



Annie Lim
Family
Practice

It is our privilege to assist you in your healing journey

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Dr Kevin Tee

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 with Hotdoc. 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

Office Manager: Lisa and Susan

Receptionists: Lily, Juliette and Piper.

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.

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www.annielim.com.au

YOUR HEALTH™

healthy advice from your family doctor

Autumn 2024 Edition 109

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YOUR COPY — FREE TO TAKE HOME

Ten evidence-based tips for cancer prevention

In 2007, the World Cancer Research Fund (WCRF) and American Institute for Cancer Research (AICR) produced a set of 10 lifestyle-based guidelines aimed at reducing the worldwide risk of cancer, for both individuals and at a population level.

The guidelines, known as the Cancer Prevention Recommendations, were updated in 2018 based on current scientific evidence, and focus on dietary changes, weight management, physical activity and limiting alcohol intake.

If you are interested in reducing your cancer risk, the WCRF/AICR guidelines recommend the following:

- 1. Maintain a healthy weight:** Keep your weight within the healthy range and avoid weight gain in adult life. Carrying extra body fat can increase the risk of many types of cancer.
- 2. Be physically active:** Be physically active as part of everyday life by following or exceeding national physical activity guidelines (see our article on Exercise recommendations in this newsletter) and limiting sitting/sedentary time. There is strong evidence that being physically active protects against many forms of cancer.
- 3. Eat a better diet:** Make wholegrains, vegetables, fruit and legumes (pulses) a major part of your usual diet. Aim for at least 30g fibre from a range of plant foods and at least 400g from a variety of different coloured fruit and vegetable each day.
- 4. Limit fast foods:** Limit consumption of 'fast foods' and other processed foods high in fat, starches, or sugars. This includes many snack foods, bakery foods, desserts and confectionary.
- 5. Limit red and processed meat:** Eat no more than moderate amounts (350–500g cooked) of red meats, such as beef, pork and lamb each week. Eat little, if any, processed meats. There is strong evidence that red and processed meats can increase the risk of bowel cancer.
- 6. Cut down on sugary drinks:** Limit sugar-



sweetened drinks, and drink mostly water and unsweetened drinks. Sugar-sweetened drinks contribute to weight gain, which increases the risk of many cancers.

- 7. Limit alcohol consumption:** For cancer prevention, it is best not to drink alcohol. There is strong evidence that drinking alcohol increases the risk of many types of cancer, including cancers of the digestive system, liver and breast.
- 8. Don't use supplements for cancer prevention:** Aim to meet nutritional needs through diet alone. While there may be a need for certain nutritional supplements for some people, evidence doesn't show that high dose micronutrient supplements can protect against cancer, and in some cases may have a negative effect.
- 9. Breastfeed your baby, if you can:** Breastfeeding is good for both mother and baby. Breastfeeding has short and long-term health benefits for the baby and can reduce the risk of breast cancer in the mother.
- 10. After a cancer diagnosis:** Follow our recommendations, if you are able to. Unless advised otherwise, all cancer survivors are advised to follow the Cancer Prevention Recommendations if they are able to. They should also receive personalised guidance on nutrition and physical activity from healthcare professionals.

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

You can find more information, including further details about each of these recommendations, on the World Cancer Research Fund website: www.wcrf.org/diet-activity-and-cancer/cancer-prevention-recommendations/

Recipe



Sweet Potato Nachos

Serves:	Preparation time:	Cooking time:
2	20 mins	25 mins

This dish is vibrant in colour, flavour and texture! Great appetizer, game-day snack or kid-friendly meal.

Ingredients

NACHOS

- 2 small sweet potato, thinly sliced
- Spray oil
- 2 cobs fresh corn, removed from cob
- ½ capsicum, diced
- 1 cup canned black beans (drained, rinsed)
- 60g grated low fat cheese
- 1 small avocado

SALSA

- 1 punnet cherry tomatoes, diced
- ½ red onion, finely chopped
- 2 tablespoons chopped fresh coriander
- red chilli finely chopped (optional)
- 1 lime, juiced

Instructions

1. Layer sweet potato slices over baking paper on baking trays and spray with oil. Bake in a hot oven, 200°C, for 20-25 minutes or until crisp and browned.
2. Combine salsa ingredients in a bowl and set aside.
3. Pile sweet potato slices on one tray. Sprinkle with corn, capsicum, black beans and cheese.
4. Place under griller and grill for 5 minutes until cheese is melted and vegetables heated through.
5. Remove from grill and top with salsa and mashed avocado. Serve immediately.

