

# MIND, BODY, HEALTH

Your local guide  
to health and  
wellbeing



Hillcrest Rockhampton  
Private Hospital  
Part of Ramsay Health Care

2021 Edition

*CQToday*

# Welcome

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## A message from CQ Today manager David Richardson

I hope you will enjoy reading our first book promoting Mind, Body & Health. In the following pages you will be given advice from our local providers on how you can improve your health, work on your body and guide your mental wellbeing.

In this ever changing and often fast paced environment, we can sometimes forget that our health, both mental and physical, is as equally important as our family, career, and everyday life.

It is important that we take a breath, aim to be the best person we can become and a major part of that is



CQ Today manager David Richardson.

recognising that our body and mind require an equal amount of attention.

Our aim with Mind, Body & Health book is to give you added information to help guide you to better wellbeing.

## Message from Hillcrest Rockhampton Private CEO Fiona Hebbard

I am grateful as CEO of Hillcrest Rockhampton Private Hospital for the ongoing support from Ramsay Health Care for our region – such as Archerview Clinic for mental health, Ramsay Pharmacy, Ramsay Connect providing 'hospital in the home' services ... and a soon-to-open outpatient allied health clinic. Ramsay Health Plus in North Street will provide continuum of care for patients after discharge requiring ongoing allied health therapy.

Ramsay's commitment to orthopaedic solutions was demonstrated by the investment in a two-million-dollar Mako robot at Hillcrest Rockhampton last September – and 250 robotic cases have



Hillcrest Rockhampton Private CEO Fiona Hebbard.

since been performed by our four orthopaedic surgeons.

We offer Hillcrest Specialist Centres in Gladstone and Emerald, giving patients local access for pre and post-operative care.

# MIND, BODY, HEALTH

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# Why regular health checks help

IT is a good idea to visit a doctor regularly, even if you feel healthy.

**The purpose of these visits is to:**

- check for current or emerging medical problems
- assess your risk of future medical issues
- prompt you to maintain a healthy lifestyle
- update vaccinations.

Health checks are usually incorporated into routine medical care. Your doctor will often perform these checks when you are visiting for another condition, such as a cold or another problem. Your doctor will then tell you how often you need to have a health check. Having a health check is also a time to examine your lifestyle to see what improvements can be made. This may be something you regularly do yourself or discuss with a healthcare professional.



Keep on top of your health with your doctor by your side.

**Health checks at home**

You can do a basic health check at home to review your health in relation to:

- **Alcohol** – people who have at least two alcohol-free days per week and stick to no more than two standard drinks per drinking day have better long-term health.
- **Dental care** – cleaning your teeth regularly and eating a low-sugar diet can reduce your risk of tooth decay, gum disease and tooth loss. Visit a dentist or other

oral health professional at least once a year for a dental examination and professional cleaning, or more frequently as advised by your dentist.

- **Diet** – a healthy diet improves your general health and wellbeing. Have at least two serves of fruit and five serves of vegetables each day.
- **Physical activity** – regular physical activity is good for your mental health, heart and bones, and can prevent many diseases.

Aim for 30 minutes to an hour of moderate physical activity a day. Moderate physical activity takes some effort, but still allows a conversation to be held (for example, brisk walking, gentle swimming, social tennis).

- **Skin checks** – check your skin regularly for unusual moles or freckles, and see your doctor if you notice anything unusual. People who work outdoors need a yearly examination by their doctor or a dermatologist.
- **Smoking** – smoking increases your risk of many diseases, including heart disease, stroke, lung disease and thin bones. If you smoke, quitting as soon as possible helps reduce the harm.
- **Weight** – maintaining a healthy weight range helps prevent longer-term diseases, such as diabetes and arthritis.

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- Sexual Violence Counselling** - women, men & youth from 12 years (recent or historical)
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# Shaping resilient minds

By **JORDIE LYNCH**

OVER the course of the past year, communities across the world have endured turbulent times triggered by the Coronavirus pandemic.

