

SIX NEW WAYS TO CHANGE YOUR BAD HOLIDAY HABITS

1. Plan how you'll approach holiday events—never attend hungry, always have a protein based snack before attending any holiday party. Stand far away from any buffet tables, and maybe use a dessert sized plate with veggies and salads and avoid high calorie desserts and appetisers
2. Remember mini can be major—don't get into the naughty habit of not counting the small bites. Some of those cute spring rolls, or fancier appetisers can pack a hefty calorie punch, especially when combined with alcohol
3. The extras count too—adding whipped cream, ice-cream, lots of custard to the xmas pud for example. All condiments count too, even if you think hollandaise sauce on veggies or a ranch style dip should not count
4. Cook healthier dishes—there is no rule that that you have to bake cookies, cakes and pavlovas and have a full on xmas meal (especially in this heat)
5. Avoid alcohol—if work is throwing a Xmas party with free booze, this does not mean you have to get wasted. Once you have a drink, your body eats up all it's glycogen in the liver, which makes you hungry and maybe reduces inhibitions and suddenly all those appetisers look great. Let alone the calories in alcohol
6. Don't be afraid to say no - you don't have to go to every party you are invited to. Rushing from place to place or being exhausted can trigger emotional eating

THE SIGNS OF STROKE ARE:

- weakness, numbness or paralysis of the face, arm or leg
- difficulty speaking or understanding
- dizziness and loss of balance
- loss of vision
- headache, usually severe and abrupt
- difficulty swallowing

ACT FAST—CALL 000

If you experience the signs of stroke or see them in someone else, call 000 immediately. Prompt action can prevent further damage to the brain and help someone make a full recovery

For more information call 1800 787 653 or visit

www.strokefoundation.com.au

ASFMC Management would like to sincerely wish all our patients and their families a Merry Xmas and a fantastic New Year in 2014. We hope you all have a relaxed and restful holiday period with your family and friends and if travelling please be extra careful on the roads. See you fit and healthy (don't overindulge too much) in 2014

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Entry via Kekwick Ave

For more information about our medical centre visit

www.alicefamilymedical.com.au



**ALICE SPRINGS
FAMILY MEDICAL**

NEWSLETTER

**EDITION 28
DECEMBER 2013**

DOCTORS

Dr Deb Mitchell

Dr. Gaurang Prajapati and Dr Stacey
Seakins—GP Registrars

PRACTICE NURSE

Susie Leister RN

ADMINISTRATIVE TEAM

Practice Manager—Susie Leister
Receptionists— Charlotte Thompson

Lynlee Sleep

PRACTICE HOURS

Monday to Friday 8:15am—5:30pm
Saturday 9:00am—12:00pm
(will close earlier if demand is low)



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WHAT'S NEW?

ASFMC Management wish Dr Gaurang Prajapati and his family all the best as he continues his GP training in country SA leaving us in mid January 2014.

Dr Stacey Seakins who has been part-time since September is also leaving us at Xmas with her fiancée to relocate back to SA. We wish her and Jesse all the best especially as their wedding is early in the New Year.

It is very likely that a permanent part-time fully trained GP will be joining us in the New Year so stay tuned for that announcement.

Charlotte has had a healthy baby boy, so now reception is covered only by Lynlee until we recruit again in late January 2014. If you are interested in a part-time receptionist position consider dropping in your updated CV and qualifications to Susie our practice manager before we actively advertise in mid—to— late January 2014.

HOURS over Xmas and NEW YEAR

Monday 23/12—usual hours

Tuesday 24/12 0830—1300hrs

Wednesday 25/12 closed

Thursday 26/12 closed

Friday 27/12 closed

Saturday 28/12 closed

Monday 30/12 usual hours

Tuesday 31/12 usual hours

Wednesday 1/01 closed

EXPERTS DEFEND ROLE OF STATINS IN CVD PREVENTION

Here is what some experts stated in response to the “Catalyst” program in November on the ABC.

National Heart Foundation of Australia

People should not change their medication or ignore cholesterol levels following the ABC’s Catalyst program. The conclusions presented are not supported by the Heart Foundation or the vast majority of the medical community across the country and internationally. High cholesterol remains a major risk factor for heart attack, stroke and peripheral vascular disease. We are shocked by the disregard of the evidence and are considering our next course of action.

Professor Emily Banks is chair of the TGA’s Advisory Committee on the Safety of Medicines

The most central problem was the constant reiteration that statins don't reduce the risk of death. But the most recent Cochrane review (bit.ly/UbyTRU) found reductions in all-cause mortality and major vascular events, and the Cholesterol Treatment Trialist’s Collaboration showed a reduction in the risk of death and all-cause death (bit.ly/Ki4yWU).

There was also no sense of context: CVD death rates have been plummeting for the past few decades in Australia. Statins are part of that. It’s a triumph for medicine and the community, and that needs to be recognized and acknowledged.

National Prescribing Service

The guidelines are clear and the evidence is strong—statins remain one of the most effective strategies for reducing the risk of cardiovascular disease, but patient selection is the key.

The prescribing of statins should follow national guidelines based on absolute cardiovascular disease risk assessment. In people deemed to have moderate—to—high risk, statins have an important, clinically proven role to play in the prevention of CVD.

Australian Bureau of Statistics data regarding death rates in 2012

The median age of death for males is 78.6 yrs and for females is 84.6 yrs. There were 147, 098 deaths in Australia last year, with a gender ration of 103.4:100 male to female. More men than women and younger too

With coroner cases still pending, so the figures are likely to go up (12%of deaths reported to the coroner so there is no cause found until coroner's report released) 29.8% were due to diseases of the circulatory system—that is heart attack, stroke or chronic ischaemic heart disease. Only cancer kills more Australians at 33.1 although this figure may be revised once the final reports are tabulated.

PLEASE DISCUSS WITH YOUR GP YOUR WORRIES OR ISSUES PERHAPS CAUSED BY INACCURATE MEDIA REPORTING!!