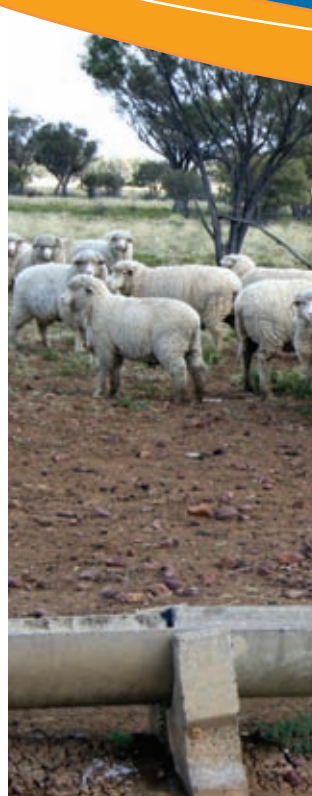




North and West Queensland Primary Health Care

Central West Queensland's Health Watch

SEPTEMBER 2009





Recognising Stress in Children

From the boogie man under the bed for small children - to the boogies of exams and assignments for high school aged children, stress affects kids of all ages. The first thing a parent can do to help their child manage stress is to build a strong family unit. Include your children in family discussions and be on the lookout for stress in your kids.

Especially for small children with under-developed communication skills, stress may be displayed very differently from the way an adult deals with stress. Often kids stress is internalized and most noticeable in physical symptoms such as frequent flu-like symptoms including headache, stomachache, nausea and even bedwetting.

Children under stress may regress to behaviors like clinginess and frequent crying. Behavioral symptoms may be extreme at both ends of the behavior spectrum. A normally active child may become either listless or hyperactive, a usually docile child may have fits of anger, or a child that "acts out" may become docile and introspective.

Some signs of stress in kids are easily confused with children's mental disorders. For instance, if schoolwork slides or your child's circle of friends undergoes a drastic change, this does not necessarily mean that your child is on drugs. Situations like these may simply indicate a child's inability to handle a stressful situation.

Helping Kids Reduce Stress

Children primarily learn by example. The best way to teach your child how to manage stress is by using the right tools and stress management techniques to ensure stress is managed effectively and appropriately.

- Eat healthy. A healthy body is better able to withstand stress-induced illness. Schedule regular meals and snack times. Do not allow your child to skip meals.
- Vigorous exercise is a good stress reliever. Just like adults, kids need time to unwind. If your kids are bound to video games, television, or a computer, get them on their feet by providing and encouraging the use of active toys like balls, punch bags, and bikes. If your child presently appears to be stressed, make a point of playing with them. Time spent with your kids is a great vehicle for getting them to open up the lines of communication.
- Be clear when setting rules and be consistent with discipline. Kids live in a "black and white" world. Blurred guidelines and inconsistencies are even more confusing for them than they are for adults.
- Gentle physical touch is a great healer. Sometimes a hug is worth more than a thousand words. Another physical stress reliever can be a gentle massage of your child's neck and shoulders. Like you, your kids can also get knotted up with stress!
- Learn to be a good listener. When your child wants to talk about his or her problems, don't criticize. In addition, it isn't always necessary to give advice. Sometimes kids just need to talk. Encourage them with open-ended questions like, "So what happened next?" or "How do you feel about that?"
- Finally, teach your kids that everyone (including you) make mistakes. A good start is admitting your mistakes to your children with an "I'm sorry" or "My mistake" when you goof-up. If the situation warrants, use personal examples of stressful situations you encountered during your childhood. Even if you were unsuccessful in dealing with your situation, you'll teach your kids that you can learn from and even laugh at your own mistakes.

If you require further information or support regarding Stress Management for your child, please talk to your GP or contact Lisa Wright at North and West Queensland Primary Health Care (07) 4658 3622.

**"IF YOU ALWAYS DO WHAT YOU HAVE ALWAYS DONE,
YOU WILL ALWAYS GET WHAT YOU HAVE ALWAYS GOT"**

Day-wetting

(daytime incontinence in children)

Most children have gained daytime bladder control by the age of 4, however 3-12% of children aged 5-17 years have a daytime wetting problem. One third of these children will also experience bedwetting.

Day wetting and bedwetting problems tend to improve with age, however, children do NOT necessarily 'grow out of it' and seeking professional advice for your child is necessary.

