



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](http://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.

Home Visits - Home Visits may be available after discussion with your doctor.

#### AFTER HOURS

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

#### PRACTICE STAFF

Practice Manager: Mandy Broadrick  
Office Manager: Lisa Gibson and Susan  
Receptionists: Rachael, Sarah, Lily, and Juliette.

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[www.annielim.com.au](http://www.annielim.com.au)

# YOUR HEALTH™

healthy advice from your family doctor

Spring 2023 Edition 107

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**YOUR COPY — FREE TO TAKE HOME**

## MINDFULNESS

### The benefits and how to get started...

**M**indfulness is the practice of focusing on your awareness on the present moment. In a world full of distractions, mindfulness can help you be fully present and engaged in what you are doing.

Mindfulness has been shown to have benefits for our mental, emotional and physical health and wellbeing. While more good quality research is needed, studies have shown that mindfulness may help with:

- Stress reduction
- Reducing symptoms of anxiety and depression
- Enhancing focus and concentration
- Pain management
- Lowering blood pressure
- Improving sleep quality
- Better overall wellbeing and quality of life
- Reducing work-related stress

Practising mindfulness involves intentionally bringing your attention to the present moment, cultivating a non-judgmental awareness of your thoughts, emotions, bodily sensations, and the surrounding environment.

There are many ways to practice mindfulness. Here are a few ideas to get you started:

- ▶ Mindful breathing. This can be done anywhere and at any time and involves focusing your attention on the sensation of your breath as it enters and leaves your body.
- ▶ Body scan meditation. This involves systematically bringing awareness to different parts of the body, noticing any sensations or tension that might arise and observing these sensations without judgement or trying to change them.
- ▶ Mindful movement. Activities such as yoga and tai chi can promote mindfulness by combining movement with focused attention on breath and bodily sensations. Another option is mindful walking, particularly in nature, where you focus on your breath, your movement, and the environment around you.
- ▶ Mindful eating. This is a practice that encourages you to slow down and fully engaged with your food by savouring each bite, paying attention to flavours, textures and smells. This can also help to build healthy eating habits.

While you will need to set aside some dedicated time for more structured mindfulness practices such as body scan meditation, yoga or tai chi, you can also incorporate mindfulness into your daily life by being fully present in whatever you are doing, from doing household chores to going for a walk or doing any routine task.

If you need help to get started, there are also several online tools and apps that can help you practice mindfulness, including Headspace ([www.headspace.com](http://www.headspace.com)), Smiling Mind ([www.smilingmind.com.au](http://www.smilingmind.com.au)), Calm ([www.calm.com](http://www.calm.com)), and Insight Timer ([insighttimer.com](http://insighttimer.com)).



## Recipe

### Spring pea linguine

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

Whip up this nutritious, dairy free linguine for a delicious lunch or weekday meal.

### Ingredients

- 400g wholemeal linguine
- 500g frozen peas
- 250g sugar snap peas, trimmed
- 250mL soy milk
- 20mL olive oil
- 1 small red onion, chopped
- 1 clove garlic, crushed
- ¼ cup roughly chopped basil
- ¼ cup roughly chopped mint
- 60 baby spinach
- 15mL lemon juice
- 20g hazelnuts
- 75g goats cheese (optional)

### Instructions

1. Cook linguine in a large saucepan of boiling water. Drain and keep warm, reserving ¼ cup cooking liquid.
2. Blanch peas and sugar snap peas in boiling water then drain.
3. Place half the peas (not sugar snaps) in a food processor or blender with soy milk and blend in 10 seconds bursts until combined and roughly chopped. Set aside.
4. Heat oil in a large saucepan over medium heat. Add onion and cook until softened then add garlic and cook for another minute. Stir through blended pea mixture, simmer for a couple of minutes then toss through linguine, sugar snaps, remaining peas, herbs, baby spinach and lemon juice. Add reserved cooking liquid to loosen the sauce if necessary.

