



Women's Health

Hi from your Health Care Team!

The AMA states: "All women have the right to the highest attainable standard of physical and mental health."

While women and men share many health challenges, they also differ in certain patterns of illness, disease risk factors, and access to and use of health services. These differences are shaped by biological, social and cultural factors. This newsletter describes a number of common health conditions and strategies to help.

Consistently, we are given compliments about the quality, talents and expertise of our team and are often told "you only have great people" and so we are proud to introduce two new team members: Podiatrist Melissa Sandy and Exercise Physiologist Kübra Erdiñç. Both women have great in-depth knowledge, are highly motivated and have sharp skill sets.

About Melissa: she is a lovely podiatrist with great and broad experience. We are sure you'll be very impressed and will welcome her.

Melissa graduated from the University of Western Sydney in 2003. She has since divided her time between working in the public sector as well as her private podiatry roles. Through working in a hospital setting, Melissa has been able to develop advanced skills in wound care and the high risk foot. She has a special interest in paediatric podiatry, but enjoys all aspects of clinical podiatry.

Melissa loves getting to know each of her patients and their individual and unique foot care needs. She lives in the Parramatta district, is a busy working mum and enjoys spending time with her family outside of work. Melissa was fortunate to have recently had the opportunity to travel to Africa with her family and has since started a project whereby she aims to provide footwear to the children of an orphanage there. Melissa is passionate about the foot health of people from all walks of life!

Her services include providing patients with an overall foot treatment and comprehensive lower limb review. She holds strong interests in the management of the diabetic foot or at risk foot. In the presence of vascular, neurological, biomechanical or dermatological dysfunction or disease, podiatric services are crucial in identifying and preventing pathological complications to the feet that may result in such complications as ulceration or amputation.



Melissa Sandy -Podiatrist

Kübra's details: she is an Exercise Physiologist and Scientist having graduated from the University of New South Wales. Kübra comes from a variety of clinical experience and backgrounds.

Kübra has a special interest in women's health and has had experience working with Polycystic Ovary Syndrome (PCOS), endometriosis and ovarian cysts.

Kübra uses a combination of aerobic, strength and functional training as well as experience in food diary analysis and nutritional advice.

As an avid learner Kübra has since continued her education by concurrently studying a Masters in Chiropractic course at Macquarie University. Kübra enjoys the outdoors and learning new skills. Currently she is investing time in learning the practice of Yoga.

Kübra can speak fluent English as well as Turkish.



Kübra Erdiñç - Exercise Physiologist

Special Opportunities for those with Diabetes

The Australian Government has recently implemented research findings that those with Type 2 Diabetes will greatly benefit from group exercise classes - much more than other exercise or similar interventions. Therefore, a special Medicare benefit has been announced for diabetics can attend group exercise classes specifically for them but only when conducted by an accredited Exercise Physiologist. The sessions are a fully bulk billed service (gap free) and exclusively for those with T2DM.

Our Exercise Physiologist Kübra Erdiñç has arranged several classes here each week for this program. The patient needs a T2DM group sessions referral form from their GP for both Item 81110 (for one time only Exercise Physiology assessment (compulsory and must be done first before group attendance) to identify suitability for group training; and Item 81115 for up to 8 group sessions.

For information go to MBS website at <http://www.health.gov.au/internet/main/publishing.nsf/content/mbsprimary-ahgs-diabetes.htm>



How does Exercise help?

Increasing physical activity can reduce the incidence of T2DM by almost 60% in people at risk. Studies show that exercise can help prevent or delay T2DM, improve management of blood glucose, decrease the proportion of body fat, decrease the risk of heart disease, and increase heart and lung fitness in people with T2DM. Non-optimal blood glucose levels leads to earlier onset of associated diseases and complications such as heart, kidney and eye diseases, and an increased risk of death. Improved blood glucose management often means people can reduce their T2DM medications. As people with diabetes age, the benefit of maintaining muscle mass through exercise is also likely to improve physical function and independence.

What exercise is best for people T2DM?

