

## Noticeboard

### Zika Virus

Zika virus warnings continue, particularly for pregnant women, their partners and those planning a pregnancy in the next 6 months. An easy to use map of the countries with current active Zika transmission is available at [ecdc.europa.eu](http://ecdc.europa.eu). It is updated every Friday.

### Alcohol Intake

If you are unhappy about your alcohol intake, do you drink to feel good, but end up miserable and embarrassed? The Queensland University (funded by the National Health and Medical Research Council) is offering free telephone counselling for anyone who is having 28 drinks per week or more, using motivational treatments in a trial running over 18 months, call 1300 300 164 or [yourcall@qut.edu.au](mailto:yourcall@qut.edu.au)

### Breast feeding

Those who are unable or chose not to breast feed often describe the lack of support and the shame and stigma associated. There is a very helpful online support group on Facebook at The Fearless Formula Feeder

### Do you have a 'Big Idea'?

Everyone is being asked to submit ideas on ways to improve many aspects of Australia and vote for other ideas that they support. The top 100 ideas will have 10 chosen to be developed. Ideas so far submitted cover topics such as effective healthcare, concern for future generations, caring for the elderly, economic growth, government effectiveness and affordable housing. [mybigidea.org.au](http://mybigidea.org.au)

### Free nutrition & health course

A free online course from Monash University (3 weeks, 4hr p/w) is being offered to those who have an interest in food, nutrition and health. It is designed to cut through the social media babble and myth over diets, super-foods and pseudoscience. Use #FLFoodAsMed to join and contribute to social media conversations about the course. [futurelearn.com](http://futurelearn.com)

### ReachOut

ReachOut is a youth mental health organisation which aims to encourage more effective communication between teenagers and their parents. The website offers free, practical evidence-based support for common problems. It also offers help for young people about tough times, sex, friends and drugs, with information and forums. [au.reachout.com](http://au.reachout.com)

### CluckAR App

CHOICE has an App available to help determine whether the eggs you are about to buy are free-range and how good the claims are regarding hen density. Download the CluckAR App and point your phone at the top of the egg container for the information.

### Scepticism of the Scientific Community

For those interested in reading an article commenting on the growing scepticism of the scientific community and the need to defend the sometimes messy scientific process of "pursuing ideas with curiosity, inquisitiveness,

openness and discipline", read The Mistrust of Science, an address at the California Institute of Technology by Dr Atul Gawande, published in The New Yorker to June 10th.

### Hajj

Kingdom of Saudi Arabia's Ministry of Health has published health regulations for pilgrims planning to undertake Hajj 1437H, Umra in September. All adults and children over the age of 2 years should receive a single dose of meningococcal ACWY vaccine as a visa requirement, there are additional requirements related to polio and yellow fever if arriving from certain countries. [smartraveller.gov.au](http://smartraveller.gov.au), and [haj.gov.sa](http://haj.gov.sa), have specific overviews regarding health concerns for the Hajj, for more information, see the UK travel health site, [travelhealthpro.org.uk](http://travelhealthpro.org.uk) and enter hajj into the search bar.

### Microblitz Citizen Scientist

Interested in Western Australia's ecology and the environment? Register to become of Microblitz citizen scientist, help UWA scientists, receive a free soil sampling kit in the mail (with instructions on how to use the equipment), and help create a microbial DNA map of Western Australia (if you are on a road trip or holiday, why not order several kits to sample different landscapes you visit?) The project runs for 3 years, but the legacy will be forever used as a point of reference that can be shared and used to monitor and protect WA's environment. [microblitz.com.au](http://microblitz.com.au)

### Suicide Support

If someone you know seems to be struggling, showing them that you care can make a huge difference to them. If you are struggling yourself, you might feel better if you reach out for support, get treatment and start taking steps toward recovery. Facebook has released suicide prevention tools in all languages, allowing users to report a post to a 24 hr support team. If you are in an emergency or at immediate risk of harm to yourself or others, contact emergency services on 000, other services include Lifeline 13 11 14 or Suicide Call Back Service 1300 659 467



Perth  
Pathology

## Did you know that Perth Pathology provides pathology collection here at CBD West?

Two dedicated staff are onsite from 7.30 am to 4.00pm Monday to Friday. Perth Pathology is Western Australia's only independent pathology laboratory providing diagnostic services to Perth and surrounding areas.

