



Annie Lim
Family
Practice

It is our privilege to assist you in your healing journey

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HOURS

Monday – Friday 8:00 am – 5:30 pm
Saturday/Sunday Closed
Public Holidays Closed

APPOINTMENTS

Please ring (02) 6162 0463 for an appointment or book online www.annielim.com.au. We do not except walk-ins.

If you have multiple concerns that you wish to discuss with the doctor, please let the receptionist know when you make your booking.

To ensure that you are seen by your preferred doctor please request them when you book.

Urgent medical problems will always be dealt with promptly.

AFTER HOURS

After hours, please ring Canberra Afterhours Locum Medical Service (CALMS) on 1300 422 567.

PRACTICE STAFF

Practice Manager: Mandy Broadrick
Office Manager: Alicia Maguire
Receptionist: Lisa Gibson
Receptionist: Alyce Chipman

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www.annielim.com.au

YOUR HEALTH™

healthy advice from your family doctor

Autumn 2022 Edition 101

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YOUR COPY — FREE TO TAKE HOME

WHAT THEY ARE (AND HOW YOU CAN BENEFIT)

Prebiotics & Probiotics

Heard of prebiotics and probiotics but confused about the differences? Here's where you find them and why they are important.

Probiotics are live bacteria found in certain foods and supplements, which can provide certain health benefits. There is research to show benefits of certain strains of probiotics for conditions including antibiotic-associated diarrhoea, traveller's diarrhoea, infectious diarrhoea in children, irritable bowel syndrome and helicobacter pylori infection.

Food sources of probiotics include:

- Yoghurt
- Fermented drinks including kefir and kombucha
- Sauerkraut and kimchi (fermented cabbage)
- Miso (fermented soybean paste)
- Some types of pickles and pickled vegetables (if not pasturised)

There are also many probiotic supplements available, containing a variety of different strains of probiotic bacteria. With supplements, both the strain (type of bacteria) and dose (the amount of bacteria in each supplement) matter. Different strains have different benefits, so it is important to choose supplements containing strains that have been found in research to help with the condition you would like to treat. If you are healthy, there is little evidence that taking probiotics will provide any health benefits.

Prebiotics, on the other hand, are the food for our good bacteria. Prebiotics are the indigestible carbohydrates in certain foods, such as fibre and resistance starch, which our digestive system can't break down. Instead, they pass down into our large intestine, where they feed our beneficial bacteria. The bacteria in our gut break down prebiotics to form short chain fatty acids, which help to keep the

lining of the gut healthy and have been associated with reduced inflammation, improved immunity and a reduced risk of bowel cancer.

Foods containing prebiotics include:

- Legumes (lentils, chickpeas and dried beans)
- Oats
- Underripe bananas
- Jerusalem artichokes
- Asparagus
- Garlic, onion and leeks
- Dandelion greens

Including both prebiotic and probiotic-rich foods in your diet can help to build a healthy gut microbiome, which research shows is important for many aspects of our health. Probiotic supplements, on the other hand, are best used to treat specific health conditions where there is evidence for a benefit.

For more information:

Want more information on choosing a probiotic? Visit www.probioticadvisor.com



Recipe

Tunisian Omelette

Serves:	Preparation time:	Cooking time:
4	15 mins	20 mins

This easy and tasty omelette is ideal for a hearty weekend breakfast or a speedy dinner in a flash.