Aerobic exercise (e.g. walking or running) increases heart and lung fitness, while resistance training (e.g. lifting weights) can maintain and increase muscle and bone strength. Importantly, combining both aerobic and resistance training has recently shown to be more beneficial on blood glucose levels in people with T2DM.

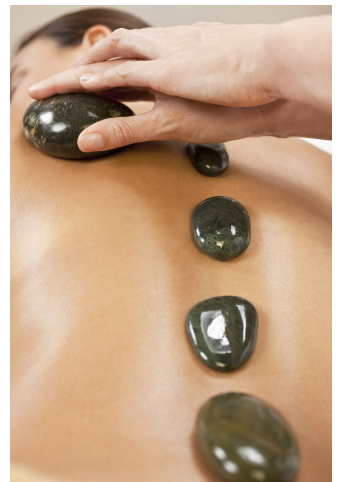
Hot Stone Massage Grounding, Relaxing, and Balancing

There's no denying the power of massage. Regardless of the adjectives we assign to it - pampering, therapeutic and rejuvenating, or the reasons we seek out a massage - a luxurious treat, stress relief and pain management, massage therapy can be a powerful ally for your overall health and well-being.

At Health *plus* Chiropractic we offer deep tissue massage: from remedial or sports, to a relaxing massage like Hot Stone massage. Our massage therapists want to encourage women that hot stone massage isn't just for therapeutic reasons. It is an effective way to relax both mind *and* body. The warm nurturing heat of the stones provides deep relaxation, soothing the nervous system melting the effects of stress. Hot stone massage can help ease the symptoms of menopause, remove blockages, increase circulation, improve blood flow and help mobilise connective tissue (elastin and collagen).

Women of an active physical background find it helps recuperate their muscles after a strenuous work out and increase their range of motion. It is also useful for people with arthritic conditions. Just like how you would use a heat pack or have a hot shower – the heat from the stones provide the same or similar relief calming the nervous system and providing balance to the body.

Hot stone massage is a comforting and healing treatment using stones of various sizes of basalt stones heated in water. It is an extension of the therapists hands and the massage can be light or deep pressure. If you want to feel the benefits yourself why not try it on your next visit?



A Woman's Worth (Is in her Feet)!

We all know that women's feet rarely get a rest. We rely on them to keep us moving and staying on top of our busy schedules (and let's be honest, maybe loaded with a couple of extra kilos after Christmas!). We squeeze them into those high heels we love to dance the night away in, or that pair of worn-out old sneakers we wear for a quick gym work-out, or throw on a pair of thongs as we run around doing errands.

Even taking an average person's 7 500 steps a day, that is 216,262,500 steps by the time you turn 80. This equates to around the world nearly 5 times!

Did you ever stop to consider whether your feet are actually fit for this demanding job? Or maybe your feet are already letting you know they aren't. Maybe it's time for a foot-health check-up.

In fact, there are many structural and functional foot conditions that can be inherited or caused by your footwear, activities, and neglect to care for your feet. Many of these conditions need to be addressed promptly in order to prevent further damage. For instance, excessive foot pronation during walking can lead to toe and forefoot problems, knee problems as well as hip and back problems.

The most common foot problems that women suffer from are bunions, metatarsalgia or forefoot pain, plantar fasciitis and heel pain, and of course corns, callus and toenail problems. Are you worried that you need orthotics but won't be able to fit them in your high heels? There are orthotic devices that are especially designed to be worn in court shoes.

It's time to give your feet that extra little bit of care so that they will keep you moving and feeling great. Book an appointment today with our friendly Podiatrist Melissa - she will help you get back on your feet!



The Importance of Spinal Health in Women

When it comes to spinal health men and women are not created equally, certain spinal conditions are often represented more in females as compared to their male counterparts. Some differences include;

Pregnancy- Being pregnant and post-natal recovery from child birth are among the female processes that can negatively affect the spine, causing stiffness and pain.

