

# NEWSLETTER AUGUST 2017



## REGULAR PROGRAMS

All members of the community are invited to participate in the following health promotion programs – for more information or to make a booking please ring the Centre on 5155 9222.

### 'FOOD, FRIENDSHIP & FUN' LUNCHEON

**14<sup>th</sup> & 28<sup>th</sup> Aug.** You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for the meal for eligible people is \$8 / others - \$15.** Bookings are essential by the Thursday prior to the lunch. ALL WELCOME.

Program partner: Dep. of Health & Human Services & the Buchan Hotel.

### HEALTHY HEART WALK – Facilitator: Grace Davis

Classes will not be held during August.

### EXERCISE & RELAXATION PROGRAM

**Facilitator: Grace Davis**

Classes will not be held during August.

### SCRAPBOOKING

Sunday 13th August at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 9<sup>th</sup> August.



### **Hearing Clinic Available – Wednesday 2<sup>nd</sup> August, 2017** **Concerned about your hearing? Already have a hearing aid?**

Reserve your **free** hearing check at the Buchan Bush Nursing Centre.

**Book in for a free** hearing aid health check.

**Book early – limited appointments available.**



### ***SPOT CHECK CLINIC - Dr. Anthea Tan***

***Friday 4th August, 2017 – 10am onwards***

***In partnership with the Orbost Medical Group, a 'SPOT CHECK' Clinic will be offered at the Bush Nursing Centre.***

***Appointments are essential and can be made by phoning the Centre on 5155 9222.***

***This Clinic is for Spot Checks only  
– no other medical issues will be addressed on this day.***

### MEDICATIONS

If you have any unused or expired medications you can bring them to the Bush Nursing Centre for correct disposal.



The Committee of Management and staff would like to thank the Buchan Rodeo Committee and all their volunteers for their donation to the Centre of \$3,000.

President Kevin Woodgate presenting cheque to Anne Brewer



URGENTLY WANTED for fundraiser – small jars for home-made marmalade.

Thank you once again to Heather Gissing for her yummy home-made marmalade, now available at the Centre for \$4 - 5 a jar.

## DATES FOR THE MONTH

*Dr. Pradeep – Wed. 9<sup>th</sup> August &  
Dr. Tan – Fri. 4<sup>th</sup> August (Spot  
Check only) & Wed. 30<sup>th</sup> August  
Appointments 5155 9222*

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*Maternal & Child Health—  
Appointments 5152 0052*

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*Immunisation— Anne Brewer  
Appointments 5155 9222*

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*Pathology—Wed. & Fri. am.  
Appointments 5155 9222*

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*Women's Clinic –To be advised  
Appointments 5155 9222*

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*'Neatfeet' Footcare —  
Mon. 28<sup>th</sup> August*

*Appointments 5155 9222*

### **EMERGENCY NUMBERS**

***Police / Ambulance / Fire—000***

***Buchan Police—5155 9268***

***Buchan Bush Nursing Centre—  
5155 9222—Bus.Hrs.***

***Gelantipy Bush Nursing Centre  
—5155 0274***

***Hospitals—***

***Bairnsdale 5150 3333***

***Orbost 5154 6666***

***National GP Helpline***

***1800 022 222***

***Nurse-on-Call 1300 606 024***



***For all EMERGENCIES  
RING 000***

***then for medical emergencies  
you may ring a nurse and if  
available they may respond.***

***Out of Hours Procedure  
Nursing staff are not obliged to  
be available outside normal  
opening hours but in the event  
they are able to respond to an  
emergency then all workplace  
entitlements will apply.***

**BBNA Newsletter is on the Buchan Community Website: <http://buchan.vic.au>**

## **Cholesterol**

Cholesterol is a type of fat that is part of all animal cells. It is essential for many of the body's metabolic processes, including the production of hormones, bile and vitamin D. However, there's no need to eat foods high in cholesterol. The body is very good at making its own cholesterol – you don't need to help it along.

### **Cholesterol is important**

Cholesterol is produced by the liver and also made by most cells in the body. It is carried around in the blood by little 'couriers' called lipoproteins. We need a small amount of blood cholesterol because the body uses it to:

- build the structure of cell membranes
- make hormones like oestrogen, testosterone and adrenal hormones
- help your metabolism work efficiently, for example, cholesterol is essential for your body to produce vitamin D
- produce bile acids, which help the body digest fat and absorb important nutrients.

### **Safe blood cholesterol levels**

Health authorities recommend that cholesterol levels should be no higher than 5.5 mmol per litre if there are no other risk factors present. If there are other cardiovascular risk factors such as smoking and high blood pressure or pre-existing cardiovascular (heart) disease, then the aim for the LDL levels would be less than 2 mmol/l. Approximately half of all adult Australians have a blood cholesterol level above 5 mmol/l. This makes high blood cholesterol a major health concern in Australia.

### **Effects of high cholesterol levels**

The liver is the main processing centre for cholesterol and dietary fat. When we eat animal fats, the liver transports the fat, together with cholesterol in the form of lipoproteins, into our bloodstream.

Too much cholesterol circulating within LDL in our bloodstream leads to fatty deposits developing in the arteries. This causes the vessels to narrow and they can eventually become blocked. This can lead to heart disease and stroke.

### **Foods that contain cholesterol**

The cholesterol in your diet comes mainly from eggs and from animal products that are rich in fat such as meats and full fat dairy foods. All foods from animals contain some cholesterol. Foods from plants do not contain cholesterol.

### **Dietary tips to avoid cholesterol**

The most important thing you can do to reduce your cholesterol level is to maintain a healthy lifestyle. You should try to:

- Increase the amount and variety of fresh fruit, vegetables and wholegrain foods you have each day.
- Choose low or reduced-fat milk, yoghurt and other dairy products or have 'added calcium' soy drinks.
- Choose lean meat (meat trimmed of fat or labelled as 'heart smart').
- Limit fatty meats, including sausages and salami, and choose leaner sandwich meats like turkey breast or cooked lean chicken.
- Have fish (fresh or canned) at least twice a week.
- Replace butter and dairy blends with polyunsaturated margarines.
- Include foods in your diet that are rich in soluble fibre and healthy fats, such as nuts, legumes and seeds.
- Limit cheese and ice cream to twice a week.

Other 'storage' fats that are transported in blood lipoproteins include triglycerides. When present in high concentrations in the blood, this fat is also a risk for heart attack. Some foods will affect the cholesterol level or the triglyceride level and some will affect both.

*Information: Better Health Channel*

## **AUGUST 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>1</b>	<b>2</b> Pathology Hearing Clinic	<b>3</b>	<b>4</b> Pathology Spot Check Clinic	<b>5</b> ODFNL 1 <sup>st</sup> Semi Final at Swifts Creek	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b> Pathology Doctor's Clinic	<b>10</b>	<b>11</b> Pathology	<b>12</b> ODFNL 2 <sup>nd</sup> Semi Final at Swan Reach	<b>13</b> Scrapbooking
<b>14</b> 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	<b>15</b>	<b>16</b> Pathology	<b>17</b>	<b>18</b> Pathology	<b>19</b> ODFNL Prelim. Final	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> Pathology  CoM Meeting	<b>24</b>	<b>25</b> Pathology	<b>26</b> ODFNL Grand Final	<b>27</b>
<b>28</b> Footcare 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	<b>29</b>	<b>30</b> Pathology Doctor's Clinic	<b>31</b>			