During this public health crisis, great focus has been placed on detecting and examining physical symptoms. Busy lives transitioned to times of quiet isolation.

Suddenly communities shifted into a new reality that required stronger awareness of not only visible signs of struggle but invisible battles too.

While the pandemic has challenged health on many levels, mental health is a particular issue that has been propelled to the forefront of society's priorities.

As the world begins to move into a post-pandemic future, communities have come to embrace further education on the topic and



Mental health has been propelled to the forefront of society's priorities thanks to the Covid-19 pandemic.

set aside more time to master the art of self-care.

Beyond Blue has referred to studies that associate good mental health with positive social engagement, enhanced creative thinking, higher productivity levels, better physical health, improved func-

tionality and longevity.

Supporting mental wellbeing in daily routines has never been more important. Organisations that specialise in various areas of mental health have shared some simple steps that can be used as a guide for wholesome mindful living.

Black Dog Institute has suggested practising yoga, gratitude, meditation, tuning in to true purpose, and embracing personal strengths.

They also acknowledge the importance of basic fundamental factors like enjoying healthy balanced eating, keeping active and prioritising sleep, all of which contribute to a positive mental space. Nature is a nourishing bonus!

With access to groups like Beyond Blue and Black Dog Institute online, communities can continue to receive the support, guidance and information needed to be mindful of mental health.

Feel free to visit Black Dog Institute and Beyond Blue websites for more information:

- <https://www.blackdoginstitute.org.au/resources-support/well-being/>
- <https://www.beyondblue.org.au/the-facts/what-is-mental-health>



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# A plan that works

**By DUNCAN EVANS**

ANGELA Larose, the proprietor of Essential Body Personal Training, has intimate experience with the benefits that exercise and good nutrition can deliver.

She was inspired to open her business in 2009 after successfully battling cancer.

“I am a cancer survivor. And I felt because I was fit and healthy, I was in a good position to be prepared for the battle ahead of me.”

Ms Larose combines a fitness program with a nutrition program, which is available online.

“The plan works, as long as people are prepared to make the commitment.”

“It’s available online with a full menu that allows you to make changes to suit your preferences.”

“There’s no need to count carbs.



Angela Larose

All the hard work is done for you. All you have to do is choose what recipes you prefer. Plan your menu, and at the end of the week, you just print out a shopping list, it tells you exactly what you need down to the last gram.”

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at 136 kg. Over a 12-month period, using the ultra-lite plan, the client lost 63 kg.

More recently, another lady over 150 kg lost 16 kg in her first four weeks.

“I’ve been an ultra-lite practitioner for the last 11 years and I’ve witnessed a lot of transformation,” Ms Larose said.

“Ultra-lite is an easy, accessible program. Everything is sent to you. You have weekly contact with your ultra-lite practitioner. If you live within the vicinity, you came come in and have a face-to-face. If not, we do a phone call or a zoom. The most important thing about weight loss is having accountability.”

For further information, contact Angela Larose for an obligation-free consult

- Email: [Angela.larose@essential-bodytraining.com.au](mailto:Angela.larose@essential-bodytraining.com.au)
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## Support for all life stages

BUSY mum of three, Ciara didn't think much when she started experiencing irregular periods. It wasn't until she felt irritable and fatigued when her period began getting significantly heavier, that she knew she needed to seek medical advice.

When she visited her local reproductive and sexual health clinic, she was diagnosed with perimenopause.

"I felt like I was going crazy and menopause was the furthest thing from my mind. Frankly, I thought I was too young at 42!" Ciara said.

Like Ciara, many people ignore changes to their bodies, often playing it down because of their busy schedules. However, it is important

to know your body well and to seek advice as soon as you start to notice unusual changes. Identifying signs and symptoms and seeking advice early is the best prevention for a range of issues.

Like many living in a country town, rural and remote Queenslanders continue to experience barriers in accessing a range of services and information specific to reproductive and sexual health areas. Ciara managed to access one of True Relationships and Reproductive Health's (True) Outreach Clinics – a service where expert clinicians in reproductive and sexual health travel to 15 rural and regional locations across Queensland throughout the year –

as far east as Agnes Waters and as far west as Quilpie.

