



# Children's Health

## 11 Tips for Dealing with Fussy Eaters

Is the dinner table a scene of tears and tantrums? It's normal for toddlers to go through a stage of fussy eating - it's all part of their development and a way of asserting their independence. The good news is that most children will become less fussy as they get older. In the meantime, here are a few tips to help:



1. Be a good role model. Children are more likely to try foods they see other people enjoying so eat a wide variety of foods yourself and eat together with your child.
2. Involve your child in meal preparation. They are more likely to eat a meal they have helped to make.
3. Persist! You may need to offer a new food up to ten or more times before it becomes familiar and is accepted by your child.
4. Avoid bribes and rewards. This can lead to more dislike for the food they are being bribed to eat and an increased preference for the 'reward' food.
5. Have a mealtime routine - keep the timing of meals regular, always eat at the table and avoid distractions such as television.
6. Make it attractive and interesting by serving

- different shapes and colours on the plate.
7. Encourage self-feeding from an early age - it might be messy but will encourage your child to take an interest in their food.
8. Offer your child a range of healthy foods but let them choose which they want to eat.
9. Don't pile up the plate. Kids have small stomachs so do best with small meals and snacks.
10. Know that children's appetites can vary from day to day. They are good at judging their hunger and fullness signals so don't force them to eat.
11. Stay calm! As difficult as it can be, try not to make a fuss if your child won't eat. Keep family mealtimes relaxed and enjoyable.

Worried about your child's fussy eating? See your GP, child and family health nurse or an accredited practising dietitian.

### For more information on fussy eating:

[www.nutritionaustralia.org/national/resource/panicky-parents-fussy-eaters](http://www.nutritionaustralia.org/national/resource/panicky-parents-fussy-eaters)

[www.betterhealth.vic.gov.au/health/healthyliving/toddlers-and-fussy-eating](http://www.betterhealth.vic.gov.au/health/healthyliving/toddlers-and-fussy-eating)

## Mythbusting : Nuts, Weight & Health

Let's see what the research says regarding some common myths about nuts...

MYTH	WHAT THE RESEARCH SAYS
Eating nuts will increase my cholesterol levels	Nuts are high in fat, but they are cholesterol-free (as cholesterol is only found in animal products) and contain mostly 'healthy' unsaturated fats, which can actually help to lower cholesterol levels.
Nuts are high in fat so I should avoid them	Yes nuts are high in fat but not all fats are to be avoided - we need some fat in our diet to provide essential fatty acids and fat soluble vitamins. Nuts consist mostly of 'healthy' polyunsaturated and monounsaturated fats. They also contain plant protein, dietary fibre and important vitamins and minerals so are one of the best sources of healthy fats in your diet.
I shouldn't eat nuts if I have heart disease	Eating a handful of nuts five or more times per week can halve your risk of developing heart disease. And each weekly serving (around 30g) of nuts can reduce your risk of dying of coronary heart disease by 8%.
Nuts are high in kilojoules and will make me gain weight	Regular nut eaters are less likely to be overweight than those who don't eat nuts. Nuts are satisfying so eating them may lead to eating less of other foods. It also seems that we don't absorb all of the fat from nuts - studies have found that around 5-15% of the energy in nuts is excreted rather than absorbed.
Nuts are off the menu if I have diabetes	Eating nuts can reduce the risk of developing type 2 diabetes and including nuts with a meal can reduce the rise in blood glucose levels after a meal in those who already have it.

For more information about nuts and health speak to your GP, visit [www.nutsforlife.com.au](http://www.nutsforlife.com.au)

### OUR PRACTICE

Patient information and medical records are strictly confidential.

Please feel free to talk to your doctor or our office manager if you have any suggestions or concerns.



Accredited General Practice

### TELEPHONE CALLS

You can contact your doctor by ringing the clinic during surgery hours. Emergency calls will always be taken.

### RESULTS

Unless previously arranged with your doctor, patients are requested to make an appointment for results of investigations.

### SERVICES AVAILABLE

- Audiology - hearing tests
- Blood tests
- Check-ups
- Cosmetic clinic
- Counselling
- Dentist
- ECG: Heart check
- Family planning, Pap smears, Pregnancy tests, Ante-natal care
- Immunisation: children
- Liquid nitrogen "freezing therapy" for sunspots and warts
- Minor surgery: stitching cuts, removing moles, skin cancers
- Molewise - Skin Cancer Screening Clinic
- Pathology
- Physiotherapy, Chiropractor, Myotherapy
- Psychology
- Spirometry: lung test
- Sports medicine
- Travel medicine including Yellow Fever
- X-Ray

### FEES

Our practice has a combination of private and bulk billings. Details of our fees are available at reception. If the full consultation fee is paid, we can arrange for Medicare to deposit your rebate directly into your bank account within 48 hours, or you can go to Medicare to lodge your claim.