Ingredients

- 1 onion, peeled, sliced
- 3 tbs light olive oil
- 2 red capsicums, halved, cored, seeds removed, sliced
- 4 medium vine-ripened tomatoes, peeled and coarsely chopped
- 3 cloves garlic, peeled, sliced
- 2 tsp smoky paprika
- 1/4 tsp ground cumin
- 1/4 cup kalamata olives, drained and chopped
- 4 free-range eggs
- salt and freshly ground black pepper, to taste
- hot toast and fresh herbs such as chives, basil or parsley to serve

Instructions

1. Prepare the onion, red capsicums, tomatoes and garlic.
2. Heat oil in a large frying pan with a lid over medium heat. Add onions and capsicum and cook 5 mins until starting to soften. Add garlic, paprika and cumin; cook for 1 min, then add the prepared tomatoes and olives. Cook for 5 mins, until tomatoes are starting to fall apart. Season to taste with salt and pepper.
3. Make four indentations in the capsicum and tomato sauce. Break the eggs one at a time and lower them into the hollow. Season with salt and cover with a lid. Cook for 8-10 mins on a medium heat until the egg whites are set but the yolks are not yet firm.
4. Serve immediately, garnished with fresh chopped herbs and either hot toast or flat bread.

Nutrition

PER SERVE: Energy 1300kJ (309Cal), Protein 12g, Fat 20g (Saturated 3.0g), Carbohydrate 20g (Sugars 9.0g), Fibre 5g, Sodium 205mg, Potassium 647mg, Calcium 67mg, Iron 2.5mg.

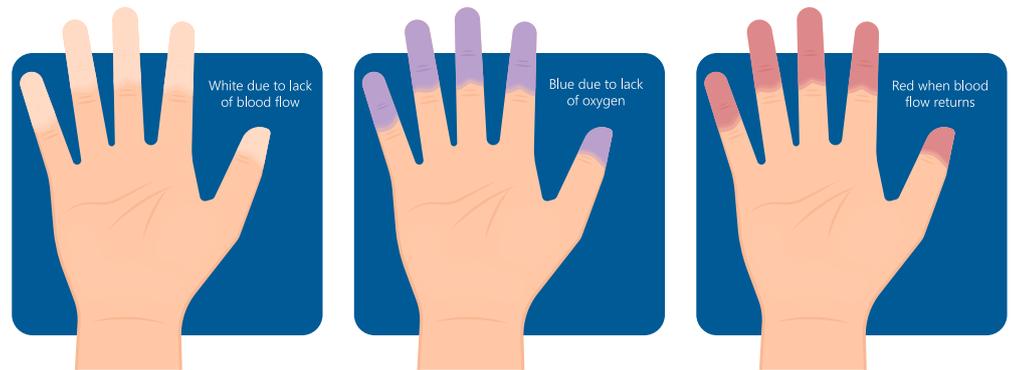
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Raynaud's Disease

Raynaud's disease affects around 1 in 20 people and is more common in women and in people living in colder climates. Cold weather and stress are the most common triggers.

Raynaud's usually affects the extremities — mainly the fingers and toes, but sometimes also the tips of the nose, lips and ears. It is caused by a temporary disruption to the blood flow in small blood vessels to these areas. This causes the affected areas to feel numb and cold, and the skin may turn white and then blue. When the episode ends, the blood vessels dilate and blood returns to the area and may cause redness, throbbing and tingling. An episode of Raynaud's may last from a few minutes to several hours.

Most people have primary Raynaud's disease which doesn't have a known underlying cause and is usually mild. It occurs mainly in women between 15 and 40 years. Secondary Raynaud's disease is less common and is caused by another underlying health condition, such as scleroderma, mixed connective tissue disease or lupus. Other causes of secondary Raynaud's include mechanical vibration (e.g. using power tools for long periods of time), carpal tunnel syndrome, atherosclerosis (narrowing of the arteries), smoking and certain medications.



There is no cure for Raynaud's. Treatment aims to reduce the frequency and severity of attacks. Self-help measures are usually the first line of treatment and can help to reduce your risk of further episodes. These include:

- Dressing warmly in cold weather including wearing gloves, warm socks, a scarf and hat.
- Avoiding getting wet on cold days.
- Trying to avoid rapid changes in temperature.
- Using insulated drink holders and wearing gloves when handling cold items.
- Quitting smoking, if you smoke.
- Limiting caffeine.
- Exercising regularly to increase blood flow.
- Learning to recognise and avoid stressful situations.

