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Health & Wellbeing Newsletter



10 Tips for a healthy heart

1. **Quit smoking now.** Twelve months after quitting, your increased risk of dying from heart disease will be half that of a continuing smoker.
2. **Improve your diet.** Include wholegrain cereals, legumes, fruits, vegetables, seeds and nuts in your diet and lower your risk of heart disease.
3. **Exercise regularly.** Walk briskly for 30 minutes a day and reduce your risk of heart attack by one third.
4. **Maintain your friendships.** People with supportive friendship networks are at less risk of heart disease.
5. **Eat more fish.** Oily fish like tuna, sardines or salmon are rich in omega-3 fatty acids and will boost your good cholesterol.
6. **Switch your chocolate choice.** Switch from milk chocolate to dark chocolate. When eaten in moderation, dark chocolate is good for your heart.
7. **Limit your alcohol.** It is recommended you limit yourself to no more than two standard glasses of alcohol a day if you are a man, or one glass a day if you are a woman.
8. **Avoid salty and high sodium foods.** Don't add salt when preparing or eating your meals.
9. **Have a diabetes test.** Uncontrolled diabetes can damage your artery walls and contribute to heart disease.
10. **Make fitness fun.** Choose activities that combine exercise and socialising like pilates, water aerobics, dancing, cycling or yoga.

Source:<https://www.betterhealth.vic.gov.au/health/tentips/10-tips-for-a-healthier-heart>

Partying safely

Partying is a chance to meet people, share fun times and relax. But it is also a time to be careful. You may encounter risks from alcohol or other drug use (your own use or that of others). These risks include drinking too much, alcohol poisoning, drug overdose, illegal drug use, drink spiking, drink driving, unsafe sex, sexual assault, other violence, injuries from falling over (or being pushed or hit), gate crashing, being arrested, and social media problems (such as photos of your drunken or sexual behaviour).



All these risks are immediate problems if a party gets out of hand. When you are under the influence of alcohol or drugs, you are not in control.

Have a plan for partying safely

If you intend to drink at parties, have a buddy. Your buddy should look out for you, and you should look out for them.

Don't wander off once you start to drink. Stick with your trusted friends.

Have a plan for getting home too. And have a plan B in case your designated driver ends up drinking too much.

Also keep these two key tips in mind:

- ✚ Know how much you plan to drink, and stick to that amount. Order your own drinks, and keep watch over them.
- ✚ If you choose to take drugs at a party, let someone know what you're using. If something goes wrong, you will have someone who can tell the ambulance about your drug use on the night.

See full details:

Source:<https://www.betterhealth.vic.gov.au/health/healthyliving/Partying-safely>

Bowel cancer- consumer pathway

If you are over 50 years old, you can participate in the National Bowel Cancer Screening Program every two years using a faecal occult blood test (FOBT). This is a simple test you can do at home that looks for the early signs of bowel cancer. *If you have blood in your faeces, a change in bowel habit, an unexplained abdominal pain or mass, or unexplained weight loss, tell your general practitioner (GP) as soon as possible.* Your GP will assess your symptoms, conduct a physical examination and arrange any blood tests needed. Your GP should also discuss your needs (including physical, psychological, social and information needs) and recommend sources of reliable information and support.

Potential tests you may have:

Physical examination (may include digital rectal examination) The doctor inserts a gloved finger in the anus and checks for problems in the anus and rectum. Blood tests You may have a blood test to assess your general health and to look for signs that you are losing blood in your stools. **See full details:**
[Source:http://www.cancerpathways.org.au/downloads/What_to_expect_-_bowel_cancer.pdf](http://www.cancerpathways.org.au/downloads/What_to_expect_-_bowel_cancer.pdf)

Lung cancer- consumer pathway

The following unexplained or persistent (lasting more than three weeks) *symptoms of lung cancer include coughing up blood, persistent cough/chest infection, chest/shoulder pain, breathlessness and hoarseness.* Your doctor will assess your symptoms, conduct a physical examination and order a chest x-ray. Your GP should also discuss your needs and recommend sources of reliable information and support. If lung cancer is suspected, you will be referred to a specialist for further testing.

See full details:

[Source:http://www.cancerpathways.org.au/downloads/What-to-expect-Lung-Cancer.pdf](http://www.cancerpathways.org.au/downloads/What-to-expect-Lung-Cancer.pdf)



Be food safe this summer



Did you know food poisoning is more common in summer than at any other time of the year?

This is because bacteria grow faster in hot and humid weather. Use these simple tips and don't let food poisoning ruin your summer.

People at high risk: pregnant women, children, older people and people whose immune systems are not working properly.

Food safety: Store, prepare, handle and cook food correctly. Keep food out of the temperature danger zone, between 5°C and 60°C, so bacteria can't grow.

It's in your hands: When handling food wash your hands thoroughly. Bacteria that cause food poisoning, such as Shigella and Giardia, can spread through human contact.

Risky foods: Watch out for raw meat and cooked meat dishes such as casseroles, curries and lasagne. Others include – dairy products, egg dishes, smallgoods, seafood, cooked rice, cooked pasta, prepared salads and ready-to-eat foods.

Wash fruit and vegetables: Soils can contain harmful bacteria and viruses. Wash fruit and vegetables, before cooking and eating, under running water and dry with a paper towel. Always follow label instructions on any pre-packaged salads and eat them by the use-by date.

Don't trust your senses: In ideal conditions, bacteria grow incredibly rapidly – one bacterium can multiply to a whopping two million in seven hours! Although food may look, smell and taste fine, it might be contaminated.

Think you have food poisoning? See a doctor as soon as you can. Germs are highly contagious so don't go to childcare, kinder, school or work until diarrhoea stops.

See full details:

[Source:https://www.betterhealth.vic.gov.au/health/tentips/Dont-let-food-poisoning-ruin-your-summer?utm_source=HomePage&utm_medium=Saf er-Summer&utm_content=food%20poisoning](https://www.betterhealth.vic.gov.au/health/tentips/Dont-let-food-poisoning-ruin-your-summer?utm_source=HomePage&utm_medium=Saf er-Summer&utm_content=food%20poisoning)