



Lifespan News

ISSUE 5

Sept 2006

Spring is here at last—and with it a season of renewal and growth (as well as the season for sneezing). So if you have been unwell during the Winter or let your exercise or walking slip read on for Lifespan's calendar of events guaranteed to get you motivated to 'Live Your Best Life'.

City To Bay

Yes folks we are finally going to do it! Lifespan has entered a team for the big day—17th September and we're all in training. We will be having a 'staggered' team and probably all be staggering by the end. We have planned our team so that people of all abilities will be able to participate and everyone is welcome to join us at the Beach Hut for a celebratory post race champagne picnic.

*Remember—
the difference between
the impossible and the
possible lies in a per-
son's determination.*

Bone up on calcium

The National Health and Medical Research Council (NHMRC) has released a new recommended daily intake (RDI) for calcium, for Australians aged over nine. We are now advised to consume 1000-1300mg of calcium per day—an extra 300mg per day. A review by the NHMRC found that more than half of Australian women and children consumed less than 50 per cent of the old calcium RDI. Increasing your intake helps maintain strong bones and teeth, and prevent osteoporosis.

Age (years)	New calcium RDI (mg/day)
Children 1-3	500
4-8	700
Boys 9-11	1000
12-18	1300
Girls 9-11	1000
12-18	1300
Women 19-50	1000
50+	1300

"Enjoy an extra serve of dairy each day," says Dairy Australia dietitian, Maree Gar-side. "A glass of milk, a tub of yoghurt or two slices of cheese each provide around 300mg of calcium." Dairy foods are rich in readily-absorbed calcium.

N.B. remember our lecture dates in October/November for Better Bones

MOVE IT OR LOSE IT



If you're an arthritis sufferer and you shy away from exercise, think again.

According to Lyn March, Associate Professor of Rheumatology at the University of Sydney, exercising in cold conditions actually relieves arthritic symptoms.

Hibernating only aggravates the condition, March says—you need to keep moving to prevent joints from "rusting". Considering ice-packs are often used as an anti-inflammatory, exercising when it's cold makes sense if you have inflamed joints.



TIPS

For a pain free workout:

Try taking an analgesic, such as **paracetamol** before you exercise, but check with your doctor first for any contraindications with other medications you're taking.

Topical anti-inflammatory gels can also be effective.

Dress wearing **layers** you can easily remove.

See a **physiotherapist** who can give you appropriate stretches to practise at home.

Supplements, such as **glucosamine**, can also help.

N.B.: **GLUCOSAMINE CREAM** is now available at our Practice. See our products shelves or ask Dean.

PRODUCTS FOR SALE

Our shelves in the reception area are now housing many products which may be helpful to you. Please ask any of us for information on any of the products below.

BETTER BREATHING PRODUCTS

Acapella breathing device; Flutter breathing device; peak flow meters; spacer devices; videos on using flutter and Acapella; triflo device; inspiratory muscle trainer;

BETTER BONES PRODUCTS

Osteoporosis manual; hip fracture protectors; arm and leg weights; theraband and theratube;

GENERAL FITNESS AND HEALTH

Pedometers; stop watches; polar heart rate monitors;

PAIN RELIEF

Back support cushions; pillows; support collars; back supports; wrist braces; **Glucosamine Rapid cream**—excellent for sore joints and arthritis

SUPPLEMENTS

Osteopatite Plus—Calcium supplement; **BENESTAT COUGH MIXTURE**—for relief of cough and symptoms of cold and flu; Ultra Muscleze; ChandroCare for joints; Vitamin 'C' Powder and Capsules; Coenzyme Q10 for maintaining cardiovascular health.

CLIENT CORNER

Congratulations to Ted Bray who submitted the best caption for the photograph in our last newsletter. Hope you enjoyed your prize.

Our best wishes to Rosemary Carter, Val Lancaster, Barbara Haugaard, Lina Attana, Bill Bruce and Ted Bray all of who have had a recent hospital admission. We wish them all a speedy recovery.