In some cases, medications may be used. The most commonly used medications for Raynaud's disease are calcium-channel blockers, which cause the small blood vessels to dilate. They appear to be more effective for primary Raynaud's. If you have secondary Raynaud's, the focus is usually on treatment of the underlying condition.

Raynaud's usually has no lasting effects but in more severe cases it can result in complications including impaired wound healing, increased risk of infection, ulceration, scarring and gangrene. If you are experiencing any of these symptoms, it is important to speak with your doctor.

For more information:

Visit: www.healthdirect.gov.au/raynauds-phenomenon

Men's Health: Vasectomy

A vasectomy is a surgical procedure where the tubes that carry sperm from the testes to the penis (the vas deferens) are cut. This prevents a man from having children and is a very effective form of contraception. In Australia, over 30,000 Australian men have a vasectomy every year and one in four men over the age of 40 has had a vasectomy.

If you are considering a vasectomy, here are some things you should know:

- A vasectomy is generally permanent. While it is possible to reverse the surgery and re-join the tubes, there is no guarantee you will be able to produce another child.
- The surgery takes about 20-40 minutes and can be done with local anaesthetic or light or general anaesthetic.
- It is usual to have some pain or discomfort, swelling or bruising of the groin or scrotum after the surgery and it is recommended you rest for a few days and avoid heavy lifting. Wearing supportive underwear are usually enough to manage the pain.
- It can take a few months and up to 20 ejaculations to clear all sperm in the vas deferens before the surgery is effective.

Women's Health: Ovarian Cancer

Around 1,720 Australian women were diagnosed with ovarian cancer in 2021. It is the ninth most commonly diagnosed cancer among females in Australia but the sixth most common cause of cancer death. One in 87 Australian women are diagnosed with ovarian cancer by the age of 85.

Risk factors for ovarian cancer include:

- Age — women over 50 are at higher risk and the average age of diagnosis is 64.
- Having a family history of ovarian breast or bowel cancer.
- Inheriting genetic mutations in the BRCA1 or BRCA2 genes.
- Being of Ashkenazi Jewish descent.
- Early menarche (the onset of periods before 12 years) and late menopause (after 55 years).
- Not having had children before the age of 35 years.
- The use of hormone replacement therapy.
- Carrying excess weight.
- Smoking increases the risk of one type of ovarian cancer called mucinous ovarian cancer
- Having endometriosis or a previous breast cancer

Factors that might reduce the risk include using the oral contraceptive pill, tubal ligation (having your fallopian tubes tied), having children and breastfeeding.



Symptoms of ovarian cancer can include:

- Abdominal bloating
- Feeling full quickly after eating
- Needing to urinate often or urgently
- Lower back pain
- Changes in bowel habits such as constipation or diarrhoea
- Nausea or indigestion
- Irregular menstrual cycles
- Abnormal tiredness/fatigue
- Unexplained weight loss or weight gain
- Having pain during sex
- Bleeding between periods or after menopause

However, there are often no symptoms in the early stages.

For this reason, the cancer is often advanced by the time it is diagnosed. While there can be many less serious causes of the symptoms above, if you are experiencing any of them and they are persistent, it is important to speak to your doctor, who can help to determine the cause and organise further investigations. There is currently no early detection test for ovarian cancer, so being aware of symptoms and seeking help early is essential.

Treatment of ovarian cancer depends on the stage and extent of the cancer, but can include surgery, chemotherapy and radiation therapy.

For more information:

Visit Ovarian Cancer Australia www.ovariancancer.net.au

Vasectomy – what you need to know

where the tubes that carry sperm from the testis (called the vas deferens) are cut or blocked to prevent sperm from reaching the egg. This is a permanent form of contraception. Around 100,000 men have a vasectomy each year. About one in five men have a vasectomy.

