

## **CBD WEST CHRISTMAS HOURS**

We will be closed from 5pm on Friday 23 December to 7.00am Tuesday 3 January 2017

Appointments can still be made online via our app or our website.

## **Noticeboard**

### **Words for Wellbeing**

For those overwhelmed by Dr Google it is possible to access a list of useful, evidence-based self-help resources recommended by health professionals and organisations directly involved in healthcare. This is not intended to replace professional care from your doctor, but following diagnosis, part of a treatment may involve education. The topics covered include mental health, chronic disease, kidney disease and heart disease. The whole project also involving local councils and libraries is based in Queensland, but the list of websites and Apps for wellbeing are available nationally at [library.ipswich.qld.gov.au](http://library.ipswich.qld.gov.au).

### **Australian Breakthrough Cancer (ABC) Study**

The ABC Study is hoping to enrol over 50,000 Australians aged between 40 to 74 years who do not have cancer themselves, but have cancer in the family to investigate the causes of cancer and other diseases. The study investigates the roles that our genes, lifestyle and environment play in the development of diseases, to better understand the ways they can be treated and prevented. The goal is to develop ways to predict an individual's risk of cancer and better target public health messages and screening. For more information, see [abcstudy.com.au](http://abcstudy.com.au).

### **Power Poses**

Amy Cudder's TED talk on power poses is one of the most popular and watched TED talk of all time. She promotes the idea that "a person can, by assuming two simple one-minute poses, embody power and instantly become more powerful". Unfortunately researchers have not been able to reproduce her results, the "power pose" may help some, and has done so and may give people overconfidence that could harm them in negotiations. It is worth a watch if you have not already, especially for those starting a new role or occupation in the New Year to assess whether her strategies may be helpful to you as an individual.

### **Emergency Department Live Activity Table**

For those who have to attend an Emergency Department, the ED live activity table provides a current table of the waiting times and patients numbers in the various Emergency Departments in the metropolitan area. See [health.wa.gov.au](http://health.wa.gov.au) and the link on the front page.

### **Healthy Families**

Healthy Families is a website which provides information, knowledge and confidence to support the young people in your life no matter your role. Communicating with teenagers, resolving conflict, adjusting to parenthood, building resilience all are covered with practical guides, online forums, helpful contacts and websites and tips at [healthyfamilies.beyondblue.org.au](http://healthyfamilies.beyondblue.org.au).

### **Sexuality in mid-life**

Sexuality in mid-life and beyond has been poorly researched, current measures used are based on younger populations and emphasise frequency or dysfunction. There is little information about sexuality for older adults who enjoy a healthy sex life. The OASIS project is part research to develop a definition of sexuality in mid-life and beyond and also gives older people a chance to have their voices heard in relation to sexuality and intimacy. To participate, see [iha.acu.edu.au](http://iha.acu.edu.au) or call (03) 9230 8103.

### **WA Scamnet**

Last year, Australians reported an estimated loss of over \$229 million to various scams. The Department of Commerce has developed WA Scamnet to profile the most prevalent scams targeting Western Australians and provide information on different types of scams, how to recognise scams and what to do if you have received a scam. See [scamnet.wa.gov.au](http://scamnet.wa.gov.au)

### **Cyber Bullying**

Worried about your child or yourself and cyberbullying? Find very helpful suggestions for parents, safety resources, online training programmes or sign up for the newsletter at [esafety.gov.au](http://esafety.gov.au)

### **ParentWorks**

Are you looking for helpful information about managing challenging tantrums, aggression, sibling conflict or to increase your confidence in parenting and working as a team with your partner? ParentWorks is a free online program for Australian parents of children 2-16 years. This program of 5-8 modules of 20 -30 minutes to watch has been developed to include fathers, and is part of a research study.

### **North American Aerospace Defence Command (NORAD)**

NORAD provides aerospace surveillance, and will be using radar and satellite technology, and following the infrared signature of a high priority vehicle travelling across the globe on 24th December. The [noradsanta.org](http://noradsanta.org) provide live radar links for the community and all airlines and emergency flight services such as our Flying Doctor Service. The vehicle flown by Father Christmas has priority over all flights, even those involved in emergency evacuation after 6pm local time on 24th December.

