**saundersstreetclinic**

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**Newsletter February 2019**

**Opening hours**

Monday - Thursday 9am-1230 pm, 2pm-5 pm

Friday 9am-1230 pm, 2.30pm-5 pm

Saturday, Sunday, Public Holidays closed

Doctors: Jim Berryman, Chris Hughes, Yas Sanli, Ali Johnson, Sarvin Randhawa, Lou Sykes, Jessie Andrewarthur, Tim Andrewarthur and Bradley Williams.

Registered Nurses: Fiona Munday (nurse manager) and Belinda Townsend.

**We are mindful that patients who work office hours have trouble being seen because we also work office hours. Make an enquiry as often your GP may be at work early or be prepared to stay at the end of the day.**

**Dose administration aids and regular GP medication reviews**

A dose administration aid may be considered when a person is struggling to manage a complex medicine regimen that cannot be simplified and primarily consists of regularly scheduled, solid oral dose forms that are suitable for packing. They may also be considered for a person who sometimes forgets whether or not they have taken their medicines (leading to risk of double dosing) and requires a visual cue, or a patient whose medicine-taking is being monitored by a carer. Ideally the medicine regimen should be stable and unlikely to change frequently.

Dosing aids are most effective in people who are motivated and willing to take their medicines and possess adequate vision, cognition and dexterity to use the device. Although they may be helpful in people with mild cognitive impairment, there has to be an adequate level of cognition. For example, the patient needs to be able to understand how to use the device, orientated to the day and time, and be able to remember when medicines need to be taken or respond to a reminder.

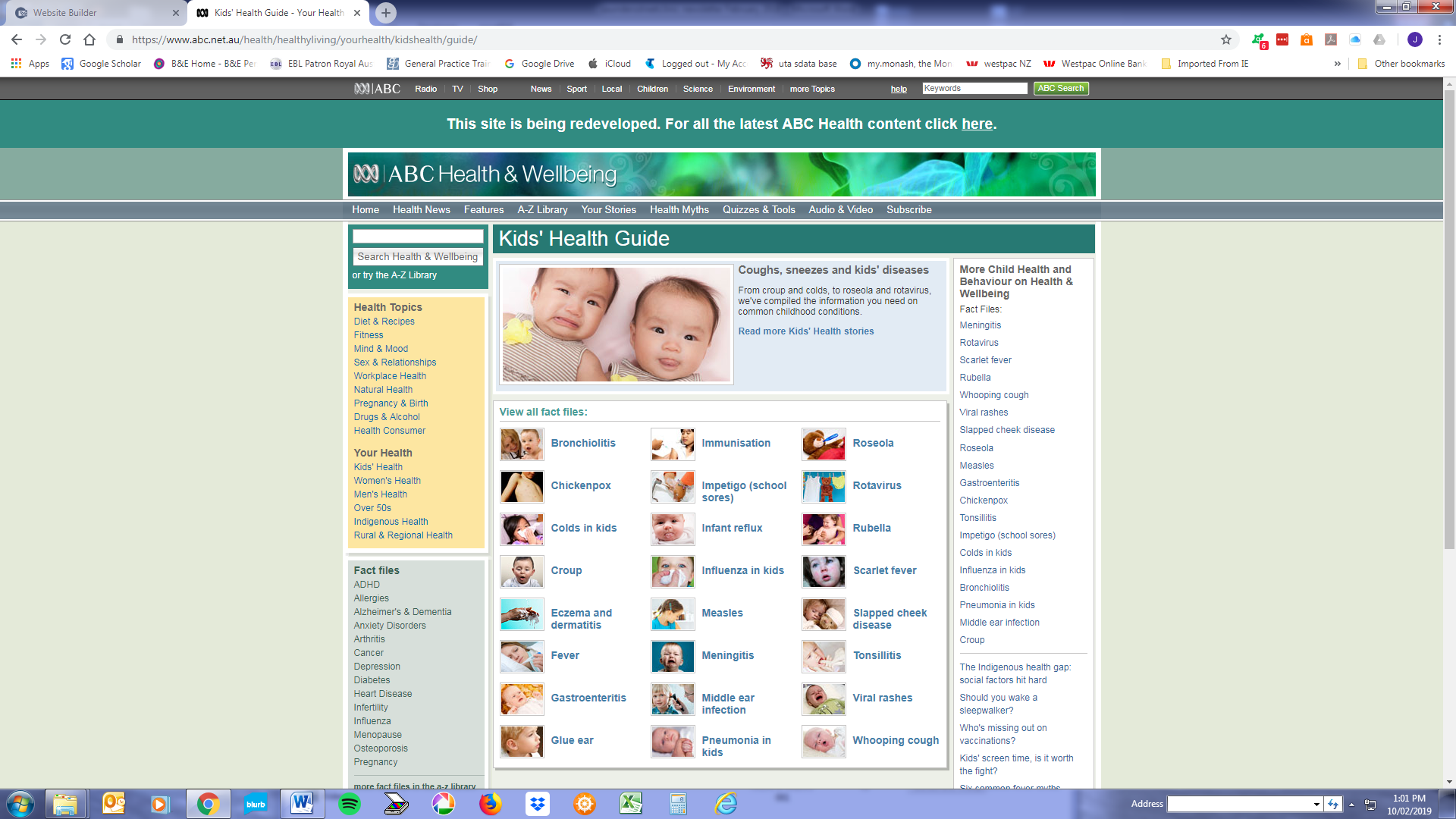
The Dept of Health recommends that GPs conduct regular medication reconciliation to ensure that the medicines packed in the device match the prescriber's intended regimen. This is why we insist that ALL PATIENTS on DAA’s have at least 6 monthly GP review.