Patients are requested to pay the out-of-pocket expenses at the time of consultation. Cash, Cheque, Visa, MasterCard, or EFTPOS are accepted.

If you have difficulty paying our fees at any time, please do not hesitate to discuss this with your doctor.

All children under the age of 16 years are bulk billed Monday to Friday between the hours of 8am and 6pm with an appointment.

Pensioners, Veterans Affairs and Health Care Cardholders are bulk billed for appointments between 12 - 3pm (Mon - Fri) with certain doctors (see Billing Policy).

### ROWVILLE HEALTH

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Rowville Health provides the highest quality holistic healthcare in a respectful caring manner.

- Dr Des Darrer
- Dr Dirk Ebert
- Dr Andrew Gan
- Dr Elisha Harris
- Dr Suyama Jayawardena
- Dr Dick Merigan
- Dr Wafa Michaels
- Dr Adel Nashed
- Dr Elsa Ng
- Dr Sylvia Ng
- Dr Monika Patel
- Dr Samudra Peiris
- Dr Upkar Sara
- Dr Lisa Yoffa
- Dr Elizabeth Zammit

### HOURS

Monday to Thursday	7am - 9pm
Friday	7am - 8pm
Saturday & Sunday	8am - 5pm
Public Holidays	8am - 5pm

### APPOINTMENTS

Please call 03 9764 1617 for an appointment. If you need more time with the doctor, please request an extended appointment. Emergencies are always given priority.

### HOME VISITS

Home visits can be arranged for regular patients, who live near the practice. Speak to our reception staff for details on cost.

### AFTER-HOURS

When the clinic is closed please ring 9389 3627 to arrange for one of our doctors to attend. There is a private charge for urgent overnight attendances.

Continued on back page...

[www.rowvillehealth.com](http://www.rowvillehealth.com)

For health information and our practice details

# YOUR HEALTH

healthy advice from your family doctor

Spring 2016 Edition

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CHECK OUT OUR READER GIVEAWAY INSIDE!

YOUR COPY — FREE TO TAKE HOME



## Caring for Your Kidneys

While most of us don't give them much thought, we can't survive without our kidneys.

Their main job is to remove waste from the blood and return the cleaned blood back to the body. They can do this due to the tiny filtering units they contain called nephrons. Each kidney contains about one million nephrons and together they filter and clean about a litre of blood every minute. Blood passes through the nephrons where fluid and waste products are filtered out - much of this fluid is returned to the blood while the waste products are concentrated in any extra fluid and removed from the body as urine. When the kidneys are damaged, waste products can no longer be removed from the body so they build up and become toxic.

According to Kidney Health Australia, one in three Australians is at risk of developing kidney disease. Yet most of us don't do anything to protect them and by the time we have symptoms it's already too late. The good news is that a few simple lifestyle changes can go a long way towards reducing your risk.

### ARE YOU AT RISK?

You have a higher risk of developing chronic kidney disease if you:

- ▶ Have diabetes
- ▶ Have high blood pressure
- ▶ Are overweight or obese
- ▶ Are over 50 years of age
- ▶ Have a family history of kidney disease
- ▶ Smoke
- ▶ Are of Aboriginal or Torres Strait Islander descent.

### How to keep your kidneys healthy

- Exercise regularly - to help with weight control and managing blood pressure and blood glucose levels
- Eat a healthy diet based around plenty of fruit, vegetables and wholegrains, moderate amounts of lean protein foods and only small amounts of foods high in fat, sugar and salt
- Don't smoke
- Drink plenty of water and limit your intake of sugary drinks
- If you drink alcohol, do so in moderation - no more than 2 standard drinks per day
- Maintain a healthy weight - being overweight increases the risk of high blood pressure and diabetes, both of which are major risk factors for kidney disease
- Keep your blood pressure in check - this means a blood pressure reading below 130/90
- Maintain a normal cholesterol level - under 5.5mmol/L
- Keep blood glucose levels well controlled if you have diabetes

Did you know? Each day our kidneys filter 200 litres of blood and remove about 2 litres of waste products and unneeded water.

More information: Phone the Kidney Health Information Service on 1800 454 363, visit [www.kidney.org.au](http://www.kidney.org.au) or speak with your GP.