Some important things to know about vasectomy:

In some cases it may be necessary to cut the vas deferens, this doesn't affect your ability to have a child. The procedure can be done under local anaesthesia.

Swelling and bruising in the scrotum is common and recommended that you take painkillers. Pain medications and ice packs can help manage the pain. Most men are able to return to work to clear the area. The procedure is very effective. Your doctor will organise a semen test three months after the procedure to ensure that the surgery has worked and that it is safe to stop using other forms of contraception.

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- Having a vasectomy doesn't stop the production of semen, and you are still able to ejaculate.
- The procedure doesn't affect your sexual desire, testosterone levels or ability to reach an orgasm.
- A vasectomy doesn't protect against HIV and other sexually transmitted infections (STIs) so condoms are still recommended where there is a risk of infection.
- If you have a vasectomy and later decide you would like to father children, fertility treatment such as IVF may be an option, where sperm are taken directly from the testes. Some men choose to store sperm before having a vasectomy.

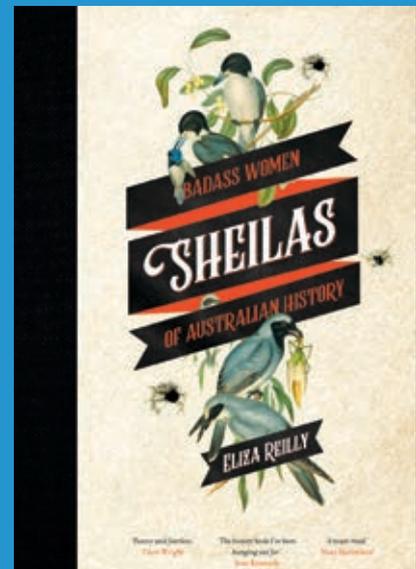
If you or your partner are considering a vasectomy, speak with your doctor, who can answer any questions you have and help you decide whether the procedure is the right choice for you.

For more information:

Visit www.healthymale.org.au/mens-health/vasectomy



COMPETITION



Win a copy of *Sheilas: Badass Women of Australian History* courtesy of Pan Macmillan.

An entertaining romp through Australian history that celebrates the badass sheroes we were never taught about in school and who deserve to be printed on our money!

Cracking with satirical wit and whole-hearted admiration, *Sheilas* is a cheeky, funny, inspirational celebration of the tough ladies who hiked up their petticoats and fly-kicked down the doors of opportunity for modern Australia.

To enter visit us online at win.yourhealth.net.au

Competition opens 1st March 2022. The winning entry will be selected on 1st June 2022 and notified by email.



Children's Health:

Building Healthy Bones

Keeping our bones healthy is something that many of us give little thought to, particularly when young, but poor bone health is becoming an increasing problem, particularly as we live longer. In 2020, an estimated 924,000 Australians had osteoporosis.

While osteoporosis usually develops later in life, protecting our bones is best started when we are young. Importantly, peak bone mass is achieved in our early twenties, so focusing on building strong bones during childhood and adolescence provides the best chance of long-term bone health.

Risk factors for poor bone health in children include having a family history of osteoporosis, not consuming enough calcium, low vitamin D levels, being underweight, having anorexia nervosa, having undiagnosed or untreated coeliac disease and taking certain medications including corticosteroids for asthma and some epilepsy medications.

The good news is that there are plenty of things we can do to help our children build strong bones:

- ▶ Ensure they are getting enough calcium by including calcium rich foods in their diet each day. Good sources of calcium include milk, hard cheese, yoghurt, calcium-fortified plant milks, canned fish with bones (e.g. salmon and sardines), firm tofu, unhulled tahini (sesame seed paste), almonds, kale, broccoli and Asian greens.
- ▶ Make sure they are getting enough vitamin D by getting regular sensible sunlight exposure. The amount of sunlight needed is relatively low but depends on the season, location, skin type and the area of skin exposed. Fatty fish and eggs also provide some vitamin D but it is difficult to get enough from diet alone.
- ▶ Encourage regular physical activity. For children aged 5–17 years, the Australian physical activity guidelines recommend at least 1 hour of moderate to vigorous activity including vigorous activities and muscle strengthening exercises at least 3 days per week each, several hours of light activities per day, along with minimising and breaking up long periods of sitting and limiting recreational screen time.