<https://www.nps.org.au/australian-prescriber/articles/appropriate-use-of-dose-administration-aids>

**Coughs, sneezes and kids diseases**

From croup and colds, to roseola and rotavirus, we've compiled the information you need on common childhood conditions.

The ABC has compiled a list of information sheets on its website that gives good information on early childhood diseases.



<https://www.abc.net.au/health/healthyliving/yourhealth/kidshealth/guide/>

**Hip pain and osteoarthritis**

A hip operation is no longer just a sign of old age. When Andy Murray announced the extent of his hip problem, it made front-page news. Last week the 31-year-old posted images of himself on social media after a hip resurfacing operation: “A bit battered and bruised but I now have a metal hip.”

It’s not just professional sportspeople who are suffering.

“There are definitely a lot more people having hip surgery at a young age,” says Vivek Gulati, a consultant orthopaedic hip surgeon at the London Clinic.

According to Britain’s National Health Service, of the 100,000 or so people who underwent hip replacement in Britain between 2004 and 2005, more than 10,000 were under 60. By 2015 the annual figure had risen to 17,883.

A combination of reasons is often to blame, says Gulati.

“Genetics, anatomical issues and being overweight are factors for some people, but so is general wear and tear from physical activity and the fact people are playing serious sports and getting injured at a young age.”

So what can you do about preserving the health of your hips? We asked the experts.

**Avoid rugby — go running instead**

“Certain sports will put more pressure on hips than others,” says Derek Ochiai, a leading orthopaedic surgeon who treats many of America’s top sports stars.

“Ballet is a very hip-intensive activity. But so are football, basketball and tennis — basically any sport that involves jumping and twisting. For most of us, cutting back on these sorts of activities can extend the life of our hips.”

Some sports are better for you than you might think. Running, for example, has been shown to protect rather than harm joints.

“We conducted a large meta-analysis of runners and found no proof that it causes osteoarthritis of the joints,” says Mark Batt, principal investigator at Arthritis Research UK’s Centre for Sport, Exercise and Osteoarthritis, led by Nottingham University Hospitals NHS Trust.

“It can be protective.”

What is known is that cartilage acts as a shock absorber and has the job of cushioning our joints, so when it thins or wears away because of injury, the pain of bone on bone can be debilitating.