Your next appointment is on:

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## Nutrition



### Spring Veggie Pie

Preparation time: 10 minutes  
Cooking time: 20 minutes  
Serves: 4

### Ingredients

- 1 carrot, peeled and grated
- 1 zucchini, grated
- 330 grams can corn kernels
- A handful of baby spinach leaves
- 1/4 red capsicum, finely chopped
- 1 medium onion, finely chopped
- 3 teaspoons oil
- 3 eggs, beaten
- 1 teaspoon sweet chilli sauce (optional)
- 3/4 cup (100 grams) self raising flour
- 50 grams Edam cheese, grated
- Salt and pepper to season

### Instructions

1. Preheat oven to 200°C and grease a 25cm flan/quiche dish.
2. Prepare vegetables: grate carrot and zucchini, chop capsicum and onions finely.
3. Add vegetables and oil to beaten eggs and sweet chilli and mix together. Add flour, but do not over mix. Add salt and pepper to taste.
4. Place into prepared dish, sprinkle with grated cheese and bake in oven for 15 to 20 minutes or until golden brown.

**TIP:** This recipe uses about 3 cups of raw vegetables; any seasonal vegies can be used.

Served hot or cold - Great option for picnics and lunches.

### Nutrition

**PER SERVE:** Energy 1244 kJ (298 Cal); Protein 14 g; Fat, Total 12 g; Saturated Fat 4.7 g; Carbohydrate, Total 34 g; Sugars 10.8 g; Dietary Fibre 6 g; Sodium 628 mg; Potassium 509 mg; Iron 2.4 mg; Calcium 152 mg.

© Recipe kindly provided by Sanitarium Health & Wellbeing Company.

For more Sanitarium recipes please go to [www.sanitarium.com.au/recipes](http://www.sanitarium.com.au/recipes)

## How to Handle Hayfever

While many people welcome the start of Spring, if you're one of the 1 in 5 Australians who suffer from hayfever, this may be your least favourite time of the year.

Hayfever is the name commonly used to describe the condition allergic rhinitis, an allergy affecting the nose and/or eyes. It is caused by contact with common allergens in the environment including pollens, dust mite, moulds and animal hair. Hayfever can occur at any time of year but is more common in spring when airborne pollens from grasses are at their peak.

Symptoms include a runny or congested nose, sneezing, itchy watery eyes, and an itchy nose or throat. In more severe cases it can cause headaches, fatigue, poor concentration and difficulties sleeping. In those with asthma it can also make asthma more difficult to control.

What can you do if you suffer from hayfever?

- ▶ If you're allergic to pollens: try to stay indoors as much as possible during pollen seasons, particularly on windy days or after thunderstorms; avoid activities which increase your exposure to pollen, such as lawnmowing, but if you can't, then shower immediately afterwards; use re-circulated air in the car when pollen levels are high; wear sunglasses

outdoors to reduce pollen exposure to your eyes; and dry bedding and clothing inside or in a tumble dryer rather than outdoors

- ▶ If you're sensitive to dust mites: wash bedding weekly in hot water; use a dust mite resistant mattress, pillow and quilt covers; vacuum regularly, including your mattress; use damp or electrostatic cleaning cloths; reduce humidity and consider replacing carpets with hard flooring
- ▶ If you're allergic to animal hair: keep animals outside or at least away from bedrooms and living areas
- ▶ Speak to your GP about treatment options which include intranasal corticosteroid sprays, antihistamine medications, eye drops, decongestant nasal sprays or tablets and natural treatments such as salt water nasal sprays. If your symptoms are severe, your doctor may suggest allergen immunotherapy, also known as desensitization therapy

For more information about hayfever and reducing allergen exposure speak to your GP or visit:

[www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis](http://www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis)

[www.allergy.org.au/patients/allergy-treatment/allergen-minimisation](http://www.allergy.org.au/patients/allergy-treatment/allergen-minimisation)

## The Dangers of Sitting

Could too much time in the chair send you to an early grave? According to an increasing body of research, the answer is unfortunately yes.

On average, adults sit for about nine hours each day, and much of this time is continuous sitting. This lack of movement can lead to unhealthy levels of blood glucose, insulin and blood fats and can increase the risk of chronic diseases such as heart disease, type 2 diabetes and some types of cancer. In children, too much sitting is strongly linked with obesity.

Unfortunately, research also shows that doing regular exercise may not fully protect against the health risks of long periods of continuous sitting. Even if you go to the gym for an hour or two each day, if you spend the rest of the day sitting you are still at risk.

So what can you do, particularly if your job or study means you need to spend most of your day in the chair? The good news is that just breaking up this sitting time and avoiding prolonged periods of sitting can go a long way towards reducing the risk.

Here are a few tips to get you moving more and sitting less:

- ▶ Take regular movement breaks – ideally a 2-5 minute activity break every 30 to 60 minutes. This could be getting a glass of water, going to the bathroom, walking to talk to a colleague rather than emailing, standing while you are talking on the phone, doing some household chores or even just doing a few stretches at your desk.
- ▶ Minimise screen time outside of work, whether it's television, computer games or checking social media on your phone.
- ▶ Look for opportunities to move more during your day – taking the stairs, parking a bit further from the shops, walking to a further bus-stop, or standing rather than sitting on public transport – every little bit counts.

