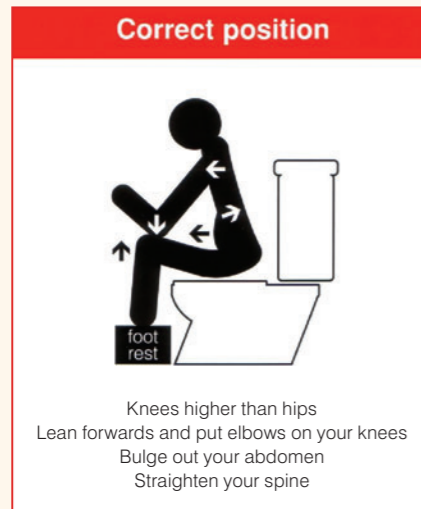


## What is 'normal' for your bowel?

Bowel habits vary from person to person, but most of us open our bowels (do a poo) between 3 times a day and 3 times a week. A good average guide is once per day, or every second day. The normal bowel motion should be a soft sausage, formed, and quite easy to pass.

You shouldn't be taking more than about a minute on the toilet, and shouldn't feel pain or a need to strain. You should feel that your bowels are empty at the end of the toilet visit.

**Helpful Hint!**  
If you are experiencing constipation, try adapting this position when toileting!



If you require any further information on bladder or bowel health, please contact Joanne Curtis, Continence Nurse Advisor (07) 4658 3622 or the Continence Foundation of Australia 1800 330 066

## Did you know that...?

About 275 Australians develop diabetes every day. An estimated 1.5 million Australians now have diabetes, but only half of them know it. Having a family history of type 2 diabetes and being overweight are common risk factors for type 2 diabetes. Other factors including lack of exercise and poor diet, can also contribute to the development of this disease.

### DIABETES IS A SERIOUS CONDITION.

Potential complications include:

- Heart disease
- Stroke
- Blindness
- Limb amputation
- Kidney failure

People who think they are at risk of developing type 2 diabetes should visit their doctor for a fasting blood glucose test.

For further information contact Nadine Coker (Diabetes Educator) at North and West Queensland Primary Health Care on (07) 4658 3622.



# Central West Queensland's Health Watch

AUGUST 2008

## North and West Queensland Primary Health Care

North and West Queensland Primary Health Care (NWQPHC) is a not-for-profit organization working to support, enhance and develop the activity of rural GPs in delivering comprehensive, accessible, quality health services to the people of North and West Queensland. Our team based in Longreach, work collaboratively with other health service providers, communities and their organisations to achieve our vision of "Primary Health Care Excellence in Rural and Remote North and West Queensland."

### Longreach NWQPHC staff include:

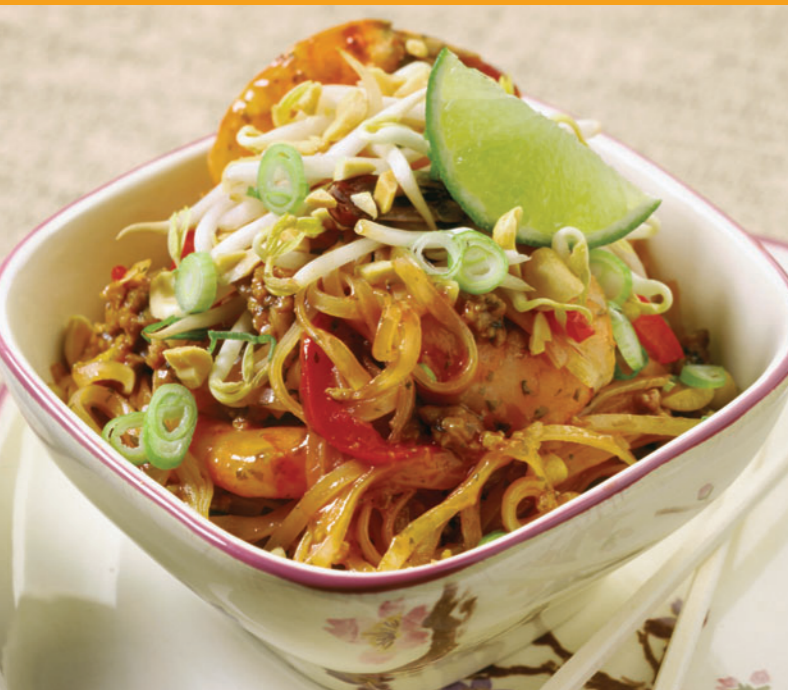
Jamie Spark (Area Manager)  
Megan de Vries (Team Leader)  
Nadine Coker (Diabetes Educator/Ambulatory Blood Pressure Monitoring)  
Joanne Curtis (Continence Nurse Advisor/Sleep Studies)  
Jennifer Lindsay (Speech Pathologist)  
Lisa Wright (Rural Counsellor/Psychologist)  
Lisa Wells (Chronic Disease Support Nurse)  
Amy Long (Person Trainer)  
Aimee Jackson (Dietician)  
Claire Gowing (Support Services Officer)  
Grant Miller (Information Systems Officer)  
Heidi Balderson (Practice Support Officer)  
Megan de Vries (Project Officer)