Nutrition

PER SERVE: Energy 2,791 kJ (667 Cal), Protein 30.3 g, Fat 22.3 g (Saturated 6.4 g), Carbohydrate 69.6 g (Sugars 25.3 g), Fibre 28.7 g, Sodium 398 mg, Potassium 2,088 mg, Iron 6.3 mg, Calcium 463 mg.

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

Exercise – How much do you need?

The Australian Physical activity and sedentary behaviour guidelines provide an evidence-based guide to physical activity recommendations for the general population. There are separate guidelines for adults aged 18–64 years, older adults (65 years and over), children and young people, and women who are pregnant.

The recommendations in the guidelines are based on evidence that regular physical activity is essential for good physical and mental health and wellbeing, regardless of age. However, the amount of activity recommended varies depending on age.

For adults 18–64 years, the guidelines recommend:

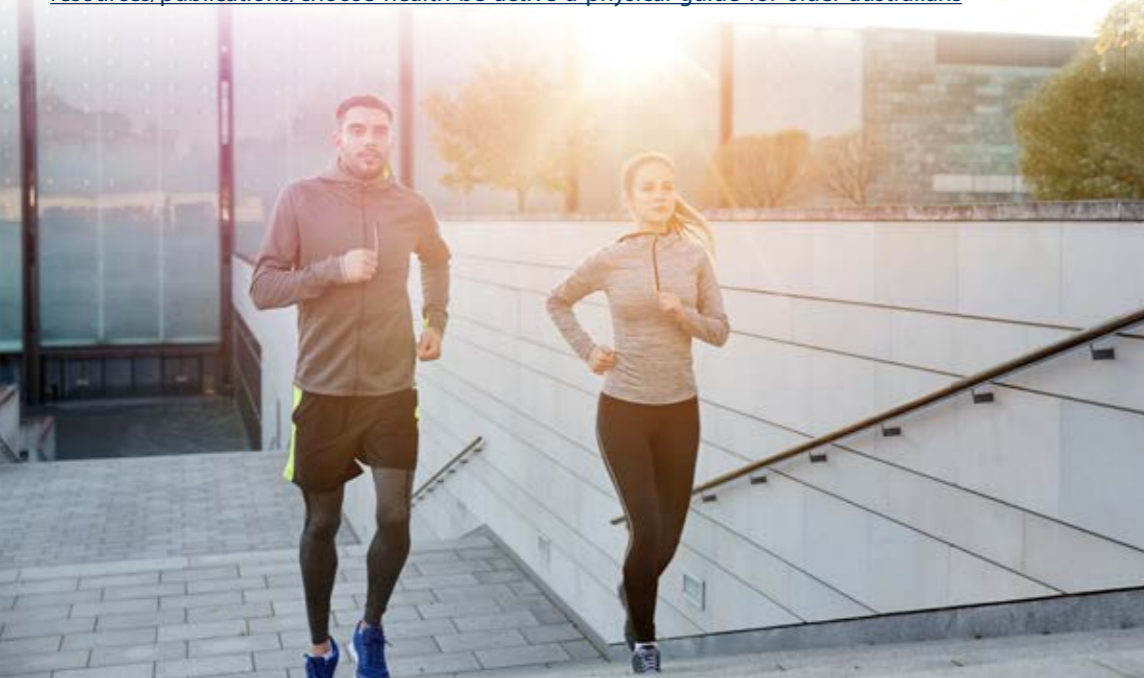
- ▶ Being active on most, preferably all, days of the week.
- ▶ Accumulating 150–300 minutes of moderate intensity (such as walking, swimming or playing golf) or 75–150 minutes of vigorous intensity (such as running/jogging, fast cycling or playing soccer or netball) physical activity, or an equivalent combination of both, each week.
- ▶ Doing muscle strengthening activities on at least 2 days each week.
- ▶ Minimising the amount of time spent in prolonged sitting and break up long periods of sitting as often as possible.
- ▶ Doing any exercise is better than none — if you are currently inactive, start small and slowly increase to the recommended amounts.
- ▶ For older adults (65 years and over) the guidelines recommend:
 - ▶ Being active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.
 - ▶ Accumulating at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week.
 - ▶ Those who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up to the recommendations.
 - ▶ Those who have enjoyed a lifetime of vigorous physical activity should continue in a way that is suited to their capability into later life, while sticking to recommended safety guidelines.