Wetting can cause distress for the child and family. The underlying bladder problem can lead to kidney problems later in life, so professional help is essential.

Why do children wet during the day?

Most wetting occurs because the bladder is not working normally. Common problems are listed below:

- 1) An Overactive Bladder – occurs when the bladder has problems storing urine. The child has urgency (busting) and may leak urine on the way to the toilet. They may also go to the toilet more than eight times per day.
- 2) An Under-active Bladder – occurs when the child goes to the toilet infrequently (less than four times a day) and sometimes urine escapes without any warning as the bladder overfills. Urinary tract infections are common.

3) Leakage – can also occur if the child is in the habit of putting off going to the toilet and wets when the bladder is overfilled.

4) Some children have learned to empty the bladder incompletely and this can lead to wetting also.

5) Structural problems are rare. However a medical specialist should manage any child identified as having an anatomical or neurological cause for their incontinence.

Day-wetting or Bedwetting are NOT caused by:

- Laziness
- Naughtiness
- Attention seeking

Where can I get help? If your child experiences day wetting or bedwetting, talk to your GP or contact the FREE National Continence Helpline 1800 33 00 66 and ask to speak to a professional Continence Nurse Advisor today.



The best position for opening the bowels



1. Sit with feet apart and well supported.
2. Have knees apart and over feet.
3. Lean forward and rest on thighs or knees.
4. Straighten lower spine.



Developed by the HACC/MASS Continence Project. © 2006

The best position for emptying the bladder








1. Sit comfortably on the toilet.
2. Feet flat on the floor.
3. Lean forward resting elbows on your knees.
4. Men may stand or sit according to preference.



In acknowledgement of research published by Rane, A. and Corstians, A., Townsville
Developed by the HACC/MASS Continence Project, © 2007

Alcohol compared to Big Macs

Average Weekend Alcohol Consumption	Light Beer 2 Drinks	Light Beer 10 Drinks	Full Beer 2 Drinks	Full Beer 10 Drinks	White Wine 2 Glasses	White Wine 10 Glasses	Red Wine 2 Glasses	Red Wine 10 Glasses	Champagne 2 Glasses
Total kJ Content	900kJ	4500kJ	1240kJ	6200kJ	630kJ	3150kJ	670kJ	3350kJ	710kJ
Converted to Fat	24.3gr	121.6gr	33.5gr	167.6gr	17gr	85.1gr	18.1gr	90.5gr	19.2gr
BigMac Equivalent 	1	5	1.4	7	0.7	3.5	0.7	3.7	0.8
Chocolate Shake (medium) 	3	15	4.2	21	2.1	10.6	2.3	11.5	2.4
KFC Chip Equivalent 	1.2	6	1.6	8.4	0.8	4.2	0.9	4.5	1
Nugget Equivalent 	6	30	8	42	4	21	5	25	5
Meat Lovers (1 slice) 	2	10	2.8	14	1.4	7	1.5	7.5	1.6
Amount of exercise required to burn off energy contributed from alcohol (75kg athlete)	15.6 mins @ 10km/hr	1hr & 18 m @ 10km/hr	22 mins @ 10km/hr	1hr & 48m @ 10km/hr	11 mins @ 10km/hr	55 mins @ 10km/hr	12 mins @ 10km/hr	58 mins @ 10km/hr	13 mins @ 10km/hr

Example 1: An athlete drinks 2 light beers each weekend. The kJ content of these two beers is equal to 24.3grams of fat, the same fat that is contained in 1 whole BigMac burger.

Example 2: David prefers to Indulge in a couple of bottles of 'healthy' red wine over the weekend. Assume he has 10 glasses to himself. The kJ content of this binge is equal to the fat in 12 medium thickshakes.

Oral Health Tips

This is a checklist of general guidelines to help you look after your mouth and make sure you're doing everything you can at home to ensure your teeth and gums remain healthy and strong. By following these simple steps you can significantly reduce the chance of mouth problems later in life.

Visit your dentist

If you can, regular visits (at least once a year) can highlight and treat any problems that are developing, catching them in their early stages. Also alert your dentist to any changes in your medication and ask him or her to perform a routine oral cancer screening at your next visit. You can also get your teeth thoroughly cleaned to remove tartar and plaque. Prevention is always better (and cheaper) than a cure.