"I was lucky that I booked into the local ladies' clinic that comes to town," Ciara explained. "I would have been too embarrassed to talk about my issues with my normal GP."

"They were great – and it felt good to know I wasn't going crazy! I didn't feel like I had to argue about my personal needs."

Along with its five permanent locations, one of which is based in Rockhampton, True responds to the needs of the community through inclusive and supportive clinics that are available face-to-face as well as over the phone, and

offers services in languages other than English.

Business Manager of Clinical Services and Operations at True, Sharon Stokell said, "Our clinicians can help a diverse range of people no matter their stage of life, we support all people with menstruation problems, contraception or sexual health concerns, we offer pregnancy advice, and also provide care for more complex gynaecological issues such as endometriosis. We also offer allied health services such a pelvic pain physiotherapy for a more integrated experience for our clients."

To learn more about True's Clinics, contact 07 4927 3999 or go to <https://www.true.org.au/clinic>.

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[true.org.au](http://true.org.au)

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Hillcrest’s orthopaedics team includes physiotherapists.

# Responding to hip and knee pain

HIP and knee pain can be quite common, particularly with age, so it’s good to know what potential solutions may be.

Hillcrest Rockhampton Private Hospital physiotherapist Carmela Birch said hip and knee pain can occur for many reasons including trauma, injury, degeneration or abnormal movement patterns.

“People can get knee pain because of an issue in an adjacent joint, for example if the ankle is very stiff the knee will compensate and pain may result because of the additional load on the knee,” she said, adding if it is treated early, this may reduce any long term damage.

Ms Birch suggests if pain persists beyond a couple of days or affects ability to move, it can be a sign something needs to be addressed – so it can be worth a visit to a GP or a physiotherapist.

“We can do a full body assessment, including movement analysis and orthopaedic testing to figure out the cause of the pain, rather than just treating symptoms.”

Hillcrest orthopaedic specialist Dr James Roche said while physiotherapists were often a patient’s first port of call, if hip and knee



Dr Rishi Kaushal (L) and Dr James Roche (R) demonstrate the Mako robot for joint replacement.

problems persist and impact activities of daily life, a specialist referral may be required.

Dr Roche said while joint pain in younger people may be acute as a result of a sporting injury, in older people the pain tends to be degenerative joint disease like arthritis and influencers may include a previous trauma, family history or overuse.

Orthopaedic specialist Dr Rishi Kaushal said joint pain management options may include things

like physical therapy, weight loss and anti-inflammatories. If such options are maximised and symptoms persist, surgery may be considered.

He said it’s important that people know what to expect, how to prepare for surgery and what to do afterwards.

“Patients need to have realistic expectations after joint replacement – and avoid high impact activities to maximise the life span of a prosthetic joint for 20 years plus.

It’s a quality of life operation: usually the joint pain goes away and function vastly improves as a result.”

In September, Hillcrest Rockhampton Private Hospital invested in a two-million-dollar robot offering orthopaedic surgeons an additional treatment option to carry out knee and hip replacements.

Dr Kaushal said the robotic assistance helps him plan and precisely carry out these operations.

“A special CT scan allows us to build a 3D model of the knee and implant positioning can be planned and then tweaked in theatre based on the soft tissue balance. It’s not disrupting the soft tissues as before, so it protects important structures like ligaments,” he said.

Dr Roche said Hillcrest has orthopaedic patients come from far and wide including Longreach and Bundaberg – especially now that it has robotic surgery options, which were previously only available in South East Queensland.

Hillcrest has Specialist Centres in Gladstone and Emerald to give locals easy access to orthopaedic specialists for pre- and post-operative care.





# Quality Health Care close to home

Hillcrest Rockhampton Private Hospital is part of Ramsay Health Care, one of the world's largest private health care companies, with our highest priority being our performance in patient safety and quality care. Our team is skilled in surgical, medical and mental health. Services include orthopaedics, urology, gynaecology and IVF, ophthalmology and oral surgery, bariatric weight loss surgery – and more. Several of our specialists also consult in Emerald and Gladstone, to support pre and post operative care.



