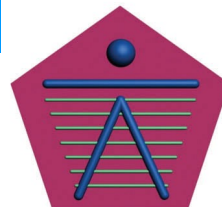


# Perth Diet Clinic



## QUESTIONABLE DIETARY RELATED CONDITIONS - CAN A DIETITIAN HELP?

We live in a world of technology, a world where anything we need or would like to know can be found at the click of finger. This technological



revolution has worked its way into all aspects of our lives, including health. Many people find themselves turning to the internet to 'self-diagnose' or be diagnosed by someone with little or no academic credentials. This can be concerning, but if your research leads you to believe you are suffering from a dietary related condition, take the next step and see what a dietitian can do to help.

Dietitians commonly see patients whom believe something in their diet is causing them unwanted symptoms. Terms such as 'leaky gut' and 'adrenal fatigue' are often mentioned after a well meaning friend, relative, a complimentary and alternative practitioner or internet search highlights the common symptoms of these proposed conditions. Unfortunately, a lot of the time these people have been misguided and misled and they often end up following strict dietary regimens, spending countless money on supplements and getting very little results. This is not to say that the symptoms they are suffering are unwarranted and should be ignored. It is extremely important to consult a doctor if you are suffering any concerning symptoms, and a dietitian if you believe they may be dietary related.

Dietitians are specifically trained to assess diet and symptoms. A dietitian will assess your symptoms and your current dietary regimen. Through this, and quite often the use of a food and symptom diary, a dietitian can assess if there are any dietary related concerns and work with you to reach symptomatic relief.

This may include short or long term dietary modifications or supplementation, but will always ensure you are following a healthy

Diet that encompasses all the important vitamins and nutrients.

If you are suffering from symptoms you believe are dietary related discuss them with your doctor who can refer you to a dietitian.

## E-HEALTH - WHAT IS THE BENEFIT OF HAVING YOUR HEALTH RECORD ONLINE?



eHealth is the new government initiative of an electronically controlled health record system. Essentially it is a system by which your health records will be available online in a secure manner that only yourself and your health professionals can access. You will control the information uploaded onto your eHealth record and you will also control who can access your information. Each individual must register for eHealth and create their eHealth account. You can then add information about your health yourself, or allow your health professionals to do so for you after each consultation.

Currently, every time you visit a health professional notes are made about your visit and are stored with that professional at that practice in either written or data form. This makes it difficult for your health care professionals (doctors, specialists, dietitians, physios) to share information and determine the best treatment. Currently this is done via email, fax or mailed letter and is time consuming and creates delays. By creating your eHealth account you will give your health professionals an immediate access to each others insights, concerns and treatment options.

To learn more about eHealth visit [www.publiclearning.ehealth.gov.au](http://www.publiclearning.ehealth.gov.au)



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## METABOLIC SYNDROME

Metabolic Syndrome, or Syndrome X are both terms used to describe the presence of a number of separate risk factors that combine together in an individual to increase the risk of developing a number of potentially life threatening conditions.

A person is classified as having Metabolic Syndrome if they are exhibiting three or more of the following;

- Abdominal obesity - waist circumference of >94cm in men and >80cm in women
- Hypertension >130/85
- High triglycerides >1.7
- Low levels of 'good' HDL cholesterol <1.03 in men and <1.29 in women
- Type 2 Diabetes (T2D) or Impaired Fasting Glucose (IFG) >5.6

Each of these conditions alone is detrimental to health, but in combination they dramatically increase ones risk of coronary artery, cerebrovascular, and peripheral vascular disease, all of which are potentially fatal. If T2D is not yet diagnosed, the risk of it developing is increased. T2D itself adds to the risk of developing a heart condition and debilitating complications such as blindness, amputations and kidney failure.

Each of these 5 conditions is usually preventable and often reversible, and early diagnosis and treatment, means better outcomes. Dietary and lifestyle changes are key to reducing the risk of developing Metabolic Syndrome. There is no specific diet to prevent Metabolic Syndrome. A healthy diet, low in saturated fats and processed sugars and high in fibre is the key to success.

A diet low in saturated fats (from fatty meats, chicken skin, baked and processed goods for example) and moderate in healthy unsaturated fats (from oily fish, nuts and olive oils for example) will aid weight loss, decrease triglycerides, increase HDL and in turn lower blood pressure. Weight loss itself will help prevent the development of IFG and T2D.

A diet low in sugar and alcohol will also help weight loss, and in turn prevent T2D and IFG.



A high fibre diet has been shown to reduce cholesterol levels, and thus have a positive impact on blood

pressure. High fibre foods are more filling and keep you feeling fuller for longer, so can help with weight loss. In addition, higher fibre foods have a less dramatic effect on blood glucose levels when eaten, so can help to stabilize blood sugar levels in those with IFG and T2D.

In addition to dietary changes, lifestyle changes are important. Beginning an exercise regimen, will be extremely beneficial. 30 minutes or more of exercise each day, whether in one time slot or dispersed throughout the day will help with weight loss, improve blood pressure and improve general fitness and wellbeing. More importantly, exercise induces the release of endorphins which make us feel happy and healthy. Feeling happy whilst getting healthy is all the reinforcement needed to continue the fight against Metabolic Syndrome.

## NUTRIGENETICS GENE TESTING



Our genes influence everything from eye colour to height, but did you know that your genetic makeup also plays a role in determining your appetite, weight and health. Nutrigenetics is the study of how our genes are involved in nutrition, and in turn, how genes effect our weight, tastes, eating behaviours and how we process nutrients such as carbohydrates and fats. It looks at how variations in our genes can explain why two people following the exact same diet could have such different outcomes.

