

Noticeboard

Mobile Muster

Mobile Muster is the Australian mobile phone industry's recycling programme, which accepts all brands and types of mobile phone and their batteries, chargers and accessories. The recycling avoids mobiles filling up landfill sites. Go to mobilemuster.com.au to find out how to drop them off or post them in and how to remove data from your mobile and SIM card for greater security. The mobile muster is also recycling smartphone for use by the deaf blind community in connecting to the community and family and friends.

Dadvice

Dadvice is a new resource from beyondBlue, offering information on becoming a dad, facing your new dad fears, juggling work and family, supporting your partner and looking after yourself. New dads are also invited to participate in the sms4dads research project testing a phone based support system that sends information to fathers during their transition to fatherhood and monitoring stress with links to appropriate services for those needing support. See healthyfamilies.beyondblue.org.au.

Our Sporting Life

The Griffith Review has published a collection of essays and opinions examining our relationship with sport beyond the usual headlines. We have been told sport is part of what it means to be Australian, but what does that mean? Of the many contributors, Gideon Haig writes an analysis of sports governance in Australia, Fleta Page explores barriers to women in sport and Tracey Holmes examines the legacy an Olympic Games leaves with the host city. See griffithreview.com/OurSportingLife

Exercise Medicine Programme

The Exercise Medicine Research Institute(EMRI) at ECU has a number of ongoing research projects which are open for patient enrolment mainly for those affected by prostate, pancreatic and malignant pleural disease, one project is for all types of cancer survivors regarding the effectiveness of an exercise medicine programme on quality of life. To see the current list go to the EMRI website at exercisemedicine.org.au and open the research activity link. Those interested can contact the team for more information at [6304 2329](tel:63042329) or emir@ecu.edu.au.

Toilet Paper That Builds Toilets

Who Gives a Crap delivers toilet paper, tissues and paper hand towels made of 100% recycled paper fibres, bamboo or sugarcane to your door. 50% of the profits help to build toilets for those in need, to date they estimate that over \$425 000 has been donated to fund hygiene and sanitation projects, 30,797 trees have been saved and 74 million litres of water saved by making the products from ecofriendly materials, 5 922 tonnes of greenhouse gas emissions avoided by using cleaned processes. See au.whogivesacrap.org

A4 clinical trial for those at risk for Alzheimer's

The Florey Institute has started recruiting participants for the A4 clinical trial for older individuals who may be at risk for Alzheimer's disease. The study aims to prevent the memory loss associated with Alzheimer's disease. The A4 study is investigating a new drug treatment that may reduce the

impact of the protein known as amyloid plaques in the brain. Scientists believe that accumulation of amyloid in the brain may play a key role in the eventual development of AD-related memory loss. To find more information phone [1300 763 853](tel:1300763853) or see florey.edu.au and fill out the questionnaire for the anti-amyloid treatment in asymptomatic Alzheimer's disease.

Hearing Aid Bank

Lions Hearing Clinics offer a Hearing Aid Bank for unwanted hearing aids, those that have been upgraded or are no longer required. The bank collects devices and restores them for distribution to those in need of a hearing aid in countries where they are not affordable to most people. Hearing aids can be left at any HBF office of the Lions Hearing foundation.

What is Pathology?

Pathology is a medical specialty that determines the cause and nature of diseases. Pathology involves examining and testing body tissues (from biopsies and pap smears, for example) and bodily fluids (from samples including blood and urine).

Pathology testing helps doctors make accurate decisions about the diagnosis and treatment of their patients. This helps keep people healthier for longer and avoid unnecessary delays in accessing the best possible treatment for their condition. It also helps people with diseases find out how their treatment is working and to avoid suffering unnecessary side-effects from inappropriate treatments.

Pathology testing also plays an essential part in screening and disease prevention programs which promote the overall health and wellbeing of our community.

These programs range from testing new born babies for genetic conditions which can be treated successfully, if identified early, to the detection of precancerous conditions, such as Pap smear screening, which, in Australia, has resulted in the reduction of the incidence of cancer of the cervix by more than 50%.

"...Pathology testing is necessary for 70% of all medical decisions that your Doctor makes..."

By reducing the impact of preventable and treatable diseases in the community, the pathology sector is helping to create a healthier future for all Australians.

About Perth Pathology: Perth Pathology is WA's only independent pathology laboratory, employing over 200 West Australians. We utilize the latest techniques and up-to-date technology to provide accurate, reliable and dependable results.