Need help to take charge over your chair? The Baker IDI Heart and Diabetes Institute have developed a free Rise & Recharge app to help you to sit less and move more. Visit [www.riserecharge.com](http://www.riserecharge.com) to find out more.



## Women & Men's Health Preparing for Pregnancy

Improving your health before you conceive can help to boost fertility, give you the best chance of a healthy pregnancy and can go a long way towards ensuring that your baby has the best possible start in life. Consider these steps 3-6 months before conception:

1. If you smoke, stop. Smoking can reduce fertility in both partners and pregnant women who smoke have a higher risk of miscarriage, ectopic pregnancy, premature birth and stillbirth.
2. Avoid or limit alcohol - Excess alcohol intake can affect fertility in both partners, and during pregnancy can harm your unborn baby and increase the risk of miscarriage and stillbirth. Since you won't know you are pregnant in the first few weeks, when your baby's organs are already starting to form, avoid alcohol when you are trying to conceive.
3. Cut down on caffeine. Too much caffeine during pregnancy may increase your chances of miscarriage, premature birth or a low birthweight baby, so if you're a big consumer of caffeine, start cutting down as soon as you begin trying to conceive.
4. Optimise your eating habits. Eating well prior



to conception can improve fertility and ensure that your nutritional stores are at optimum levels when you fall pregnant. It will also mean that your baby receives all the nutrients he or she needs in their first few weeks if life.

5. Get moving. Being fit will help your body cope with the extra demands of pregnancy and can reduce the risk of developing gestational diabetes (diabetes in pregnancy).
6. Aim for a healthy weight. If you're carrying excess weight, moderate weight loss (around 5-10% of your weight) can improve fertility and reduce health risks for you and your baby. But avoid overly restrictive diets and rapid weight loss.
7. Take folate and iodine supplements (but check with your doctor if you have thyroid problems). These nutrients are particularly important for your baby's development and taking folate can reduce the risk of birth defects such as spina bifida.
8. Review your medications (including non-prescription medications and supplements) with your doctor.
9. Organise your pre-pregnancy health checks – speak to your GP about these.

For more information: See your GP, call 1800 882 436 or visit [www.pregnancybirthbaby.org.au](http://www.pregnancybirthbaby.org.au)

## Erectile Dysfunction Explained

If you suffer from erectile dysfunction, or impotence, you're not alone. In Australia, about 1 in 5 men over the age of 40 report that they are unable to get or keep an erection that is sufficient for sexual intercourse. And the chance of having problems with erections increases with age.

Erectile dysfunction is not a disease in itself, but a symptom of other problems, which may be physical or psychological, or a combination of both.

Physical problems can include other health conditions that affect blood flow (such as narrowing of the arteries), blood vessel function (such as diabetes, high blood pressure and obesity) or nerve function (such as multiple sclerosis, diabetic nerve damage and spinal cord trauma). Excess alcohol, drug use, certain prescription medications and smoking can also be causes.

Psychological factors causing erectile function include performance anxiety, relationship problems, sexual attitudes and upbringing, stress

and depression.

There are many treatment options for erectile dysfunction, depending on the cause. These include medications, self-injection therapy, surgery, devices such as vacuum pumps, hormone therapy and counselling. While medications are now commonly available, they don't work for all men and may be unsafe if you have other health problems or are taking certain medications so it's important to get advice from your doctor before taking these.

If you suffer from erectile dysfunction make an appointment to see your GP. While it can be difficult to talk about, there's no need to be embarrassed. Erectile dysfunction is a medical condition and may be a sign of an underlying health problem. Your doctor can help determine the cause and discuss the best treatment option for you.

For more information: Speak to your GP or visit [www.healthdirect.gov.au/erectile-dysfunction](http://www.healthdirect.gov.au/erectile-dysfunction)

Dr. LoL:)



## COMPETITION

**BABY PIP EATS** by Ami Harper takes a collection of 25 recipes and travels from A-Z with parents and child.

Each recipe includes nutritional values and helps parents create healthy, organic meals their child and the whole family will love.



For your chance to WIN a copy of **BABY PIP EATS** courtesy of Murdoch Books, simply let us know your tips for an enjoyable mealtime with children.

To participate, submit your entry online at:

[www.yourhealth.net.au/win](http://www.yourhealth.net.au/win)

**Baby Pip Eats** by Amie Harper (Murdoch Books) available now in all good bookstores and online.

Competition opens 1st September 2016. The winning entry will be selected on 1st December 2016 – winners will be notified by email.