Orthopaedic expertise across a wide range of sub-specialties – from complex hip and knee surgery to joint replacement, sports injury and trauma. We also offer robotic assisted knee and hip replacement and are supported by an expert team, including physiotherapists.



General Surgery – from breast and skin cancer surgery to hernia repair, colorectal, colonoscopy and gastroscopy. Our endoscopy CAD EYE technology utilises artificial intelligence to help our specialists detect and characterise lesions or polyps in the lower gastrointestinal tract.



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## Ask your GP for a referral.

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# Healthy recipe ideas



Balsamic beef salad

## BALSAMIC BEEF SALAD

### Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon wholegrain mustard
- 500g lean beef, trimmed of fat
- 2 tablespoons freshly squeezed orange juice or unsweetened orange juice
- 4 cups (150g) mixed salad or baby spinach leaves
- 420g can cannellini beans or butter beans, rinsed and drained
- 2 Lebanese cucumbers, sliced into half moons
- ½ red onion, peeled and finely sliced
- ½ cup (80g) drained fat-free semi-dried tomatoes, chopped

### Method

1. Combine balsamic vinegar and mustard together in a cup. Pour half the mixture into a non-metal dish. Add beef, turning to coat with the marinade - refrigerate beef for as long as time permits, from 30 minutes to overnight.
2. Add orange juice to remaining vinegar mixture, cover and refrigerate.
3. Spray a griddle or large non-stick frypan with oil and place on medium to high heat.
4. Drain beef well and discard marinade. Grill for 3 minutes each side or until cooked to your liking.
5. Remove from heat, cover and set aside to rest for 3 minutes before slicing thinly.
6. Place salad leaves, beans, cucumber, onion and tomatoes in a large bowl. Pour over orange juice dressing and toss to combine.
7. Top with sliced beef and serve immediately.

## CREAMY VEGETABLE CURRY

### Ingredients

- olive or canola oil spray
- 1 large onion, peeled and diced
- 2 cloves garlic, crushed
- 1 tablespoon garam marsala
- 1 teaspoon turmeric
- 1 small eggplant, cut into 2cm cubes
- 400g sweet potato, peeled, cut into 2cm cubes
- ½ cauliflower, cut into florets
- ¾ cup salt-reduced chicken or vegetable stock
- 150g green beans, trimmed, cut into 5cm lengths
- 400g can chickpeas, drained and rinsed
- 400mL can coconut-flavoured evaporated skim milk
- 16 small plain pappadums (8cm diameter), to serve
- ½ cup chopped coriander, to serve



Creamy vegetable curry

### Method

1. Spray a large non-stick saucepan with oil and place on medium to high heat.
2. Cook onion for 3 minutes, stirring occasionally. Add garlic and spices and stir 1 minute until fragrant.
3. Add eggplant, sweet potato, cauliflower and stock to the pan; mix well.
4. Bring to the boil then reduce heat to medium. Simmer covered for 12 minutes, until vegetables are just tender.
5. Add beans, chickpeas and milk; increase heat to return to the boil.
6. Reduce heat and simmer gently uncovered for 5 minutes, until beans are tender but still bright green.
7. Place 8 pappadums around the edge of a microwave-safe dinner plate and cook on high (100%) for 60 seconds, until puffed and crisp.
8. Set aside and repeat with remaining pappadums.
9. Serve curry in bowls topped with coriander and pappadums.

# Trusted medical centre

WANDAL Medical is more than your traditional medical centre, treating patients like family or close friends.

Located at 54 Baden Powell St, the mix-billing general practice (less than 10 minute consults are bulk-billed) has been in the area for more than 40 years and is currently operated by Dr Priyanta Thotagamuwa, who is a fellow in anti-aging and metabolic medicine.

Dr Thotagamuwa and his staff practice integrative and anti-aging medicine as well as conventional GP practices, dealing with a variety of ailments from chronic physical pain to mental health using a holistic approach.

