



Miranda Medical Centre

November

The weather is warming up, Christmas is nearing and the moustache is coming out, it is time for 'Movember'.

Eleven years ago two gentlemen by the names of Travis Garone and Luke Slattery caught up over a beer and discussed 1970's fashion and the hilarious facial hair styles of their friends. Both men wanted to be a part of this crazy phase, so on Garone's birthday in November they came up with the idea of a competition, set some rules and recruited 30 friends. Movember was born.

Garone stumbled upon a late-night TV commercial about Prostate Cancer and quickly realised he knew nothing about the disease. When conducting research Garone discovered that the statistics for Prostate Cancer were frightening. In 2004 a small organisation was formed, as big brother Adam Garone and friend Justin Coghlan were recruited to turn this trivial competition into a charitable event.

Ten years on and now 21 countries participate in Movember. Movember has collected and distributed over \$579 million for research in prostate cancer, testicular cancer and mental health. The raised money funds over 250 international research clinicians and a global workforce of 130 people. If you would like more information about prostate cancer, testicular cancer, mental health or the event then visit: au.movember.com.

The rules are as follows:

1. Each Mo Bro must begin the 1st of Movember with a clean shaven face.
2. For the Entire month of each Mo Bro must grow and groom a moustache.
3. Don't fake it. No beards, no goatees, no fake moustaches
4. Use the power of the moustache to create conversions and raise funds for men's health.
5. Each Mo Bro must conduct himself like a true gentleman.



573 Kingsway
Miranda, NSW 2228

Mon-Fri: 8am-10pm
Sat-Sun: 8am-8pm

Upcoming Health Events:

Movember

01/11/2014

Lung Awareness Month

1/11/2014

National Psychology Week

9/11/2014

World Diabetes Day

14/11/2014

National Skin Cancer

Action Week

17/11/2014

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conversation on:**

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FOR MORE INFORMATION ABOUT ANY OF OUR HEALTH
SERVICES

CALL (02) 9540 1044 OR
VISIT US ONLINE AT
WWW.MIRANDAMEDICALCENTRE.COM.AU

UNDER THE SPOTLIGHT

Get to know your health professionals



Katie Pennells
MMC Dietitian

My name is Katie Pennells and I am an Accredited Practising Dietitian. As a dietitian I help individuals and families to improve their health, lifestyle and relationship with food.

One of the reasons I enjoy my job is that in today's world we are bombarded daily with "fad diets" and conflicting nutrition information. This leads to many people

"yo-yo dieting" and having a poor relationship with food.

Within my work I find it rewarding to help people stop this cycle of dieting by assisting my clients to understand scientific evidence based on nutrition, hunger/ fullness regulation and how to implement their new found skills and knowledge to suit their lifestyle.

My areas of expertise are weight management (adult/paediatric), emotional/stress eating, insulin resistance, Type 2 Diabetes, high cholesterol, Polycystic Ovary Syndrome, Irritable Bowel Syndrome and the non-diet approach.

It is Safer to Be Proactive

The underlying effects of the sun

International celebrity Hugh Jackman has recently been diagnosed and treated for basal cell carcinoma for the third time this year. According to the Australian Cancer Council, the non-melanoma cancer, 'basal cell carcinoma' is one of the most common cancers in Australia. In 2011 there were 543 deaths from non-melanoma skin cancer.

Skin cancer occurs when skin cells are damaged by overexposure to ultraviolet radiation from the sun. There are a few simple steps you can follow to be proactive and take action:

- Avoid sunburn by minimising exposure when the SunSmart UV Alert exceeds three.
- Seek shade and wear protective clothing and a hat that covers your head, neck and ears.
- Wear SPF 30+ sunscreen and avoid tanning salons

Stay safe this summer and speak to your GP about the diagnostic and treatment options available.

Physiotherapy

Managing pain and helping recovery

Many people are hitting the gym and pounding the pavement in an attempt to get ready for summer, however a sudden increase in physical activity can potentially cause pain and discomfort in your muscles as your body tries to keep up with the new regime.

Miranda Medical Centre provides professional Physiotherapy treatment to help manage pain and assist in recovery. If you have been referred by a GP under an 'enhanced primary care' plan then the service is bulk-billed. Speak to your GP today to see if you qualify.

Don't let muscle pain restrict you from getting fit this summer. If you would like to make an appointment then please phone 9540 1044 or 8525 2046



7 Little Words

1. Chesspiece (6)
2. Four-score (6)
3. Piratical disease (6)
4. Snakes (6)
5. Roller skating waitress (6)
6. Harmless (6)
7. Something to eat (4)

IG	KN	AS	GH
OP	OW	RH	BR
SC	NI	VY	CH
EI	UR	HT	GN
BE	CO	CA	TY

Guessing Competition

In order to support Men's Health Miranda Medical Centre has introduced a guessing competition. A large container of delicious lollies has been placed at the reception desk. With a gold coin donation you are allowed to make a guess as to the amount of lollies in the container. At the end of the month the person with the exact or closest guess will be the winner and can claim the sugary prize.

It is a fun event for a great cause. All proceeds will go directly to the Movember Foundation.

Joke of the Month

