

Our First Newsletter

Travel Medicine Newsflash

Yellow Fever

From June 2016 the Yellow fever vaccination period of protection will change from 10 years to the duration of life. Vaccination is still strongly recommended for travellers who have never been vaccinated who plan to travel to countries known to be a risk. See health.gov.au/yellowfever fact sheet or smartraveller.gov.au

Zika Virus

Pregnant women in any trimester or those actively seeking to get pregnant are advised to consider postponing travel to any area where Zika transmission is ongoing (the list is updated regularly at smartraveller.gov.au).

Sexual transmission of Zika virus is possible. Pregnant women's sex partners returning from areas where local transmission of Zika virus occurs should practice safer sex or abstain for the duration of the pregnancy to reduce the risk of transmission.

In order to exclude Zika virus infection serological testing of asymptomatic men at least 4 weeks after potential last exposure and discussion with a Clinical Microbiologist is an option for men who have travelled to an area of Zika transmission, who did not suffer symptoms and who has a partner planning pregnancy.

Virus Watch: Week ending 1st May

INFLUENZA AND INFLUENZA-LIKE ILLNESSES (ILI)

Summary: Indicators of influenza activity are low and remain at inter-seasonal levels.

- Influenza A and influenza B viruses continue to co-circulate at low levels.
- Non-influenza respiratory virus activity remains low.

GASTROENTERITIS

- Gastroenteritis activity at sentinel GPs and EDs remains low compared to expected values.
- Detections of norovirus and rotavirus are low.

VARICELLA AND VIRAL RASHES

- Shingles and chickenpox presentations to sentinel EDs and GPs are fluctuating at low levels.
- No confirmed cases of measles were notified to the Department of Health this week. One case of rubella has been confirmed.
- Notifications of mumps in the north-west are continuing to decline.

..... WANTED

Perfectionist Mothers Wanted for a study on preventing postnatal depression.

Curtin University psychology researchers are recruiting pregnant women in their third trimester of pregnancy to investigate how a brief self-help booklet may help the transition to motherhood. Previous research has demonstrated a clear link between perfectionism and anxiety/ depression symptoms. To register online, visit: tinyurl.com/perfectmumstudy.com or phone (08) 92663436

Men Aged 50-74

Researchers at the Keogh institute are recruiting men, studying the effects of diet and testosterone in preventing type 2 diabetes. To find out more, and if you join the study receive free access to Weight Watchers plus treatment with either testosterone or a placebo visit t4dm.org.au or phone 08 9346 4402

Pregnant Women Expecting to Deliver their baby at Joondalup Health Campus

The project is sponsored by telethon Kids institute and Ramsay Health Care and aims to collect data about the early environmental influences such as diet, health, physical activity on the children's growth, development and health including allergies and infections. For more information look to originsproject.telethonkids.org.au or phone (08) 94083118

What are we having this week for morning tea?

Muesli Slice (Gluten Free)

Ingredients

- 1/3 Cup Mixed seeds
- 2 Tbsp Sesame seed extra
- 1 Tbsp Chia
- 1/4 Cup Cranberries
- 1/4 Cup Chopped dried apricots
- 3 Cups Mixed puffed grains ie rice, millet, quinoa
- 2/3 Cup Rice malt syrup
- 1/4 cup Nut butter ie peanut paste
- 1/2 Cup Mixed roasted nuts

Directions

1. Toast seeds on tray in oven for 5-7 mins
2. Place rice malt syrup in pan, bring to boil and boil uncovered for two minutes. Remove from heat and stir in nut butter
3. Mix ingredients together and press into tray lined with baking paper
4. Refrigerate for several hours before cutting. Best stored in the fridge.

Skin and Diet

Can you improve your skin or reverse wrinkles through diet or supplements?

Skin aging is a complicated process involving genetic and outside influences over time

1. Vitamins, Minerals and Antioxidants

Certain foods contain minerals and vitamins with important roles in healthy skin such as vitamin C, Vitamin A, riboflavin, niacin, pyridoxine, vitamin E, zinc and selenium. Deficiency of these elements can cause medically recognised skin conditions. A varied diet provides of the nutrients required and antioxidants which are thought to protect and repair skin from pollutants. The daily dosages required are small. There is no evidence that taking more of the vitamins and minerals than required daily improve skin appearance or improve repair and evidence that large doses may have negative effects to health. There is increasing evidence that antioxidants are more effective when obtained from whole foods rather than isolated and presented in tablet form. There is no current peer-reviewed evidence to support a preventative effect of vitamin or supplements on photo-aging effects or skin cancer prevention.

Food is a complex source of vitamins, mineral, antioxidants and phytochemicals working together. Supplements tend to work in isolation. Research shows that a food component with a particular effect on the body may not have the same effect when isolated and given as a supplement, the theory currently is that the vitamins and minerals in foods are influenced by other components of the food, not just the active ingredient.

Excessive doses of some minerals can cause harm, at five times the recommended daily dose of zinc, chromium and selenium is toxic. Large doses of iron can cause gastrointestinal upset, mega doses of fish oil can reduce blood clotting, high doses of vitamin B6 can cause nerve damage and high doses of vitamin A can damage liver, bone and skin.

2. Hydration

Hydration is linked to skin appearance, dehydrated skin is more likely to develop wrinkles and lose elasticity and hydration also helps remove toxins

3. Alcohol

Too much alcohol is linked to dehydration and also causes more flushing and possible surface blood vessel damage

4. Chocolate

Chocolate has no evidence of a link to acne

5. Outside Influences

The most damaging effect on skin is from the sun. Sunscreen reflects or absorbs ultraviolet light before it reaches the skin.

Smoking speeds up the normal aging process of skin and contributes to wrinkles

Moisturisers and Anti-aging creams have no evidence of benefit in reversing the effects of aging, but moisturisers protect the skin from the drying effects of the environment and effects of long showers, harsh irritants and washing frequently. The term cosmeceuticals was created to describe products with ingredients in many forms such as vitamins, peptides, growth factors and botanical extracts. There are no larger peer reviewed studies supporting the benefit of any claims made by manufacturers of the various cosmeceuticals available, the studies done have largely been sponsored by the manufacturers of the creams. Tretinoin cream is used in the management of acne and can be used as an agent for superficial chemical peeling for melisma, photoaging, follicular keratosis and striae. The concentration required can also cause dryness, peeling and irritation and is available in prescriptions creams only. Nicotinamide is available in a number of creams and reduces uneven pigmentation.

Healthy lifestyle including adequate sleep, relaxation and regular exercise are associated with improved blood supply and improved skin appearance.

Meet Our Team! This week:

Dr Mark Kent MBBS



Dr Mark Kent is a Perth born and educated General Practitioner. He graduated from The University of Western Australia in 1986. After 5 years of hospital-based experience and further training, including Paediatrics, Orthopaedics, Anaesthetics and Psychiatry, he entered General Practice in 1990 where he has remained, working full-time ever since.

After initial Practice in Bayswater and Sorrento he settled at Perth Medical Centre in the Perth CBD for the next 17 years. In 2007 he moved into his current premises at CBD West Medical Centre and Corporate Health.

his is a specially created environment, designed for the provision of top quality General Practice and Corporate Health. In addition to General Practice, his ongoing interests include Travel Medicine, Corporate Medicine and Corporate Health provision, management of sports injuries, management of work related injuries and recreational and commercial diving medicine.

His personal passion is recreational diving, both within Australia and abroad.