

# NEWSLETTER SEPTEMBER 2018



## 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

**10<sup>th</sup> & 24<sup>th</sup> September.** You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **For both lunches the client contribution 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 and Buchan Caves Hotel.

### HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> September from 8am – 9am. No cost. Meet outside Caves Reserve Information Centre.

### SCRAPBOOKING

Sunday 23<sup>rd</sup> September at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 19<sup>th</sup> September.

The **ANNUAL GENERAL MEETING** of the Buchan Bush Nursing Association will be held at 6pm. on Wednesday 17th October 2018 at the Buchan Hotel. All residents are encouraged to attend, however, only financial members of the BBNA have voting rights and are eligible to be elected to the Committee of Management. Nomination forms are available at the Centre. More details in the October newsletter.

### National Stroke Week – Monday 3<sup>rd</sup> to Sunday 9<sup>th</sup> September, 2018

Every step counts towards a healthy life. This year, Stroke Foundation is encouraging Australians to discover how easy it is to fit healthy habits into their day and do their part to prevent stroke. It's estimated that more than 80 percent of strokes can be prevented simply by managing risk factors and living a healthy lifestyle. There are some risk factors for stroke which can't be prevented like age, family history and prior stroke. If you're male, your risk is also higher. There are two ways to approach this: first by talking to your doctor and secondly by taking ownership of your own health. Take charge of your own health: eat well; stay active; be smoke free; moderate alcohol intake; visit your doctor for a health check to help manage blood pressure, type 2 diabetes and atrial fibrillation (irregular heart beat). Visit Stroke Foundation Website for more information.

### An orange a day keeps eye disease away

There's more to oranges than meets the eye — or in this case, eye diseases.

Oranges have always been known for their Vitamin C and health benefits, but a new study has shown that people who regularly eat oranges are less likely to develop macular degeneration. Researchers at the Westmead Institute for Medical Research interviewed more than 2000 Australian adults aged over 50 and followed them over a 15-year period.

The research showed that people who ate at least one serving of oranges every day had more than a 60% reduced risk of developing late macular degeneration 15 years thereafter. *Australian Hospital & Healthcare Bulletin*



## DATES FOR THE MONTH

*Dr. Tan – 5<sup>th</sup> & 26<sup>th</sup> September  
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 –  
Wed. 17<sup>th</sup> Oct.*

*Appointments 5155 9222*

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*'Neatfeet' Footcare —  
Mon. 3<sup>rd</sup> & 17<sup>th</sup> September  
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>**

## Magnesium

Magnesium is an essential mineral. Without magnesium we could not produce energy, our muscles would be in a permanent state of contraction, and we could not adjust the levels of cholesterol produced and released into the blood stream. Magnesium ions regulate over 300 biochemical reactions in the body through their role as enzyme co-factors. They also play a vital role in the reactions that generate and use ATP, the fundamental unit of energy within the body's cells. It is obtained from food, absorbed in the gut and used in almost all tissues of the body, especially nerves. In 2011-12, one in three people aged two years and over (37% of males and 34% of females) did not meet their requirements for magnesium.

### What causes magnesium deficiency?

- A diet low in magnesium
- Some health conditions such as type 2 diabetes or digestive problems
- Over three dozen prescription medications interfere with magnesium absorption and retention in the body, including some antibiotics, diuretics, allergy and asthma medications, medicines for ulcers or reflux and chemotherapy treatments.
- High alcohol intake increases the excretion of magnesium to the kidneys
- Stressful conditions require more magnesium use by the body. This includes psychological and physical forms of stress ie surgery, burns, chronic disease.

## Magnesium deficiency symptoms

Magnesium deficiency can cause: loss of appetite; nausea and vomiting; fatigue and weakness; hyper excitability; sleepiness; abnormal heart rhythms; muscle cramps/restless legs; anxiety/stress/irritability and/or migraine/headaches.

It might be involved in: high blood pressure and heart disease; diabetes and/or osteoporosis.

### Magnesium rich foods

The best sources of magnesium are leafy green vegetables, pulses (lentils, soybeans, chickpeas), nuts, seeds and whole grains, spinach and potatoes. If you have a high fat diet, you might absorb less magnesium from your food. Magnesium is absorbed through the bowel, then stored mainly in bone and soft tissues.

### Magnesium supplements include:

Magnesium flakes (Magnesium Chloride) (for use in bath)

Magnesium Oil and Magnesium Cream for topical use  
Magnesium Tablets

Magnesium Powder dissolvable in water

### Sources:

[patient.co.uk](http://patient.co.uk) (Magnesium disorders), [National Institutes of Health](http://NationalInstitutesofHealth.gov) (Magnesium), [Mayo Clinic](http://MayoClinic.com) (Magnesium Supplement (Oral Route, Parenteral Route)), [WebMD](http://WebMD.com) (Magnesium), National Health and Medical Research Council and New Zealand Ministry of Health, 2006, *Nutrient Reference Values for Australia and New Zealand*, <<https://www.nrv.gov.au/nutrients/magnesium>>, last accessed 4/2/2015  
2 Australian Bureau of Statistics, 2014, *Australian Health Survey: Nutrition First Results - Foods and Nutrients, 2011-12*, [Table 10: Proportion of Nutrients from food groups](#), data cube: Excel spreadsheet, cat. no. 4364.0.55.007

## SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Buchan Bush Nursing Association would like to acknowledge the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present.					<b>1</b>	<b>2</b>
						
<b>3</b> Footcare	<b>4</b>	<b>5</b> Pathology Doctor's Clinic	<b>6</b>	<b>7</b> Pathology	<b>8</b>	<b>9</b>
<b>National Stroke Week</b>						
<b>10</b> 'Food, F/ship & Fun' lunch – 12noon	<b>11</b> Healthy Heart Walk 8am–9am	<b>12</b> Pathology	<b>13</b>	<b>14</b> Pathology	<b>15</b>	<b>16</b>
<b>17</b> Footcare	<b>18</b> Healthy Heart Walk 8am–9am	<b>19</b> Pathology	<b>20</b>	<b>21</b> Pathology	<b>22</b>	<b>23</b> Scrapbooking
<b>24</b> 'Food, F/ship & Fun' lunch – 12noon	<b>25</b> Healthy Heart Walk 8am–9am	<b>26</b> Pathology Doctor's Clinic Finance S/C. & COM Meeting	<b>27</b>	<b>28</b> <b>PUBLIC HOLIDAY CENTRE CLOSED</b>	<b>29</b> AFL Grand Final Day	<b>30</b>