

# HEALTH MATTERS

Newsletter of the Mount Morgan Medical Centre

October 2016

## Address:

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## MEET OUR DOCTORS:

Dr Mario Soteriou  
Dr Phillip Jolly  
Dr Ronald Cassano

## OFFICE STAFF

Tiara Curtis  
Eloise Noonan  
Melanie Blake

## NURSING STAFF

Stephanie Cullen

OPENING HOURS:  
Monday, Tuesday,  
Thursday and Friday  
9:00am to 5:00pm

Wednesday  
9:00am - 1:00pm

## Stress: Coping with Stress

What are the effects of stress?

Abnormal stress can have many troublesome physical and emotional effects on us, but they vary from person to person. Common problems are tiredness, fatigue, anxiety, sleep disturbance, poor concentration, restlessness and irritability.

Stress-related illnesses include depression, drug abuse (including problem drinking), irritable digestive system, peptic ulcers, headache, mouth ulcers, impotence, irritable bladder, dermatitis, heart disease, breast pain and cancer.

What are important causes?

We are constantly under some form of stress in our lives and generally cope very well. The most stressful circumstances leading to ill health have been shown to be death of a spouse or close family member, divorce and marital separation, imprisonment, personal injury or illness, marriage, retirement, sex difficulties, pregnancy, guilt over a wrongdoing and similar traumas. However, many of us feel unduly stressed over modern living and we need help.

What can you do to cope?

- Talk it over with someone - have regular chats.
- Look for solutions: stop escaping.
- Practise relaxation (e.g listen to lots of music).
- Learn to meditate.
- Get enough sleep and rest.
- Develop healthy hobbies.
- Do things that you enjoy (e.g go to the movies or a show weekly).
- Develop strategies to laugh - do fun things.
- Practise a sensible, healthy diet.
- Exercise for 30 minutes, 4 to 5 times a week.
- Avoid smoking and other drugs and limit alcohol.
- Consider getting a pet.
- Avoid conflicts, especially interpersonal conflicts.
- Learn to accept what you cannot change.

Talking it over

'Getting it off your chest' is more important than you realise. Talk to someone you admire and trust. Going to a minister of religion or your doctor can be powerful, especially if you can feel forgiven and if any guilt is relieved.

**MAKING AN APPOINTMENT:** You can make an appointment by phoning the surgery. We run an appointments system, but keep a few times open to fit in urgent problems, which will be dealt with promptly. A normal appointment is 15 minutes. If you feel you need longer please tell the receptionist when booking so time can be allocated

**TELEPHONING YOUR DOCTOR:** You can contact us by telephone during normal surgery hours. A message will be taken when the Doctor is with another patient.

## Relaxation

Practising relaxation is vital for the uptight person. Meditation is excellent and classes are available, but you can practise yourself.

Make a commitment to yourself to spend some time every day practising relaxation. About 20 minutes twice a day is ideal, but you might want to start with only 10 minutes.

- Sit in a quiet place with your eyes closed, but remain alert and awake if you can. Focus your mind on the different muscle groups in your body, starting at the forehead and slowly going down to the toes. Relax the muscles as much as you can.
- Pay attention to your breathing: listen to the sound of your breath for the next few minutes. Breathe in and out slowly and deeply.
- Next, begin to repeat the word 'relax' silently in your mind at your own pace. When other thoughts distract, calmly return to the word 'relax'.
- Just 'let go': this is a quiet time for yourself, in which the stresses in body and mind are balanced or reduced.

Try to practise when your stomach is empty: before breakfast and before evening meal are ideal times.

During the day, check yourself frequently for tension: take a few long, deep breaths and breathe away the tension.

Practise positive thinking. If you catch yourself thinking negative thoughts about your illness, silently say over and over to yourself: 'Every day, in every way, my health is getting better and better'.

Note: Prayer is an excellent form of meditation and relaxation.

## Health through nutrition

A sensible approach to your diet can make you feel marvellous. Increase the amount of complex carbohydrates and fibre (vegetables, fruit, whole-wheat products, brown rice, cereals, etc.) in your diet. Drink plenty of water. Decrease salt, total fats (butter, cream, meat fats, cheese, peanut butter, etc.), refined carbohydrates (sugars, sweets, cordials, ice-cream, cakes, etc.) and caffeine (coffee, tea and cola drinks). Reading *The Pritikin Promise* will provide many healthy ideas and recipes.

## Exercise

Devise a program suitable for you. Walking for 20 minutes each day or every second day is an excellent start. A good callisthenic or yoga program is ideal.



## PRACTICE UPDATE:

This practice is committed to providing comprehensive care to all patients.

The Doctor is trained and experienced in the broad range of problems dealt with in general medical practice.

We believe your health is best managed by continuous care from the same source, rather than taking different problems to different places. We will, however, refer you for specialist opinions, investigations and treatment when necessary.

## FEES AND BILLING ARRANGEMENTS:

This practice bulk bills for Pensioners.

## AFTER HOURS CARE:

If you need medical assistance after hours Please phone the Hospital on 4912 5100

This newsletter is an initiative of the Central Queensland Rural Division of General Practice. Each edition of the newsletter will contain information on health issues relevant to you and your family, plus news about the practice and its services. By keeping a copy of each edition you can build a valuable library to help you to get healthy and stay that way. Tell us of any topics you would like to see in future editions.