

Clinic Location & Contact Number:
Creek St Clinic: 99 Creek Street (Cnr Adelaide) - 3229 0115



Aran Bright
Remedial Massage Therapist

Qualifications:
Diploma Remedial Massage
Currently completing a
Bachelor of Health Science
(majoring in Muscular Skeletal Therapies)

Specialty:
Deep Tissue, Structural
Balancing

Availability:
Mondays, Tuesdays

Interests:
Martial Arts, Cycling and
Cooking



Haley Randell
Remedial Massage Therapist

Qualifications:
Diploma Remedial Massage
Currently completing a
Bachelor of Health Science
(majoring in Muscular Skeletal Therapies)

Specialty:
Deep Tissue

Availability:
Monday, Tuesday, Friday,
Saturday

Interests:
Dancing, Karaoke

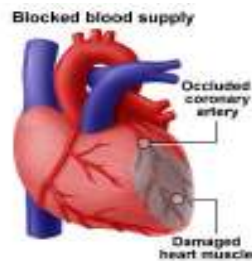
THE HEART ISSUE!

Do you have a happy heart?

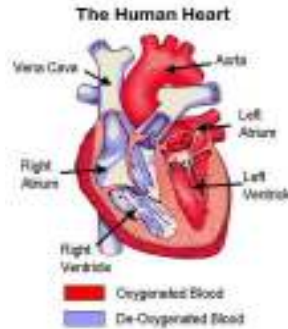
Research shows that coronary heart disease claims the lives of 25,000 Australians per year.

What is a heart attack?

A heart attack usually occurs when there is a sudden complete blockage of an artery that supplies blood to an area of the heart. Sometimes referred to as *Myocardial Infarction*, *Acute Myocardial Infarction*, *Coronary Occlusion* or *Coronary Thrombosis*, a heart attack begins when an area of built up fatty deposits cracks. Blood cells and other components stick over the damaged area which causes the blood to clot and block blood flow to the heart.



There are different signs that you should be aware of. The warning signs of a heart attack can vary, and more than one symptom can be experienced. Some people do not even experience chest pain, but do experience other symptoms. If



your symptoms persist for longer than 10 minutes, you should contact your doctor immediately. Common symptoms:

- **Chest pain** - may come on suddenly or develop slowly over minutes, may feel like tightness, heaviness, pressure or squeezing
- **Spreading pain** - can spread to neck, throat, jaw, shoulders, the back even wrists and hands
- **Discomfort upper body** - choking feeling in the throat, arms feel heavy and useless
- **Others** - Difficulty breathing, nausea, vomiting, cold sweat, feeling of being dizzy or light headedness.

Even if you've been warned that you may be at high risk of

having a heart attack, or if you have already had a heart attack, a few lifestyle changes may be all that is needed to reduce the risk.

- **Healthy Diet** - High blood pressure and high cholesterol levels are a major cause of heart disease. Try to steer clear of trans fats and hydrogenated oils (processed and refined foods, take-away and fried foods). Reducing your refined sugar intake will also be beneficial.

- **Regular Exercise** - Walking is excellent light easy exercise that will encourage blood flow through your body and will help you to lose some excess weight. 30 minutes a day is all it takes.

- **Quit Smoking** - If you are a smoker, now more than ever, is time for you to quit. Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot. If you make only one lifestyle change, let it be this.

Talk to your health practitioner today about reducing your risks of heart disease. It's never too late to make your heart happy and healthy.

HEART WEEK
29TH APRIL - 5TH MAY 2007
Surviving a heart attack - would you know what to do?

For more information on how you can show your support this year, visit the **Heart Foundation** website at www.heartfoundation.com.au or call **1300 36 27 87**

What can Natural therapies do for my heart?

The heart and vascular system is one of the largest and most important body systems, when it becomes affected by disease and other problems, it can be a life threatening situation. Along with lifestyle changes such as diet and exercise, there are other natural options you can adopt to help you:

Acupuncture -

Acupuncture can prove to be very beneficial to those who are suffering from heart disease or heart related health problems. Acupuncture can assist with you with weight loss by increasing your metabolism and enhancing energy levels, making exercise and physical activity easier to accomplish. Research has shown that by reducing activity in the sympathetic nerve system, which regulates involuntary movements such as heartbeat and blood pressure, acupuncture can improve the prospects of people with severe heart failure. It is also a great treatment for pain relief.

"Acupuncture has been used successfully and with long-range results in improving hypertension, and it may also be beneficial in lowering sympathetic nerve activity."

Dr. Holly Middlekauff, University of California Los Angeles School of Medicine.

Massage -

One of the biggest factors in heart disease, is stress. Through therapeutic massage you can allow your body and mind to relax, slowing your heart rate and keeping you on level ground. Therapeutic massage can also be used to stimulate peripheral circulation; to encourage blood flow through the extremities such as hands and feet and to keep blood flowing around the heart. The encouragement of lymphatic flow helps to ease congestion in the body tissue thus helping to remove built-up waste from your system. Massage can be of benefit help you keep with a general exercise routine, by keeping you nimble and flexible, your risk of injury is reduced and your energy levels are increased. Massage forms part of the whole package of keeping you fit healthy and stress free.



If you or someone you know are suffering with heart problems, make an appointment for massage or acupuncture today.

Also, please make yourself familiar with the warning signs and emergency numbers. A few minutes could make a huge difference.

Call 000 or 112 from a mobile phone.

Leukaemia Foundation
**WORLD'S
GREATEST
SHAVE**

To show our support this year, two of our Remedial Massage Therapists, **John** and **Jeremy**, donated their time and skills in completing seated massages for the staff of Mater Haematology and Oncology Clinic to help raise money for the Shave for A Cure campaign.

Together, the guys help raised \$160 for the Leukemia Foundation.

We'd like to thank everyone who participated this year for their time and support. Hope to see you again next year!



!EASTER!

Looking for a healthier gift option this year? Why not purchase a

Gift Voucher

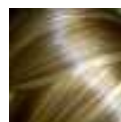
for family and friends?

HOP TO IT!

Interesting Facts...

If left alone, 70% of birthmarks will fade

The colder the room you sleep in the higher the chance that you'll have a bad dream



Women's hair is about half the diameter of men's hair