### Nutrition

**PER SERVE:** Energy 1,885 kJ (450 Cal), Protein 18 g, Fat 23 g (Saturated 15.3 g), Carbohydrate 37 g (Sugars 9 g), Fibre 9.1 g, Sodium 707 mg, Potassium 949 mg, Iron 7.0 mg, Calcium 113 mg.

© Recipe and image kindly provided by Sanitarium Health & Wellbeing Company.

## Preconception Planning



**P**reconception is an important time where you can make health and lifestyle changes to increase fertility and increase your chances of a healthy pregnancy. Following are a few things to consider if you are planning a pregnancy:

**1. Optimise lifestyle habits.** Eating well and exercising regularly prior to falling pregnant will improve your overall health and can also affect the long-term health of your child. Early life nutrition (from preconception through to toddlerhood) can influence a child's growth and development and reduce their risk of weight problems and conditions such as type 2 diabetes and heart disease later in life. If you are carrying excess weight, losing weight prior to pregnancy can improve fertility and increase the chances of a healthy pregnancy.

**2. Start folate and iodine supplements.** Folate is a B-group vitamin which can reduce the risk of a baby developing spina bifida while iodine is important for the development of a baby's brain and nervous systems. It is recommended that women planning a

pregnancy take a supplement containing 150 micrograms of iodine (unless they have an overactive thyroid or Graves's disease) and 500 micrograms of folate.

**3. Avoid alcohol.** Excessive alcohol intake can affect both male and female fertility, and during pregnancy can harm your unborn baby and increase the risk of miscarriage and stillbirth. Since you won't know you are pregnant in the first few weeks, it is best to avoid alcohol when you are trying to conceive. While no amount of alcohol is safe in pregnancy, it is particularly important to avoid binge drinking.

**4. If you smoke, quit.** Smoking can reduce fertility in both males and females and pregnant women who smoke have a higher risk of miscarriage, ectopic pregnancy, premature birth and stillbirth. Babies born to smoking mothers also have a greater risk of Sudden Infant Death Syndrome (SIDS). If you are a smoker, talk to your doctor about options to help you quit.

## Understanding Atherosclerosis

**A**therosclerosis is a condition where there is a build-up of fatty material inside the artery wall. This leads to narrowing of blood vessels, and reduced blood flow. It is a major cause of cardiovascular disease, including heart attacks and strokes.

Your heart muscle needs a constant supply of oxygen to do its job of pumping blood around the body. It gets oxygen from the blood, which flows to your heart muscle through arteries on its surface, known as the coronary arteries. When there is narrowing or blockage of these arteries because of atherosclerosis, blood flow and oxygen to the heart is reduced, causing angina or chest pain. If blood flow stops completely, this results in a heart attack.

A similar process can occur in the blood vessels to the brain (a major cause of stroke) and other parts of the body, such as the legs and feet (a condition called peripheral vascular disease).

Several factors contribute to the development of atherosclerosis, including high cholesterol levels, high blood pressure, smoking, diabetes, carrying excess weight, lack of physical activity, an unhealthy diet, family history, and age.

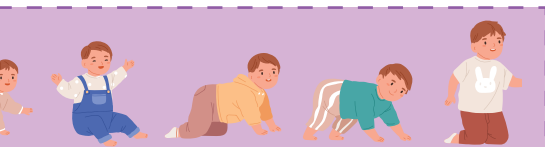
While you can't do anything about your family history or age, fortunately, many of the other risk factors are modifiable through adopting healthy

lifestyle habits. Having regular health checks to monitor your blood fats, blood pressure, and blood glucose levels is also important.