### North and West Queensland Primary Health Care

116 Eagle Street, Longreach Qld 4730 PO Box 256, Longreach Qld 4730  
Telephone: (07) 4658 3622 Fax: (07) 4658 3630

For further information visit our website [www.nwqphc.com.au](http://www.nwqphc.com.au)





## CREATIVE COOKING IN THE KITCHEN!

### Pad Thai

Serves 4

**Cooking Time:** Less than 30 mins

**Ingredients:**

- 200g dried rice stick noodles
- 2 cloves garlic
- 2 tsp ginger, diced finely
- 2 sml fresh red chillies, chopped coarsely
- 2 tbs peanut oil
- 2 eggs, beaten lightly
- 1 bunch shallots, sliced thinly
- 1 chicken breast, chopped finely
- 1 cup roasted unsalted peanuts, chopped coarsely
- 3 cups bean sprouts
- 1 red capsicum
- 2 tbs light soy sauce
- 1 tbs lime juice
- 2 tbs coarsely chopped coriander

**Method:**

1. Place noodles in large heatproof bowl, cover with boiling water; stand until just tender, drain.
2. Meanwhile, using mortar and pestle, crush garlic, ginger and chilli to a paste.
3. Heat 2 teaspoons of the oil in the wok. Pour egg into wok, cook over medium heat, tilting pan until almost set. Remove omelette from wok, roll tightly, slice thinly.
4. Heat remaining oil in wok, stir-fry garlic paste and shallots until fragrant. Add chicken, stir fry 2-3mins (until golden brown). Add sprouts, half the nuts, half the shallots, stir-fry until sprouts are just wilted.
5. Add noodles, sauce and juice, stir-fry until hot. Remove from heat, sprinkle omelette, coriander and remaining nuts and shallots over Pad Thai.

## Keep Track of your Child's Immunisations

Immunisation is a simple, safe and effective way of protecting your child against harmful diseases that can cause serious complications and sometimes death. If your child hasn't been immunised or has missed a vaccination, it's easy to catch up – just ask your GP or Immunisation provider.

- **Immunisations are due at 2, 4, 6, 12, 18 months and 4 years of age.**

NWQPHC through practice support are actively involved in supporting the Central West General Practices with Immunisations. Overdue notices are distributed annually and 4 year old Reminder Birthday cards distributed monthly. To be a part of this free service, your child must be enrolled with Medicare or registered with the Australian Childhood Immunisation Register. You can obtain a copy of your child's immunisation history Statement:

- Online at [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au)
- At your local Medicare Office
- By calling 1800 653 809

### Don't forget to Immunise!

#### 10 TIPS TO MOTIVATE YOU TO EXERCISE

1. Set some goals, both short and long term, and hold yourself accountable to achieving them.
2. Read something inspiring- It could be a quote, biography, poem or song.
3. Think of exercise as a menu, rather than a diet! Variety is the spice of life! (Make a list of activities and choose one every day)
4. Keep a training journal. (So you can look back and see improvements week to week)
5. Take up a hobby or start a group that requires physical activity and fitness.
6. Get outside and smell the roses, it may inspire you to go for a walk, or do some gardening.
7. Put on some music, so you can dance around to your favourite tunes while you clean the house!
8. Use positive mental imagery each night before you go to bed – imagine yourself achieving your goals. How will your life be? How will you feel?
9. 15 minutes of exercise 4-5 days per week helps reduce stress and fatigue by up to 50%, so being too tired to exercise is not an excuse!
10. Weight training helps you burn fat while you sleep, improves your posture and makes life easier, so pick up some weights today!

## FEELING STRESSED?

Stress is something which can affect all of us at different times of our lives. Sometimes all it takes is to change a few things in our everyday activities and we can manage our stress levels more effectively. Here are 5 easy ways to manage stress in our lives:

- **Get enough sleep.** It is recommended that we have 6-8 hours of sleep per night. If we don't get enough sleep, we then begin to wear ourselves down.

