exposed, you will need approximately 6 to 90 minutes depending on the season and your skin type.

Visit [www.osteoporosis.org.au/vitamin-d](http://www.osteoporosis.org.au/vitamin-d) for more information

## GETTING ACTIVE FOR STRONG BONES

- Complete some form of exercise at least 3 days per week, if not most days of the week. You can do this in short bursts if you are just starting out!
- Try some balance exercises. These are important, particularly if you already have osteoporosis, to help prevent a fall.
- Add some strengthening exercises. These include using hand weights, elastic/resistance bands and your body weight. Strengthening our muscles can also help to strengthen our bones.
- Keep progressing your exercise. This means keep challenging your body little by little so it can adapt and keep getting stronger.
- Keep it interesting. Variety helps you stay motivated!
- If you already have osteoporosis, weight bearing and strengthening exercises are still recommended, however avoid high impact exercises such as jumping and bounding. Before starting a strengthening program, seek advice from an exercise professional such as an Accredited Exercise Physiologist.



## SHELL COVE FAMILY HEALTH OPENING HOURS

**Monday:** 8.00am - 8.30pm

**Tuesday:** 8.00am - 6.00pm

**Wednesday:** 8.00am - 8.30pm

**Thursday - Friday:** 8.00am - 6.00pm

**Saturday:** 8.00am - 12.00pm

## SHELL COVE WELLNESS CENTRE OPENING HOURS

**Monday, Wednesday:** 8.00am - 9.00pm

**Tuesday, Thursday, Friday:** 8.00am - 6.00pm

**Saturday:** 8.00am - 12.00pm



## LIKE US ON FACEBOOK

Did you know that Shell Cove Family Health is on Facebook?

'Like' us to keep up-to-date with all the latest news from Shell Cove Family Health, as well as important health information to help you keep healthy!

Go to - [www.facebook.com/ShellCoveFamilyHealth](http://www.facebook.com/ShellCoveFamilyHealth)



Shell Cove Family Health is owned and operated by Grand Pacific Health with funding assistance from the Federal Government's GP Super Clinic program.