## To Snack or Not to Snack?

The National Heart Foundation advises that spreading intake out across the day in small meals remains best practice, but Australia has over 30 000 snack foods available, many of which have high sugar, salt and saturated fats or the portion size equals a main meal. The main problems with snacks are firstly the type of snack, secondly the size of the snack and finally the mood effects. The National Health Study of 2011-2012 demonstrated that 35% of Australians' daily intake comes from discretionary foods (chips, biscuits and sugary drinks with little or no nutritional content). Discretionary foods are typically high in kilojoules, for example a flat white coffee and café muffin contains approximately 3500 kilojoules (almost half an average person's daily recommended intake).

### How to "Snack Smart"

- Plan ahead, take a healthy snack to work or when going out for the day (fruit, nuts, yoghurt, small can of tuna, glass of milk, piece of cheese or hard boiled egg)
- Portion out snacks, take 8-10 nuts from the packet and put the remainder away
- Eat mindfully, avoid eating in front of the TV and screen, avoid eating throughout the afternoon at your desk, allocate a formal snack-break.
- Stop when satisfied and not full
- Recognise hunger, practice mindful eating, consider how long it has been since last eating,

Consider what you have had to drink across the day and what you are doing. Our bodies often register thirst as hunger, have something to drink and review after 15 minutes whether you are still hungry and if so, have a little more to eat. If you feel genuine hunger, choose a snack with some protein or fat to satisfy, such as hummus, nuts, boiled eggs, cheese or avocado on a cracker. Often a warm comforting drink such as a cup of tea or soup can satisfy comfort eating needs. For boredom eating (feeling sad, stressed or watching TV), have a list of options on the fridge or take the opportunity to make the next snack, such as hummus or mini muffins to freeze. Try crunchy, low kilojoule food such as air-popped popcorn, carrot sticks and apples to satisfy "mouth hungry" when you feel like eating, but are not particularly hungry.

CHOICE (Australia's consumer advocacy group) has just reviewed 224 commercially available snack bars and rated their nutritional value, see [choice.com.au](http://choice.com.au) and search for Snack bar review (15th July 2016)

### Pre and Post workout snacks

There is no best snack option, and the choice depends on individual needs and preferences.

The main goal for pre-workout nutrition is to fuel and hydrate for the session ahead, to get the most from the session and avoid fatigue and hunger during the session. The suggested foods are advised to be rich in carbohydrate to fuel muscle glycogen stores, low in fibre, easy to digest and familiar. Some suggestions are a small bowl of cereal with chopped fruit and yoghurt, crumpets or toast with sliced banana and honey, raisin toast, a fruit smoothie or a small bowl of pasta with a tomato based sauce. Post-workout advice is to aim to consume 20-30g of protein with at least 50g of carbohydrate as soon as possible after the

session to optimise recovery. Ideas include 2 boiled eggs and a banana, a small tin of tuna and a cup of cooked quinoa, a protein shake or smoothie, seasonal fruit salad topped with greek yoghurt, lean chicken and wholemeal salad roll, hummus and one wholemeal pita bread, a small bowl of lean mince bolognese sauce and pasta or a cup of ricotta mixed with a teaspoon of honey, apple pieces and a sprinkle of cinnamon

## What are we having for morning tea?

A healthy homemade sweet snack bar:

### Seedy Choc Slice

#### Ingredients

- 2 cups of mixed nuts
- 1 cup puffed millet
- 3/4 cup mixed seeds (pumpkin, chia, sunflower)
- 50g 70% dark chocolate pieces
- 1/4 cup honey
- 2 teaspoons vanilla paste

#### Directions

- Mix ingredients
- Press into a lined tray and bake for 30-35 mins at 160 degrees.
- Store in a sealed container in the fridge.

## Meet Our Team! This week:

**Dr Mandy Croft**  
MBBS FRACGP



*Dr Croft graduated from the University of Western Australia in 1990 and directly spent several years gaining various hospital based experience here in Perth.*

*She then entered the General Practice training programme and completed her Fellowship in 1997. She has worked in the Northern suburbs as a Family GP since then.*

*The variety of General Practice work has maintained her interest in a broad range of clinical areas however in recent times she has developed a keen interest in corporate medicine. Dr Croft is a firm believer in preventative medicine and serves on the Perth North Metro Medicare local Committee for Illness Prevention.*