The GP team's services include: ordinary GP consultations; management of chronic diseases where there is no clear diagnosis; male and female hormone problems;



Dr Priyanta Thotagamuwa from Wandal Medical.

thyroid and other hormonal issues; chronic tiredness; diabetes; chronic kidney disease; autoimmune disorders; gut problems; weight issues; ongoing mental health issues and many more.

“At Wandal Medical Centre, we're a dedicated team of doctors and medical professionals who truly care about you and your family's health and wellbeing.

“As a bulk-billing medical centre in Rockhampton, all our standard appointments – i.e. GP consultations which fall within the allotted 10 minutes – are bulk-billed, while care plans, including chronic disease management and mental health, child immunisations and elderly health assessments are free.

“During your GP consultation, we'll discuss which options are best for you, ensuring that we explore all avenues to help you feel healthy and well once again.

“As we're wholly patient-centric and focused, we consult with you at every stage of your treatment to ensure you're satisfied with the process. And as a family medical centre, we welcome patients of all ages.”

Wandal Medica takes a holistic approach to health designed to consider natural and traditional routes to recovery and has also

adopted an integrated approach to anti-aging.

“Anti-aging medicine is an important part of so many Rockhampton residents' lives, which is why it's an important part of our approach as a medical practice,” Dr Thotagamuwa said.

“Our GP is fully trained and experienced in administering anti-aging medicines, whether that's a natural remedy or a scientifically proven pathway to reducing the effects of age-related chronic health issues.”

If you're interested in metabolic medicine, natural balancing therapies, holistic health, anti-aging or Wandal Medical Centre's integrated approach, call (07) 4927 4411 or 4927 4688 today.

For more details and case histories please visit: [www.wandal-medicalcentre.com.au](http://www.wandal-medicalcentre.com.au)



## Wandal Medical Centre

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- Uncontrolled diabetes
- If you have one or more of the above, we may be able to help you with our detailed alternative medical assessment and natural therapies.







# Staying healthy in winter

IF you're relocated to beautiful Central Queensland from down south you might not think it's very cold, but there's definitely a nip in the air this time of year.

Below we've listed some key things you can do to stay healthy throughout a Queensland winter.

## Protect yourself from the flu

It's not too late to get your flu shot.

After you get the flu vaccine, it takes about two weeks for your body to build up immunity to the vaccine strains it includes.

Getting a flu vaccine doesn't guarantee you won't get sick, but it gives you the best chance of not getting the flu, ending up in hospital with severe flu, or passing it

on to those most at risk of getting seriously ill.

## In addition, you can protect yourself and stop the spread of flu this winter by:

- staying at home when you're sick
- washing your hands regularly and before preparing food
- using a tissue or the inside of your arm when coughing or sneezing
- throwing tissues away immediately after use and washing your hands
- not sharing cigarettes, cups, lipstick, toys or other objects that come in contact with the mouth or nose



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- and regularly cleaning surfaces that are touched often, like door handles, taps, tables, benches and fridge doors.

**Be mindful of the sun**

When there’s a chill in the air, it can be tempting to lie out in the sun and let its rays warm you up.

But regardless of the time of year, harmful ultraviolet radiation (UVR) is still present in Queensland’s trademark sunshine, with moderate and high levels measured across much of the state even during winter. Follow the five steps ‘Slip, slop, slap, seek and slide’ to make sure you’re protected.

You might think that you need to seek extra sun in winter to get enough vitamin D, but this isn’t the case and could see you exposed to dangerous levels of UVR. Most Queenslanders already get enough sun exposure to maintain healthy vitamin D levels from regular outdoor activities, like walking to the bus or gardening, and don’t need to deliberately get any extra sun on their skin.



**Remember to hydrate**

While hydration might be on your mind while you sweat it out in summer, it’s important to keep

sipping water in winter, too. Make sure you drink enough water every day, and take extra care after exercise or when spending time in dry, heated environments.