This form of genetic testing is now becoming more widely available and easily accessible. The process involves a simple mouth swab, and the DNA retrieved is then analysed to give you genetic insight into the way you metabolise carbohydrate and fats, your pre-determined eating behaviours, how to optimise your athletic performance, how your body breaks down caffeine and if you are at risk of folate or vitamin D deficiency. This information can then be used by dietitians and other health care professionals to tailor specific diets and training programs to your exact genetic makeup. Advances such as these can help to enhance weight loss and athletic performance and have the ability to predict possible long term health complications, allowing you to change your dietary and lifestyle behaviours now in order to prevent serious future illnesses such as Type 2 Diabetes and Heart Disease.

Keep an eye out on our website for more information in the near future.

## STAR RECIPES

### Ricotta, Spinach, Ham and Asparagus Omelette



Serves - 2

8 trimmed asparagus spears (132grams)  
Olive oil spray (3grams)  
2 lightly beaten eggs (88grams)  
4 lightly beaten egg whites, (132grams)  
Cracked black pepper  
100grams 97% fat free smoked ham  
2 tablespoons extra light ricotta cheese (50grams)  
40grams fresh baby spinach

Fill a bowl with boiling water and insert asparagus for 2mins, drain and set aside

Heat a non-stick fry pan to medium heat and spray lightly with olive oil. Combine eggs and egg whites and season beaten eggs with cracked black pepper. Pour in half the eggs and swirl the pan to coat the base and form the omelette shape. Cook until set. Repeat for second omelette

Remove omelette and add the ham and asparagus to the pan, turning constantly, just to heat through

Place the omelette on a plate and spread with 1 tablespoon ricotta cheese and top with 1/2 the ham and half the spinach leaves and half the asparagus.

Serve immediately

**Nutrients per Serve :**

KJ - 800, Cal - 191, Protein - 25.9g, Fat - 7.1g, Saturated Fat - 2.1g, Carbohydrate - 3.2g, Fibre - 1.5g

### Hoi Sin Chicken Rice Paper Rolls

Serves - 4

600grams skinless chicken breast  
4 tablespoons hoi sin sauce (80grams)  
1 thinly sliced red capsicum (140grams)  
1/2 thinly sliced cucumber (250grams)  
1 large thinly sliced carrot (140grams)  
2 cup thinly sliced Chinese cabbage (140grams)  
4 tablespoons lime juice (80mls)  
1 tablespoon fish sauce (10mls)  
2 tablespoons honey (50grams)  
12 x 22cm rice paper rolls (24grams)

Preheat oven to 180 ° Celsius

Coat chicken breasts in hoi sin sauce, wrap in foil and bake approximately 30mins or until cooked through.

Meanwhile, in a bowl, combine all vegetables, lime juice, fish sauce and honey and mix well to combine.

When chicken is cooked, allow to cool slightly and slice thinly.

One at a time, dip rice paper rolls in a bowl of hot water and lay to dry on a tea towel.

Arrange a portion (divide bowl into 12 portions) of vegetable mix in the centre of the rice paper roll, leaving some room at the bottom to fold up. Top this with a portion (divide chicken into 12 portions) of chicken and roll up rice paper to enclose the filling

Serve with sweet chili dipping sauce if desired

**Nutrients per Serve :**

KJ - 1170, Cal - 280, Protein - 36g, Fat - 3.7g, Saturated Fat - 0.9g, Carbohydrate - 22.5g, Fibre - 2.75g



Visit our web site at

<http://www.perthdietclinic.com.au>

for nutritional information, health and cooking tips and an abundance of recipes

## CONSULTING VENUES AND TIMES

<p><b>WEST PERTH</b>  <b>12-14 Thelma St</b>  <b>Metered Parking in Thelma St</b>  <b>(cul-de-sac)</b>  <b>Approach Thelma via Murray</b>  <b>Street heading into the City).</b></p>	<p>9322-4680  Peggy Stacy  Cathie Frost  Lindsay Peacock  San Tran  Louise McEvoy</p>	<p>Mon to  Fri    Sat</p>	<p>7:00am- 5:00pm    8:00am-12:00pm</p>
<p><b>ATTADALE</b>  <b>Health at 520</b>  <b>520 Canning Highway</b></p>	<p>9322-4680</p>	<p>Wed</p>	<p>2:00pm– 6:00pm</p>
<p><b>LEEMING</b>  <b>South St t Physiotherapy</b>  <b>Suite 12 /73 Calley Drive</b></p>	<p>9322 4680</p>	<p>Mon    Fri</p>	<p>2:00pm– 6:00pm    10:00am 2:00pm</p>
<p><b>WILLETTON</b>  <b>AM &amp; PM MEDICAL CNT</b>  <b>U2/40-46 Rostrata Avenue</b></p>	<p>9322 4680</p>	<p>Tues</p>	<p>2:00pm—6:00pm</p>
<p><b>ROCKINGHAM</b>  <b>Move Well Physiotherapy</b>  <b>24 Pedlar Circuit</b>  <b>(near Bunnings)</b></p>	<p>9322-4680</p>	<p>Thurs.</p>	<p>9:30am-5:00pm</p>
<p><b>PADBURY</b>  <b>Padbury Physiotherapy</b>  <b>2/73 Gibson Avenue</b></p>	<p>9322 4680</p>	<p>Mon</p>	<p>11:00am—6:00pm</p>

**Check us out on the web!**  
[www.perthdietclinic.com.au](http://www.perthdietclinic.com.au)