Here are the habits that can help to prevent and manage atherosclerosis:

1. If you smoke, quit. This is one of the best things you can do to keep your blood vessels healthy and reduce your risk of cardiovascular disease.
2. Get moving. Schedule regular exercise and try to incorporate more movement into your day. Guidelines recommend at least 150 minutes of moderate intensity exercise each week.
3. Improve your eating habits. A heart-healthy diet is one that contains plenty of fibre-rich vegetables, legumes, fruits and wholegrains, moderate amounts of lean protein (mostly legumes, fish, seafood, nuts and seeds) and healthy fats from foods like avocado, nuts, seeds and olives. Use herbs and spices to flavour foods rather than adding salt. Cut down on red and processed meat, refined carbohydrates, foods containing trans fats and ultra-processed foods.
4. Manage your weight by eating well and moving more. If you are carrying excess weight, losing 5–10% of your weight can benefit your heart and blood vessel health.
5. If you drink alcohol, do so in moderation. This means no more than two standard drinks per day.
6. Take care of your mental health including managing stress levels.





**5. Review your medications with your doctor.** Some types of medications are not safe to take in pregnancy, so discuss this with your doctor prior to trying to conceive. There are also several vitamins, mineral and herbal supplements that are not safe to take when you are pregnant, so don't forget to discuss these with your doctor.

**5. Update your vaccinations.** All women who are planning a pregnancy need to make sure their rubella and chickenpox vaccinations are up to date as being infected with either of these during pregnancy can cause serious health problems for your baby. Speak with your doctor to see if you need any other vaccinations such as whooping cough.

**6. Check your health insurance.** If you would like to see a private obstetrician and deliver your baby in a private hospital, check your level of cover before you become pregnant. There is usually a 12-month waiting period if you need to upgrade your cover.

For more information on preconception planning visit: [www.pregnancybirthbaby.org.au/planning-for-pregnancy](http://www.pregnancybirthbaby.org.au/planning-for-pregnancy)

# Spice it Up!

## The health benefits of adding spices to your meals

Spices are the dried form of various plant parts, including buds, bark, roots, berries and seeds. They have a long history of use among different cultures for both culinary and medicinal purposes. An increasing body of research is showing the health benefits of adding spices to our meals.

Researchers have discovered that spices are a rich source of antioxidants and phytochemicals (such as flavonoids and polyphenols), important plant chemicals which have health promoting abilities. In fact, research has shown that the antioxidant capacity of spices and herbs compares with that of fruit and vegetables. There is also evidence that these beneficial components of spices may assist in protecting against oxidative stress and inflammation, both of which are risk factors for heart disease, cancer, and other chronic health conditions.

Specific spices may offer unique health benefits because of the range of health-promoting substances they contain. Benefits have been seen for a range of diseases and conditions, including heart disease, cancer, diabetes, arthritis, inflammatory conditions, nausea and digestive problems.

Lastly, by adding flavour to meals, spices can also help us reduce the amount of fat and salt in our cooking, providing an indirect health benefit.

Some research has suggested that recommendations about the use of spices and herbs in a healthy diet should be incorporated into dietary guidelines.

Ready to harness the health benefits of spices? Here are a few ways to add them to your meals:

- ▶ Add a sprinkle of cinnamon to porridge along with stewed apple and sultanas.
- ▶ Add ginger to your favourite pumpkin soup.
- ▶ Turmeric is a staple for curries and can be used fresh (similar to ginger) or dried.
- ▶ Combine garlic with fresh basil, pine nuts, olive oil and grated parmesan to make your own pesto
- ▶ Add mixed spice (a combination of spices such as cinnamon, coriander, cumin, nutmeg and ginger) to fruit cake, home-made muffins or fruit crumbles
- ▶ Use fresh chillies to make your own Thai curry paste or combine with kidney beans and crushed tomatoes to make a tasty Mexican meal eaten with tacos and salad
- ▶ Cumin goes well with a range of meat dishes or curries, usually in combination with other herbs and spices.

If you are interested in learning more about spices and how to use them, check out Herbies blog [www.herbies.com.au](http://www.herbies.com.au)



Dr.LoL:)



## COMPETITION



Win a copy of *RecipeTin Eats: Dinner* courtesy of Pan Macmillan.

150 dinner recipes. Fail-proof. Delicious. Addictive. The food you want to cook, eat and share!