Guidelines for children vary according to age and include recommendations about how much activity children and teenagers should do each day (including energetic play for younger children and planned physical activity for older children and teenagers) and guidelines on limiting sitting and screen time, and getting enough sleep.

Pregnant women are generally advised to follow the exercise guidelines for adults but might need to modify the intensity and type of exercise they do as their pregnancy progresses. Pelvic floor exercises are also recommended to keep pelvic muscles strong and to avoid problems like incontinence.

For more information, download the following free resources:

- **Make your move: sit less, be active for life, with ideas on increasing activity levels.** <https://www.health.gov.au/resources/publications/make-your-move-sit-less-be-active-for-life-adults-18-to-64-years>
- **Choose health, be active: a physical guide for older Australians** <https://www.health.gov.au/resources/publications/choose-health-be-active-a-physical-guide-for-older-australians>



Lifestyle management of high blood pressure

High blood pressure is a common health condition which increases the risk of heart disease, stroke and chronic kidney disease. Lifestyle changes play an important role in prevention and treatment of high blood pressure.

In late 2023, the International Society of Hypertension released a position paper on the lifestyle management of hypertension, providing evidence-based recommendations for the prevention and management of high blood pressure. They recommend these lifestyle changes are used as the first line of treatment, and suggest that they should be continued even when blood pressure lowering medications are as prescribed.

The lifestyle changes recommended by the International Society of Hypertension to prevent or delay the onset of high blood pressure and to reduce cardiovascular risk include:

- ▶ Maintaining a healthy body weight and waist circumference.
- ▶ Following a healthy eating plan including an increased intake of fibre-rich plant foods, fish, unsaturated fats, low-fat dairy products, and a reduced intake of red meat, salt and added sugars (including sugar-sweetened drinks).
- ▶ Engaging in regular physical activity, including planned exercise (both aerobic and muscle strengthening exercises) and incidental activity.
- ▶ Reducing sedentary time and avoiding prolonged periods of sitting.
- ▶ Avoiding or limiting alcohol intake and particularly avoiding binge drinking.
- ▶ Increasing quality sleep time (aiming for 7–9 hours for adults) by improving sleep hygiene (for example, having regular sleep

timing, a conducive sleep environment and a sleep routine to prepare for bed.

- ▶ Managing stress levels by practising stress reduction techniques like mindfulness-based stress reduction, meditation, yoga, tai chi for around 30-45 minutes per day and listening to music for at least 25 minutes, 3 times per week.
- ▶ For those who smoke, seeking support and resources to quit smoking.
- ▶ Reducing exposure to pollution by limiting time spent outdoors when pollution is high, using ventilation systems with filtration and avoiding exposure to passive smoke.
- ▶ Using digital tools such as apps to track food intake, daily steps and sleep patterns. These tools can help to monitor, manage, and provide motivation to make lifestyle changes.

The guidelines recommend starting early in life, encouraging healthy lifestyle habits from childhood. They also include recommendations for government and policy makers, particularly around encouraging and supporting healthy food choices and providing the environment, facilities and infrastructure to encourage regular physical activity. Lastly, the guidelines recommend that health care providers receive adequate training in working with individuals to support them in adopting lifestyle changes.

Dr. LoL:)



"I'll do some tests rather than give you a guess."

COMPETITION



Win a copy of *Wholesome By Sarah* courtesy of Pan Macmillan.