### **RediPlan**

Summer is often a time of bushfires and emergencies. The Red Cross has a downloadable guide, the RediPlan. Learn about your risks of major emergencies and how they may affect you, make a survival kit, take action to protect the things most important to you, think about how you are connected to your local community and what you will need to recover. See [redcross.org.au](http://redcross.org.au)

## IVF Treatment

### Success Rate Information

Those seeking fertility treatment can find it difficult to access accurate information about success rates of the treatments offered by the fertility clinics. In Australia there is no available information providing results to compare the various clinics outcomes or evidence for various interventions.

An IVF outcome prediction tool is available through the University of Aberdeen (in the UK) who have produced an online calculator. This is to assess your chances of having a baby following one or more complete cycles of IVF treatment, before you undergo any IVF treatment. ([w3.abdn.ac.uk](http://w3.abdn.ac.uk)) It is important to note that your predicted chances of having a baby calculated from the OPIS tool can be affected by individual characteristics that improve or reduce your chance of having a baby and are a general guide using data from 1999 to 2009 in the UK.

The Human Fertilisation and Embryological Authority is the regulator of fertility treatment in the UK, it collects and stores data on all licensed fertility treatments in the UK. The website has both useful and accessible overviews of treatments and evidence for those considering using fertility services ([hfea.gov.uk](http://hfea.gov.uk))

### Misleading IVF Clinics

Those who require IVF to have a family are physically, financially and emotionally vulnerable. The Australian Competition and Consumer Commission (ACCC) identified some misleading ways the IVF Clinics in Australia present people's chances of having a baby on their websites. The Clinics promote IVF success rates in various ways as there is no agreed format on how the information should be made available. The Medical Journal of Australia has identified five traps to be aware of when reading success rates on IVF clinic websites.

1. The Definition of Success : It is important to know whether a clinic's success is defined as a clinical pregnancy or a live birth, and whether the success rate is per started treatment cycle or per embryo transfer. Most clinics quote pregnancy per embryo transfer rate which does not account for women who don't get eggs or embryos, or the 20% of women who get pregnant, but miscarry.
2. Is there information about the impact of age? The most important factor in IVF success is age of the woman undergoing treatment and should be mentioned by the Clinic.
3. Does the website mention the importance of your health? There is firm evidence that obesity, smoking and lifestyle factors affect the chance of conception and the health of the baby, this applies to the success rates of IVF as well as natural conception. Lifestyle factors are modifiable and important to improve the chances of success.
4. Is it obvious you may need several treatment cycles? The reality is most IVF cycles fail and a series of treatments (up until five cycles) is required to achieve success. The Clinics should not set unrealistic ideas of instant results.
5. Are there lots of baby images? Linking success rate figures to images of cute babies can make people susceptible to overestimating the potential of having a baby from treatment.

## What are we having for morning tea?

### Celebration Biscuits

#### Ingredients

- 2 Eggs
- 1 1/3 Cups Brown Sugar
- 3/4 Cup Cranberries or sultanas
- 1 Cup Plain flour
- 3/4 Cup SR flour
- 1 Cup Chopped nuts
- 1 tsp Vanilla
- 1/2 Cup Oil
- 1/2 Cup White choc bits
- 1 Cup Choc bits
- 1/2 tsp Bicarb

#### Directions

- Mix all together, starts dry so don't despair
- Cover and put in fridge for 1 hr
- Bake 10 mins at 180

## CBD West has a new tenant!

### Rose Reilly Clinical Psychologist

*Working as a psychologist for 17 years, she has specialised in several areas with theoretical and practical experience treating various mental health conditions.*

*Rose is skilled at providing a range of psychological services to individuals across the lifespan and for mental health conditions that range from mild to severe and complex. This includes but are not limited to the treatment of:*

- Anxiety and depression
- Suicide prevention
- Addictions
- Adjustment disorder
- Self esteem
- Family conflict
- Relationship difficulties
- School and workplace bullying
- Conflict management
- Issues related to FIFO work life
- Women's health issues and menopause

*She is also a member of the APS and registered for Mental Health Care Plan and private health rebates.*

**Rose works at CBD West on Tuesdays and Wednesdays. Appointments can be made by calling CBD West reception.**