**Perth
Pathology** 

Advice for Travelling Overseas and Medications

Most of us think of vaccinations when thinking of travel advice from the GP before leaving, but pre-travel advice may need to include taking medications for pre-existing conditions, for prevention or treatment of illness such as malaria, gastroenteritis, venous thrombo-embolism, motion sickness, altitude sickness and jet lag. Other issues to consider include restrictions and regulations on the amount and type of medication, providing appropriate documentation and managing time-zones.

Legal Issues and Documentation:

It is illegal to take PBS-subsidised medication out of Australia except for the personal use of the traveller, it is also illegal to send PBS-listed medication out of Australia unless for the personal use of the sender. Travellers should carry a doctor's letter or prescription to confirm personal use of the medicines they are carrying. Some countries have national regulations for containing narcotics or psychotropic medications including those used to treat mental illnesses such as depression and anxiety.

Legal requirements regarding medications you plan to take can be checked with the Embassy or Consulate in Australia for each destination country. Pack the medication in the original packaging, or if removed to a smaller container, include the label from the original packaging and tape to the replacement container. Medicines are exempt from the 100ml limit on liquids, aerosols and gels in carry-on baggage for flight. Needles and syringes will require supporting documentation. Further information is available regarding medical devices, aids and security screening at the TravelSECURE website, <http://www.travelsecure.infrastructure.gov.au/specific-needs/medicines.aspx>

It is advised travellers carry a list of current medications as prescriptions or a letter from their GP, which also includes a health summary. Those with a serious illness such as epilepsy or diabetes or allergy should consider wearing a medi-alert bracelet or necklace whilst travelling.

Counterfeit Medications:

These are now recognised by the WHO as a global problem, with up to 30% of those sold in the developing world being fake. The active ingredient is often in incorrect amounts, inactive, variable across batches, toxic or dangerous. Antimalarial are particular targets for counterfeiting and travellers are recommended not to purchase them overseas. Sufficient medication and testing equipment should be taken for the duration of the holiday with extra in case of delays and use-by-dates checked. A traveller's medical kit can be made specific to the traveller's needs for the trip and are made up in accordance to the regulations for each destination. Most travel associated GP's have the kits available, and can advise on specialised additions for personal use and specific purposes.

Possible Medicine Interactions and Timing

Travel-related medications such as anti-diarrhoeals, antimalarials and altitude medications have several potent drug interactions with commonly taken medications such as antidepressants, methotrexate and statins. The list of potential interactions is long and worth checking is your medication has any to take care about before leaving on holiday. Many medications can have a missed dose without effect, but those time-dependant medications may require schedule changes before leaving or the use of alarms and/

or dosette boxes to monitor usage and ensure correct dosage timing. The oral contraceptive is particularly important if using the progesterone only form, with a 2-3 hour window advised and an extra tablet may be the advice given during a long-haul flight, particularly west. Insulin requiring diabetics are able to carry needles and syringes on the aircraft with the appropriate documentation. Significant advice is available on diabetes organisation websites for travellers, particularly regarding snacks and medication to carry.

Lastly, vaccinations are an important part of travel advice, and best to discuss with your travel itinerary details and ideally 6 weeks or more before you leave at a GP visit dedicated to your travel health matters.

What are we having for morning tea?

Raw cacao ginger balls

Ingredients

- 1 cup macadamia nuts
- 1-2cm (depending on how gingery you like it) of fresh ginger, grated
- 1/2 cup dates (medjool dates are moister)
- 1/2 cup dried figs 1/4 cup raw cacao
- 1/4-1/2 cup linseeds, freshly ground
- Desiccated coconut

Directions

- In a food processor, add nuts & dried fruit.
- Process until the mix resembles a coarse breadcrumb-like texture.
- Add cacao & ground linseeds, process until combined.
- Roll heaped teaspoons of mix into balls, then roll in coconut to coat.
- Store in airtight container in fridge



Meet Our Team! This week:

Dr Sally Partington

Mod BA MRCGP DCH DTM&H Grad Dip Women's Health

Dr Sally Partington graduated in 1981 from Aberdeen University having done a degree in Microbiology first. She lived and worked as a GP in the Sultanate of Oman for 7 years before coming to Perth 11 years ago. Dr Partington has worked as a GP in Aboriginal Health and Sexual Health at Royal Perth Hospital. She enjoys all of general practice but has particular interests in women's health and tropical medicine.