DIARY DATES
EDUCATION SESSIONS 2006

24th August	Managing Your Medications
5th September	Aids for Daily Living
25th September	Natural Therapies & What They Can Offer
9th October	Skills for Relaxation
23rd October	Osteoporosis Management
13th November	Avoiding Falls and Fractures
27th November	Balance Exercise

DIARY DATES

17th September	City to Bay " Lifespan Fun Walk"
19th October	World Osteoporosis Day
2nd November	Lungnet Seminar
4th November Saturday	Lifespan's GRAND PRACTICE OPENING AFTERNOON TEA 3.00—5.00 p.m. ALL WELCOME
16th November	World COPD Day
14th December	Rehab Christmas Party

HEALTHY LIVING EASE THE SNEEZE

It's hay fever season and 2 in five Australians suffer from allergic rhinitis (hay fever) - an allergic reaction to airborne pollen. The immune system mistakenly identifies pollen as harmful and starts producing a chemical called histamine which causes a runny nose, watery eyes and general itchiness.

At a recent Lifespan talk given by pharmacist Robyn Johns, she recommended that people with asthma should increase their preventer medications before the hay fever season begins if they have seasonal hay fever and/or supplement with corticosteroid nasal sprays such as "Rhinocort" or "Beconase".

Other decongestant nasal sprays such as FESS or Narium should be tried first since the saline solution moistens the membranes and washes out the sinuses without causing irritation or rebound swelling.

LAUGHTER THERAPY

3 sisters, aged 92, 94 and 96 lived together. One night the 96 year old draws a bath. She puts one foot in and stops "Was I getting in the bath or out" she yells. The 94 year old calls back "I don't know, I'll come and see". She starts up the stairs, pauses halfway and shouts, "was I going up the stairs or coming down." The 92 year old is sat at the kitchen table, listening to her two sisters. She shakes her head and says, "I sure hope I never get that forgetful" and knocks on wood for luck. She then yells, "I'll come up and help both of you as soon as I see who's at the door."

PRACTICE STAFF

JOYCE REID (Principal)
MCSP, CSP, B Ed., Dip T.P.
Rehabilitation, individual gym con-
sults, home visits

FENG TAM (Senior Associate)
B. App. Sc. Physio
Hospital and Rooms consults.

RACHEL SCHULZ (Senior Associate) B.
App. Sc. Physio
Rooms consults, rehabilitation, home
and hospital consults.

WEEKEND & LOCUM STAFF

BEN HODGSON (Associate)
Hospital Consults

JAMES DAVIES (Associate)
Hospital Consults

ADMINISTRATION/RECEPTION

DEAN LOADES

ISLA REID-DICKS

NATUROPATH

JOHN BRESLAND
ND Dip. App. Sc. Ac. DBM

PRACTICE HOURS

Monday	8.45 a.m. —6.00 p.m.
Tuesday	8.45 a.m. —6.00 p.m.
Wednesday	8.45 a.m.— 5.00 p.m.
Thursday	8.45 a.m.— 6.00 p.m.
Friday	8.45 a.m.— 5.00 p.m.

AFTER HOURS & EMERGENCY

Our Practice is on call every night for Hospital Emergencies. However, if you are in severe pain or require respiratory physiotherapy please call.

REHABILITATION CLASS TIMES

Monday	9.30 am	Joyce
	10.30 am	Joyce
	11.45 am	Rachel
Tuesday	10.00 am	Joyce
	12.45 pm	Rachel
	1.45 pm	Rachel
Wednesday	11.00 am	Joyce
Thursday	10.00 am	Joyce
	12.45 pm	Rachel
	1.45 pm	Rachel
Friday	11.00 am	Joyce

We now have a self booking process for our classes so make sure you write your name in for your next class to ensure your booking.

STAFF CORNER

In July John Bresland our Naturopath presented to our rehab groups a talk about food and nutrition. John provided a wealth of information about necessary vitamins and minerals and which foods contain these, as well as some good old fashioned tips for nutritious meals.

Look out for his next talk in September on Natural Therapies and What They Can Offer.