**Cook some healthy comfort food**

As the temperature drops, warm, hearty meals start to sound extra appealing. The good news is it’s easy to make warming comfort food at home that will provide some winter cheer and keep you healthy and happy at the same time.

Look for some healthy recipes on Page 10.

**Get your vitamins from fruit and veg**

You might think that popping a few extra vitamin C tablets will help protect you from winter germs, but a healthy diet is the best foundation for maintaining a healthy body.

Fruits and vegetables contain not only vitamins, but minerals and phytochemicals (plant chemicals), that all work together to provide great benefits for your body, including your immune system. They can also be a great source of fibre and water.

Find out what fresh produce is in season in winter, and make a goal to eat five servings of vegetables and two of fruit each day.

- Source: Queensland Health



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- Microdermabrasion



# Training your mind for positivity

By SEAN FOX

THERE are plenty of ways to maintain a positive body image; it is all a mindset, training your mind to stimulate positivity.

The Butterfly Foundation endorses self-love for everyone, and has produced six tips to help you remain grateful for who you are.

- Focus on what your body can do;
- Question what you see in the media such as magazines;
- Unfollow people who make you feel negatively about yourself;
- Say thank you for being who you are;
- Focus on your good qualities;
- Hang out with positive people.

Meanwhile, Kids Helpline has provided some helpful tools for the younger generation to adopt, which can also relate to people of all ages. It is vital to see yourself as



Keeping a positive mindset will influence your body image. Talk with your doctor if needed.

you really are (without the physicalities), changing your body image starts with changing the way

you think and feel about yourself. It's important to learn to love and respect your body for all it can do.

Focus on the many positive influences your body has on your everyday life, and each of the functions it can perform for you such as laughing, breathing and thinking. Try not to compare yourself to people in magazines as they're often changed to look perfect which isn't reality.

Try your best to adopt a mindset which understands you are much more than how you look. So take up activities that make you feel great, or ones that you are good at. It will also make you feel positive about yourself if you are surrounded with people who are accepting of their bodies as this will encourage you to do the same. Finally, catch those thoughts which tell you negative things about your body and replace them with positive ones, it will make a wealth of difference. Take care and look after yourselves.

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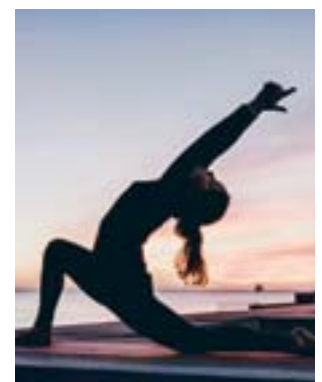
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## Tips for getting fit

STAY positive and have fun. A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.

Take it one step at a time. Small changes can add up to better fitness. For example, walk or ride your bike to school or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use the stairs instead of taking the elevator or escalator.

Get your heart pumping. Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basketball, running, or swimming.



There's a substantial link between practicing yoga and exercising mindfulness.

Don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.

<https://www.healthychildren.org/>



# Fresh fitness start

PCYC Gladstone 24 hour gym is the ideal place to begin or make a fresh start on your fitness journey.

Our gym is well equipped, spacious and open 24 hours a day seven days a week so you can train when it suits your lifestyle.

Our facility is safe, welcoming, well maintained and suitable for all levels of fitness. Whether you are new to exercising in a gym or have been training for years our gym and staff welcome and support our members to achieve their fitness goals.

We care about our gym members and our community and have recently introduced our Gym Fundamentals feature. This offers our gym members personal support and advice from our gym staff on how to get the most out of your time training so you achieve your fitness goals and train safely.

Plus, a benefit of training at



PCYC Gladstone is that your gym membership supports us to give back to the community through our activities and programs building a safer healthier community. Make a fresh start with us now!



PCYC Gladstone 24 hour gym staff members like Abbie offer members personal support and advice.

**Trainers on site**

# 24/7 GYM

- No lock in contract
- No joining fee
- Group Fitness included

**Join Now**

**PCYC Gladstone** [gym.pcyc.org.au](http://gym.pcyc.org.au)

**CQ***Today*



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