“We see a lot of hip problems in sports like rugby, where a tackle can cause serious damage to the hip joint, unlocking cartilage and starting an osteoarthritic episode,” Gulati says.

Studies have shown that after a hip injury, osteoarthritis is often evident in X-rays within a decade, causing such soreness and inflammation that the joint needs to be replaced.

Vitamin K in leafy green is “important for cartilage formation and plays a role in bone mineralisation”.

**Eat plenty of parsley and parmesan**

What you eat plays a role in preventing joint problems, says Margaret Rayman, professor of nutritional medicine at the University of Surrey, who published a paper last year in the journal *Rheumatology*that looked at the impact of diet on our joints.

She says certain nutrients are essential for keeping joints healthy. These include the anti­oxidants vitamin C, found in fresh fruit and vegetables and needed for collagen synthesis and tissue repair; vitamin E (nuts, seeds and avocado are good sources); and selenium, found in brown rice and turkey, which reduces cartilage breakdown and the production of inflammatory proteins.

“There’s insufficient evidence for supplementation with antioxidants, but you need to get enough of them in the diet,” she says. A priority for healthy hips should also be to increase your intake of vitamin K, which is “important for cartilage formation and plays a role in bone mineralisation”.

You find vitamin K in leafy green vegetables such as broccoli, kale and parsley, but also in fermented cheeses such as parmesan, and in natto, a fermented Japanese food made from soybeans that is something of an acquired taste (and smell).

**Take up cycling**

Cycling is among the best activities for reducing hip pain, by strengthening muscles around the hips.

**Lose some weight**

Rayman says obesity is among the main risk factors for joint problems — the more you weigh, the greater the pressure on your joints, which can exacerbate wear, tear and damage. A 2010 review suggested 27 per cent of hip replacements might be linked to people being overweight.

“Obesity is a pro-inflammatory condition and a high BMI has been linked to the production of inflammatory proteins and low-grade inflammation,” she says, “but being overweight also causes abnormal loading of the joints.”

When you walk, your joints bear a force equivalent to three to six times your body weight — and it’s more when you run or jump. It follows that losing surplus body fat will help protect your hips. Every little helps. Studies have suggested that a single kilogram of weight loss can remove 6kg of pressure from the hips.

Vitamin D has been shown to improve quadriceps strength, which may be an important factor in hip protection.

**Top up the vitamin D**

It may be Britain’s favourite supplement, but taking vitamin D in pill form is unlikely to be of specific benefit to your hip joints. In 2016 a team of Dutch researchers from the Erasmus Medical Centre in Rotterdam reviewed available studies and concluded “results do not support the evidence to supplement vitamin D to prevent the onset or worsening of osteoarthritis” in the hips.

Rayman agrees, but says it’s important to ensure you do get enough vitamin D, since it has been shown to improve quadriceps strength, which may be an important factor in hip protection. Sunlight is the best source, with daily exposure recommended.

“But you should also eat oily fish at least once a week, shiitake mushrooms and egg yolks as well as vitamin D-enriched foods to increase your intake,” she says.

“And avoid becoming very overweight or obese as vitamin D is lost through fatty tissue.”

**Do yoga and pilates**

Although there’s no confirmed link between better flexibility and a reduced rate of hip osteoarthritis, Gulati says stretching and activities such as yoga and pilates are beneficial.

“Mobility and flexibility are important as they prevent the hip joint from stiffening and becoming locked,” he says

“A stiff hip joint means it moves through only a 120-degree arc rather that the full 360 degrees, and that in turn means loading on the hip is intensified. Your aim is to use the whole ball and socket joint, and regular flexibility classes will help to achieve this.”

Yoga and pilates are also good ways to strengthen your core muscles, which will also help your hips.

“Getting the muscles of your abdominal area super-strong will help offload the pressure on your hips when you run, jump and walk,” Rayman says.

<https://www.theaustralian.com.au/news/world/the-times/how-to-shake-hip-problems/news-story/43410b316cc3e6ad67d339d91cbd8c92>