Brush twice everyday

Brush gently with a soft toothbrush twice a day with a fluoride toothpaste. Use small circular motions and short back and forth strokes. Take the time to brush carefully and gently along the gum line. Lightly brush your tongue or use a tongue cleaner as bacteria can thrive there too.

Floss once a day

Floss once a day to remove plaque and leftover food from between the teeth that a toothbrush can't reach. Make sure your rinse thoroughly after flossing. If you have never flossed before, ask your dentist to show you the correct way to do it. If brushing or flossing makes your gums bleed or hurts your mouth, see your dentist.

Fluoride rinses and gels

You might also want to ask about fluoride rinses or gels as the regular use of fluoride strengthens your teeth against cavities. As you get older you are more likely to get cavities where old fillings have chipped or where root surfaces are left unprotected by receding gums. Fluoride will help.



Snack in moderation

Three meals a day and two snacks is sufficient for nutritional needs. Avoid snacks with sugars and starches and sugary drinks. If you do snack between meals rinse with water afterwards.

Quit smoking

Smoking increases your risk of developing gum disease and oral cancer.

Dry mouth

Saliva plays an essential role in preventing tooth decay by rinsing away food particles and neutralising harmful acids. Dry mouth comes with age but can also be caused by medications like antihistamines, decongestants, antidepressants and diuretics. This can often be diagnosed by a dentist and a suitable saliva replacement can be recommended.

A simple remedy you could try is a small object (for example lemon rind or an olive pit) held in the mouth to stimulate saliva, it may help to do this or chew sugarless gum before or after eating.

Eat a balanced diet

Avoid sweet and sugary drinks and snacks and choose from a wide variety of food groups.

Mediterranean Bake

(Serves 4)

Ingredients

- 8 tomatoes cut into wedges
- 1 x medium sweet potato, peeled and cut into 2cm x 4cm thick slices
- 2-3 zucchini, halved lengthways and cut into 5cm lengths
- 1 onion, peeled and cut into quarters
- 1 capsicum, thickly sliced
- 2 carrots, quartered and cut into 5cm lengths
- 8 mushrooms cut into quarters
- Mixed herbs – a good sprinkle
- 1-2 handfuls Kalamata olives, pitted and drained
- 2 skinless chicken breasts
- Balsamic vinegar – a splash
- 150g reduced fat feta to serve
- 1 x bunch flat leaf parsley, finely chopped

Method

1. Pre-heat oven to 180°C
2. Place tomatoes, sweet potato, zucchini, onion, capsicum, carrot, mushrooms and olives into a deep baking tray/lasagna dish and sprinkle with mixed herbs, cracked pepper and a good splash of balsamic vinegar, ensuring ingredients are well combined.
3. Place chicken breasts over vegetables and cover with foil. Bake in oven for 30mins.



4. Turn chicken breasts, stir vegetables and bake for a further 10-15mins or until chicken is cooked through.
5. Serve chicken (half a breast per person) on top of vegetable mixture. Sprinkle feta and parsley as a garnish.

Extra Tips

- For a different flavor, add a splash of red wine, lemon juice or garlic with white wine as an alternative to balsamic vinegar.
- Swap chicken for lamb, beef, fish or pork
- Serve with steamed broccoli, asparagus spears or your favourite greens
- Include different herbs in the dish for example: rosemary compliments lamb, thyme compliments beef, dill compliments fish and sage compliments pork.

BUILD UP YOUR STEPS!

10 minutes of Moderate Intensity Activity = 1000 Steps

Moderate Intensity Activity

Causes a slight, but noticeable increase in breathing and heart rate. You should be able to maintain a conversation.

Some examples of Moderate Intensity Activity:

- Brisk Walking
- Swimming
- Cycling
- Horse riding
- Rowing
- Dancing
- Active Gardening
- Mowing
- Raking
- Digging