Neck pain- Women are 1.38 times more likely than men to report neck pain. A few factors play a part in this; one of which is the difference in the overall size and cross-sectional area of female's neck as compared to their male counterpart; which play an important role in holding our heads up in space. Because females tend to have smaller joints and neck muscles, their necks are not always as stable and strong as men which makes them more susceptible to neck pain.

Low back pain- The difference in pelvic structures, hormonal factors and the impact of pregnancy are often cited as one of the main reasons why women tend to suffer (or be more vocal) about their low back pain than their male counterparts. The interplay of the above mentioned factors contributes to the instability issues that women often experience.



Headaches- Headaches can be caused by many factors, of which could come from dysfunctional neck joints referring pain to the head region causing headaches. If left untreated these headaches often progress in intensity and frequency.

Osteoporosis- It might not be fair but women are automatically more at risk than men to develop osteoporosis. Women start with lower bone density than their male peers and they lose bone mass more quickly as they age, which leads to osteoporosis. Our Chiropractors will help improve joint motion which can help prevent and slow down the progression of osteoporosis.

If you have any concerns or queries about your spinal health, come and have a chat to one of our Chiropractors. They can help maintain and improve your overall spinal health.

Why Women should “HIIT” the Gym

When it comes to fat loss, research has found that women can handle significantly more work in the gym than men. In fact, we often do better with higher rep ranges

What is HIIT?

HIIT, or high-intensity interval training, is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

Why Women Should HIIT ?

- Women generally have more type I fibers, or slow-twitch fibers, which are used for endurance exercises and take longer to fatigue (i.e. distance running, high rep weights) compared to men who generally have more type II, or fast-twitch fibers, which are used in short bursts and explosive, movements but tend to tire more quickly.
- Higher oestrogen levels also mean that women tend to recover faster than men, as oestrogen is an anti- catabolic hormone. To get the most out of training, women typically benefit perform more reps per set as a result.
- Women also burn a higher percentage of fat when training than men, and a lower percentage at rest, which is another reason why HIIT can be so effective.
- HIIT is a great way to get maximum benefit out of your workout, especially if you are time poor. It boosts your metabolism, burns a tonne of calories and helps to build endurance.

How does HIIT work?

Burning fat is different for every individual, so you need to find the right burn zone for you. The best way to do it is finding your max heart rate using the formula:

Max H.R = 220- your age.

Which determines your best fat burning range which will be 60-70 percent of your max heart rate. The key is to stay in this heart rate (which is classified as moderate intensity) for a little longer if you want to burn more fat.

But what about my cycle?

It's found that the first half of the cycle is when women report feeling the strongest, this is because there is an abundance of the hormone oestrogen, making it ideal to hit the iron. It is also the time when the female body will experience a higher pain tolerance and should respond more efficiently to resistance training leading to greater, faster muscle gains.

In the second half of the cycle, oestrogen levels decrease and progesterone increases, which can lead to fatigue, mood changes and other symptoms that can affect performance in the gym. During this phase some women may need to back off the heavy lifting and increase endurance and cardio training at submaximal loads, as the body is more efficient at burning fat in this time. The body will likely retain water in this phase as well, so exercising will help sweat out excess fluid.

Where do I begin?

Our in-house Accredited Exercise Physiologist Kübra Erdinç is currently starting HIIT style exercise classes at Health *plus* Chiropractic suited for all levels of fitness, age and medical conditions. To enquire more about the session, you can call us on 9631 8944 or email kubra@healthpluschiropractic.com.au for more information on how to get started.



@hpChiropractic

**Health *plus*
Chiropractic**

Chiropractors: Anthony O'Reilly, and Justin Ong
Exercise Physiologist: Kubra Erdinc
Massage Therapists: Gary Fairhurst, Patricia De Guzman and Glen Chilcott
Podiatrist: Melissa Sandy

Shop 10/459 Church St, corner Pennant Hills Rd & Albert St, Parramatta North NSW 2150 Telephone: 9631 8944 Facsimile: 8628 0940
www.healthpluschiropractic.com.au

Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.