• **Eat well.** Healthy body, healthy mind, by having a balanced diet we allow our bodies to work in the most effective way.

• **Take regular exercise.** The chemicals released in your body when you exercise help to relax you. Just a small amount of exercise every day will have a positive effect upon your mood.

• **Take a break.** Plan a trip with family, friends or by yourself. It doesn't have

to be a big holiday; just a change of environment can be beneficial.

• **Take time to sit down and have a cuppa.** Make sure you take 'time out' during the day, just to sit and relax.

For further information on stress management, please call the Rural Counselling Service at North West Queensland Primary Health Care on 4658 3622.

### Understanding Your Child's Communication Development

Learning to speak is a huge milestone in any child's life. When the babbling baby sounds eventually become recognisable words, the journey to verbal communication has begun. Irrespective of language or culture, all babies babble exactly in the same way.

Toddlers typically begin speaking their first words between 12 and 18 months of age. As with all developmental milestones children develop language at varying rates. If by 18 months your child still does not speak, there may be cause for concern.

Children generally have a spoken vocabulary of around 50 single words by the age of two and then begin two word combinations. By four, children should be using four to five word sentences and correct grammar most of the time. Parents should be able to understand 25% of what their 18 month old child is saying. By two years, 50-75% of their child's communication should be understood and 75-100% by three years of age. 100% of a four year old's utterances should be understood by most people, not just family. Their speech may still have mild sound substitutions such as 'baf' for 'bath' or 'wabbit' for 'rabbit'.

Children need at least half an hour 'talking time' every day one-on-one with an adult. This includes talking, playing together and enjoying books. Poor communication skills can affect every aspect of a child's education. Language and reading problems are closely related and there are also social and behavioural components.

#### Talking Tips for Toddlers

- Speak slowly, clearly and simply most of the time.
- Use facial expressions as well as a variety of words.
- Focus on commonly used words, such as cup, bath, car.
- Emphasise imitation - as your child makes new sounds or words, copy them.
- Pause and wait for a response when talking with your child, giving them a chance to talk back.
- Try not to rush your child or talk over their words.
- Play games with finger puppets, balls, blocks and musical instruments.
- Provide opportunities to interact with other children.
- Focus on hearing skills. When the doorbell rings or a plane flies overhead, talk about it.
- Read colourful picture books. Point things out and say what they are.
- As speech develops, if your child says something unclearly it is good practice to repeat the word back as it should sound.

If you have any concerns about your child's speech or language development consult a speech pathologist or contact Jenny Lindsay at North and West Queensland Primary Health Care (07) 4658 3622.

### Depression is more than just being blue...

It may be depression if someone is feeling\*

- Down
- Worthless
- Tired & Irritable
- Hopeless
- Angry
- Suicidal

and/or finding it hard to

- Sleep
- Be around people
- Concentrate
- Enjoy things they usually like
- Control their moods

A farmer you know may have depression. Please encourage them to seek help.

For further information contact:  
North & West QLD Primary Health Care (Longreach)  
on 4658 3622

[www.rfcsqsc.com.au](http://www.rfcsqsc.com.au)

Developed by: Hunter New England Area Health Service, Lions Club of Tamworth Peel Valley, Westfarmers Landmark and the Australian Centre for Agricultural Health & Safety



\*Acknowledgement to the Central Coast Health Dementia Depression Campaign

### The Jean Hailes Foundation for women's health

#### Upcoming Events!

The Jean Hailes Foundation for Women's Health in partnership with North & West Queensland Primary Health Care presents:

#### Ageing Well

Women across Central West Queensland will be provided with a wealth of relevant information on ageing well including a naturopath's approach.

**Presenters:**

- Dr Elizabeth Farrell** – Gynaecologist
- Ms Sandra Villella** – Naturopath
- Mrs Louise Cameron** – Mobile Women's Health Nurse

Enjoy a complimentary luncheon, information stalls and refreshments!

**Date:** Saturday August 9th, 2008

**Time:** 12pm – 3.00pm (doors open 11.30am)

**Venue:** Longreach Civic Centre 96a Eagle Street Longreach

**Cost:** \$10.00 (pay at the door)

**RSVP:** Friday August 1st, 2008 (for catering purposes)

**Phone:** Joanne Curtis (07) 4658 3622 for bookings

Bus transport available from selected towns

“DREAM AS IF YOU'LL LIVE FOREVER – LIVE AS IF YOU'LL DIE TODAY”

James Dean