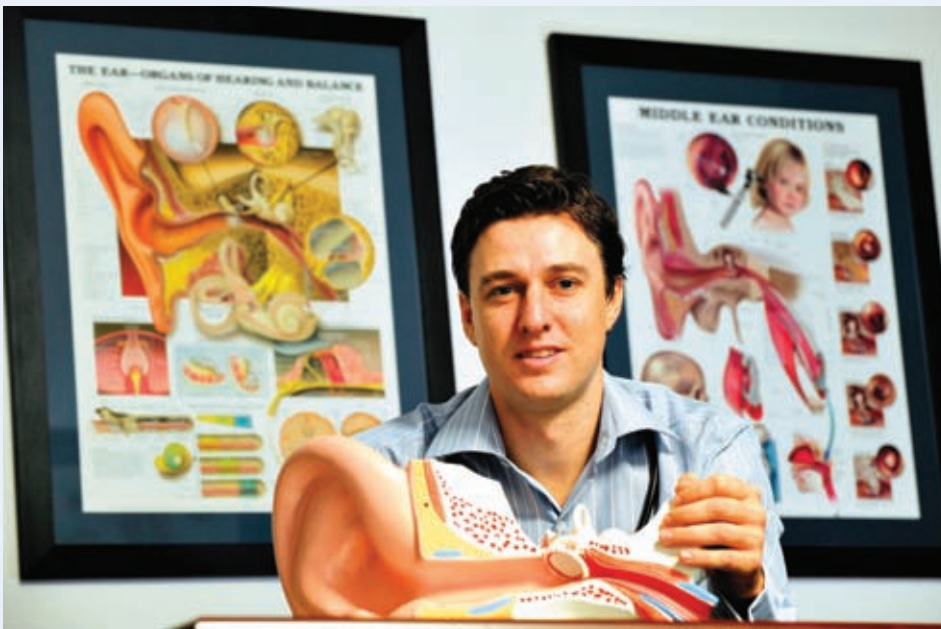
10 minutes of High Intensity Activity = 2000 Steps

High Intensity Activity

Makes you "huff and puff" and is where talking full sentences between breaths is difficult.

Some examples of High Intensity Activity:

- Circuit training
- Aerobics
- Brisk Rowing
- Fast Cycling
- Jogging
- Competitive sport
- Squash
- Football
- Netball



Audiologist Servicing Longreach

Introducing: Grant Collins

Audiologist Grant Collins started Clarity Hearing Solutions earlier in the year with the focus of providing independent specialist skills to regional and remote communities. Although based in Townsville Grant hits the road often doing his regular regional clinics to various central Queensland towns. Grant hopes to visit Longreach two days each month.

Having grown up in Charleville, Grant saw firsthand the devastating

effect prolonged exposure to low-pitched machinery noise can have on people working in agriculture and heavy industry. It was because of this that Grant has specialised in the prevention and treatment of industrial deafness.

“Growing up in Charleville we had no services out there at all, I've seen how it can affect life at home, so that's a bit of a passion of mine, to fix those problems” he said.

Grant is a fully qualified, University of Queensland trained; government accredited Audiologist with almost a decade's experience in all facets of hearing health and advanced hearing aid technology. He has resolved the hearing problems of a diverse range of clients whose effective communication is essential for their work and lifestyles - from surgeons to symphony orchestra conductors, magistrates to miners, and everything in between.

Clarity Hearing Solutions clinicians are fully university qualified Australian Government Office of Hearing Services accredited Audiologists, specializing in advanced hearing aid technology and audiological assessments. Their clinicians are full members of the Audiological Society of Australia (ASA) and undergo continued professional development through the ASA to keep up to date with the latest advancements in hearing technology and hearing/balance assessment procedures.

For more information or to book an appointment phone 4779 1566 or visit the website at www.clarityhearingsolutions.com.au



Tackling Bowel Cancer!

FACT

Bowel cancer is one of the most curable cancers if found early!

75% of bowel cancer cases can be prevented!

In Australia in 2005, 13 076 people were diagnosed, and 3165 people died from the disease.

Screening for bowel cancer involves testing people who do not have any obvious symptoms of the disease. Screening tests can help prevent bowel cancer deaths by finding polyps and cancers early, when treatment works best.

The National Bowel Cancer Screening program (NBCSP) is gradually being implemented with men and women turning 50, 55 OR 65 between 2008 and 2010 currently being invited to participate.

For more information visit www.health.qld.gov.au/bowelcancer or you can contact the local Queensland Bowel Cancer Screening Program team, on 1300 766 927 (local call).



Why Stretch?

The benefits of stretching are both numerous and overlooked. Stretching is important and may assist with the following:

1 Freedom of movement This will pay dividends every day. Be it playing with your children or tying your shoes, your body will perform better with a complete range of motion.