For more info: healthybonesaustralia.org.au

Mental Health: The Gut-Brain Connection

You have probably heard the terms 'gut feeling' but did you know that your gut and brain really are closely connected by the gut-brain axis.

Your brain and digestive system communicate in a few different ways:

1. Through nerves, the biggest being the vagus nerve which carries signals between the digestive system and the brain. It helps to manage many complex processes including the contraction of smooth muscles to move food through your gut, and the control of gastric secretions, such as stomach acids which help to break down food.
2. Cells in the lining of your gut produce neurotransmitters, chemicals which relay information to and from the gut and brain, and play a role in our feelings and emotions.
3. The bacteria in our gut (called the gut microbiome) can also produce neurotransmitters, along with other important metabolites including short-chain fatty acids.

This two-way communication between the gut and the brain explains why feeling stressed or anxious can lead to stomach upsets, and digestive problems can affect our mental health.

While research is ongoing, studies have shown that building a healthy gut microbiome may be one way to promote mental health and wellbeing. We don't yet have all the answers but evidence suggests that specific dietary changes can help to build a healthy gut microbiome. These include:

- Eating more fibre-rich plant foods including vegetables, fruit, wholegrains, legumes, nuts and seeds.
- Aiming for diversity in your diet – this means choosing a wide variety of different plant foods. Aim to make your plate as colourful as possible!
- Eating foods rich in prebiotics including onions, garlic, Jerusalem artichoke and legumes.
- Avoiding ultra-processed foods.

There is also emerging evidence that certain strains of probiotics may be helpful in the treatment of mental health conditions such as anxiety and depression. The term psychobiotics has been used to describe probiotics and prebiotics that might provide benefits for mental health. However, more research is needed to determine the specific strains, dose and duration of treatment needed for different mental health conditions.

TELEPHONE ACCESS

You can contact your doctor by ringing during surgery hours. Urgent calls will always be dealt with promptly. For emergencies, please dial 000.

Contact by email can only be used when instructed by your doctor.

YOUR PRIVACY

We value your privacy - it is our policy to maintain the security of your health information at all times and to ensure that this information is only available to authorised staff. A copy of our privacy policy is available from reception.

SERVICES AVAILABLE

- Annual Health Checks
- Asthma Management
- Blood tests
- Check ups
- Children's growth & development
- Counselling
- Diabetes Management
- ECG
- Health Assessments > 75 yrs
- Hearing Tests
- Immunisation
- Liquid nitrogen/freezing therapy
- Medicals
- Men's Health
- Minor Surgery
- Nutrition advice
- Obstetrics
- Online Appointments
- Pap Smears
- Pregnancy test
- Family planning & Antenatal care
- Quit smoking assistance
- Sexual Health Checks
- Spirometry: lung function
- Sports Medicine
- Travel Medicine
- Weight management
- Women's Health
- Skin Checks
- Implanon procedures
- IUD procedures

FOLLOW UP OF RESULTS

At the time of consultation, your doctor will advise when they expect your results and whether you can call or need to make a return appointment

FEEDBACK & COMPLAINTS

If you are concerned with the service you receive, we are keen to hear about it. Please speak to our Practice Manager to discuss your concerns.

You may also contact the Health Services Commissioner on 6205 2222.

FEES

This is a private billing practice. Fees are payable at the time of consultation by cash, Mastercard, Visa or EFTPOS. If you have difficulty in paying for your consultation, please discuss this with our Practice Manager. Standard consultation :-\$90 Long consultation:-\$160