Through her phenomenally popular online food site, RecipeTin Eats, Nagi Maehashi talks to millions of people a year who tell her about the food they love.

Now, in her first cookbook, Nagi brings us the ultimate curation of new and favourite recipes — from comfort food, to fast and easy food for weeknights, Mexican favourites, hearty dinner salads, Asian soups and noodles, and special treats for festive occasions.

To enter visit us online at [win.yourhealth.net.au](http://win.yourhealth.net.au)

Competition opens 1st September 2023. The winning entry will be selected on 1st December 2023 and notified by email.

# Cognitive Behavioural Therapy

Cognitive behavioural therapy, or CBT for short, is a form of psychological therapy which can help you to learn how to better manage challenging and stressful life situations.

CBT focuses on recognising negative patterns of thinking and behaviour that might be causing you problems and learning more helpful and healthy ways to think. It has been shown to help people with a variety of psychological issues including anxiety, depression, phobias, obsessive compulsive disorder, post-traumatic stress disorder, eating disorders, substance abuse and relationship issues. It can also help with some physical problems including chronic pain, fibromyalgia, migraines, chronic fatigue syndrome and insomnia.

Unlike some other psychological therapies, CBT doesn't focus on the past but instead puts attention on solving current problems. It is a structured program, usually involving weekly sessions (ranging from around 5–20 sessions) with some homework in between where you practise some of the tasks set with your therapist or program. It is also flexible and can be individualised to meet your particular needs and goals.

CBT usually involves 4 main steps:

1. Recognising and selecting the situations or circumstances in your life that are causing you concern and determining which issues you wish to address.
2. Increasing your awareness of your thoughts, emotions, and beliefs surrounding these problems.
3. Identifying negative or inaccurate thinking to enable you to recognise recurring patterns of thinking and behaviour that could be contributing to your difficulties.
4. Modifying negative or inaccurate thinking patterns to encourage more beneficial thinking and behaviour patterns.

CBT is generally provided by psychologists and psychiatrists, but also by some GPs and nurses with training in mental health, and some counsellors and other therapists. There are also many online courses and programs available based on CBT, some of which are low cost or free.

If you think you would benefit from CBT, speak with your GP who can guide you in finding the right therapist or program to meet your needs. They can also let you know if you qualify for a mental health treatment plan to access Medicare rebates for CBT.

To find a psychologist who offers CBT visit the Australian Psychological Society website: [psychology.org.au/find-a-psychologist](http://psychology.org.au/find-a-psychologist)

## Meet the Team: Practice Nurses

Practice nurses are an integral part of the healthcare team, working alongside doctors and other health professionals to provide you with comprehensive healthcare.

Following are a few areas of health care a practice nurse may help you with:

- **Health assessments:** Practice nurses conduct health assessments, including asking about your medical history, performing physical examinations, such as checking blood pressure, and carrying out important screenings for health conditions such as high cholesterol, high blood pressure and diabetes.
- **Vaccinations:** Practice nurses are trained to give vaccinations and can also provide you with information on vaccine-preventable diseases and answer your questions about vaccines.
- **Wound care and minor procedures:** If you have wounds or require minor surgical procedures, practice nurses can help with dressing your wounds and monitoring their



progress, along with providing wound care and post operative advice and support.

- **Chronic disease management:** Practice nurses can provide you with resources and support to help in managing chronic health conditions such as diabetes and heart disease. This might include providing education on lifestyle modifications such as healthy eating, regular exercise, reducing alcohol intake and quitting smoking.
- **Health care plans and care coordination:** Practice nurses can work closely with you and your doctor to develop a personalised health care plan to assist you in managing health conditions such as diabetes, heart disease and asthma. They will regularly review your progress and make adjustments to your care plan when needed, to ensure that you are always receiving the best treatment and supports.
- **Medication management:** Practice nurses can review your medications, explain potential side effects, and help you understand how to take your medications correctly to manage your health conditions while also optimising your overall health.

## 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