2 Improved posture By allowing your muscles to stretch, you can prevent the pain of postural imbalances and enjoy standing tall. Sitting at a desk

or driving all day can cause bad habits to form, gentle stretching regularly can help to prevent long term damage and act as a reminder to pull your shoulders back and chin in!

3 Mental relaxation The action of stretching itself has a general calming effect on the body. Breathing is an important part of this process. Using deep muscle breaths in combination with stretching, is the most relaxing way to calm the body and mind.

4 Muscle release and recovery Stretching can release tightness and tension, which in turn promotes recovery and relieves soreness. Increasing circulation to the muscles aids repair and removes lactic acid.

5 Reduced risk of injury Stretching can improve your range of motion and assists in the prevention of muscle imbalances. Stretching also hastens recovery and helps create a longer, stronger muscle!

TIPS

Be sure to warm up prior to stretching to avoid muscle damage and to maximise flexibility gains. This could be 5 minutes of walking, or a hot shower.

Begin each stretch slowly, exhaling deeply as you gently stretch the muscle. Try to hold the stretch for 10 to 30 seconds, or 5 breaths.

It may feel slightly uncomfortable, but remember to breathe and if it hurts, stop.

Try these easy examples:

Hip/Glute Stretch

Cross left foot over right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Switch Legs



Hamstring Stretch

Lie on floor with knees bent. Straighten one leg and slowly pull it towards you, clasping the thigh, calf or ankle. Keep knee slightly bent. Switch legs.



Lunge Stretch

In lunge position, rest back knee on the floor, with front knee at 90 degree angle, abs in. Gently press forward until you feel a stretch in the front of the leg/hip. Switch legs.



Kneeling Hamstring Stretch

From above lunge position, slowly move backward until leg is slightly bent. Bend forward at the hip, keeping back flat until you feel gentle pull in the back of the leg. Switch legs.



Piriformis Stretch

Begin on the hands and knees and bring the left knee in, resting it on the floor between your hands (you should be on the outside of the knee). Straighten the right leg out behind you and, if you can, bend forward and rest the forearms on the floor.



Knee to Chest

From above position, straighten one leg and pull the other knee into your chest until you feel a stretch in your hip. Switch legs.



Spine Twist

Lying on the floor, place right foot on the left knee. Using your left hand, gently pull your right knee towards the floor, twisting your spine and keeping left arm straight out, hips and shoulders on the floor. Switch sides.



Quad Stretch

Lie down on your side using elbow for balance. Using other arm, slowly pull your foot towards your glutes, keeping both knees together and bent knee pointing down. Switch legs.

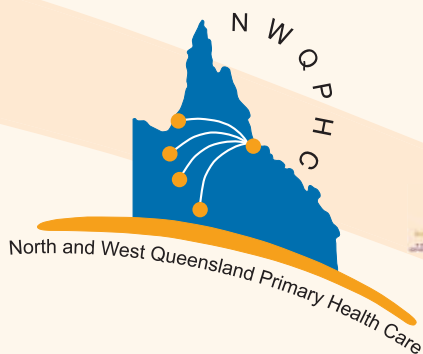


Help Stop the Spread of Germs in the Central West!

The symptoms of swine flu (influenza) in people are similar to the symptoms of regular seasonal human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. With the recent outbreak of Swine Flu in Australia, infection and transmission strategies have been widely distributed throughout Health Care facilities in the Central West to minimize the spread of the virus. Influenza can be spread by droplets, for example, an infected person's cough or sneeze can be propelled to the mucosal surfaces of another person, and onto surfaces where the virus is transmitted to an uninfected person by contact with the contaminated surface. Influenza may also be spread by airborne particles inhaled by an uninfected person.

There are a number of precautions we can take every day to minimize the risk of contracting and spreading further germs:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the rubbish bin immediately after use.
- Wash you hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people. 1 metre is considered a safe distance.
- Ring your General Practice for advice BEFORE attending the clinic. This is necessary to prevent possible exposure of other patients and staff when you attend the practice.



North and West Queensland Primary Health Care

North and West Queensland Primary Health Care (NWQPHC) is a not-for-profit organisation 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'.



Jamie Spark:
Area Manager



Megan de Vries:
Team Leader



Joanne Curtis:
Continence Nurse
Advisor/Sleep Studies



Lisa Wright:
Rural Counsellor/
Psychologist



Jenny Lindsay:
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