Fast Weeknight Dinner Ideas For The Whole Family. As creator of Wholesome by Sarah, Sarah Pound has won a legion of fans online, who cook her fresh, wholesome and flavour-packed recipes every night of the week

There are no tricky techniques here - this is solid home cooking that is fresh, fast and full of flavour. As well as her delicious recipes, Sarah shares foolproof formulas for building perfect salads and stir-fries; killer marinade, spice rub and salad dressing ideas; plus loads of practical tips to streamline life in the kitchen

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

Competition opens 1st March 2024. The winning entry will be selected on 1st June 2024 and notified by email.

Mental Health Treatment Plans

If you've been diagnosed with a mental health condition, such as anxiety or depression, your general practitioner (GP) can help to support you with your mental health. One way they can do this is by creating a mental health treatment plan.

A mental health treatment plan is a plan of action that you create together with your GP, which outlines your goals, treatment options, and support services available.

A mental health treatment plan also lets you claim a Medicare rebate for up to 10 consultations per year with a registered mental health professional. You may have some out-of-pocket costs, unless they bulk bill.

Treatment options you can access through a mental health treatment plan include:

- Psychological therapy provided by eligible clinical psychologists
- Focused psychological strategies provided by eligible psychologists, occupational therapists and social workers

Once you have completed an initial course of treatment with the mental health professional

(and following any subsequent courses of treatment), they will provide a written report back to your referring medical practitioner which includes details of any assessments carried out, treatment provided and recommendations for ongoing management of your mental health condition.

Mental health treatment plans are part of the Better Access initiative, which provides Medicare rebates to eligible individuals to allow them to access the mental health services they need. The initiative aims to encourage more people to seek support if they are struggling with their mental health. To be eligible for a mental health treatment plan, you need to have been diagnosed with a mental health condition, such as anxiety or depression.

To find out more about mental health treatment plans:

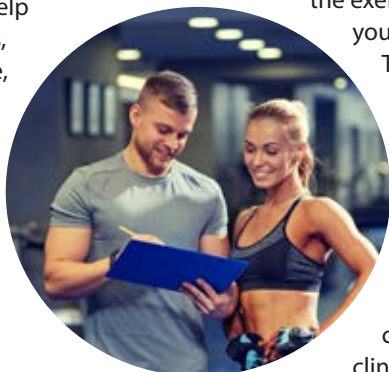
- Speak with your GP
- Visit the Services Australia website: www.servicesaustralia.gov.au/mental-health-care-and-medicare
- Visit HealthDirect website: www.healthdirect.gov.au/mental-health-treatment-plan

Meet the Team: Exercise Physiologists

Exercise physiologists have a minimum of 4 years of university training and specialise in developing exercise programs for people with a broad range of health issues. Whether you have an acute or chronic medical condition, injury or disability, an exercise physiologist can help to design a safe and effective exercise program to meet your individual needs and health goals.

An exercise physiologist can help you manage health conditions, such as diabetes, heart disease, neurological conditions, musculoskeletal injuries or conditions including arthritis and osteoporosis/osteopenia, cancers, kidney disease, respiratory/pulmonary diseases and mental health conditions.

When you see an exercise physiologist, they will begin by conducting an initial assessment to collect information such as your current health status and physical function, medical history and lifestyle habits, along with discussing your goals. They will also take some measurements to assess your current fitness level and function. This information will allow them to develop an



exercise program adapted to your individual needs. Based on the assessment, the exercise physiologist will provide you with a tailored exercise program, including specific exercises, how often you should do them and how you should progress your exercise program. They will also provide education to ensure you understand the purpose of each exercise, how to perform the exercises correctly, and how the exercise plan supports your health and wellness. The program may be supervised by the exercise physiologist or a program you can do on your own at home.

They will also regularly monitor your progress and adjust the program as needed, based on your progress.

Exercise physiologists work in a variety of health settings, including public and private hospitals, private clinics, multidisciplinary clinics alongside other health professionals, workplace health and rehabilitation, aged care facilities, fitness centres/ gyms, and sports organisations.

To find an exercise physiologist who can provide the help you need, visit the Exercise and Sports Science Australia website: www.essa.org.au/find-aep

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 :-\$95 Long consultation:-\$165