

Clinic Location & Contact Number: *Creek St Clinic: 99 Creek Street (Cnr Adelaide) - Ph: (07) 3229 0115*

- Women's Health -



ALLIE BOOT
Remedial Therapist

Qualifications:
Certificate IV Remedial Massage, Certificate II Fitness Practices

Specialty:
Remedial Acupressure, Resistance Training & Therapy

Available:
Tuesdays, Wednesdays & Thursdays

Interests:
Outdoor adventure, Music



JOHN DAVIES
Remedial Therapist

Qualifications:
Dip Remedial Massage

Specialty:
Deep Tissue Massage, Cupping Therapy, Lower Back treatments

Availability:
Tuesdays, Thursdays, Fridays & Saturdays

Interests:
Fishing, Soccer, Music, Surfing, Hiking, Rock Climbing, Photography

GENERAL HEALTH:-

GP... visits for most women seem to be quite sporadic. You don't know when you're going to need one or where you'll be when you do. A lot of women end up seeing a different doctor every time depending on who can fit you in. Though it may be difficult, if you happen to find a doctor you're happy with, it is best to try and stick with them as continuance of care can be very beneficial. The doctor knows you and your history.

Check-Ups... for women should include an extensive yearly check up that includes height measurements, blood pressure, breast check, mammograms (once every 2 years for women over 50), pelvic exams and pap smear (once every 2 years). This is your best weapon for early detection of any serious health problems. To help you remember important check-ups there are registers that send you out a reminder when you are due, such as the Queensland Health Pap Smear Register. Talk to your GP about being registered.

Dental Checks... the dentist is one of the appointments that most people dread but your oral health is extremely important. It is suggested that you have a check up, polish and clean at least once every 12 months. If you leave it until your tooth is aching it can become a costly and painful process.

SKIN HEALTH :-

Skin Protection...

We all know that the Australian sun can be harsh on our skin. Over exposure to UV rays can cause you permanent skin damage, such as skin cancer, premature aging, wrinkles, freckles, skin spots and eye damage. There are simple steps to help you protect your skin & eyes:

- Avoiding long exposure to sun between 10am and 3pm, when it is at its hottest.
- Applying sunscreen daily. Today there are plenty of moisturisers, make up foundation that have SPF sun screen in them.
- Wearing sunglasses that are UV protected when outdoors or driving.
- Being aware of changes with your skin:

Look for:

- * Skin abnormality
- * Increases in size, appearance and colour (multicoloured - pink, red, black, brown, tan, pearly and translucent)
- * A spot or growth that continually itches, hurts, becomes crusty, scabs or bleeds
- * Open sores that do not heal after 4 weeks or one that heals and re-opens
- Regular Mole Scans. Skin checks by a specialised doctor are now more readily available with most clinics bulk-billing the cost to Medicare. Annual skin checks could save 4,500 lives a year by early detection of skin cancer.

BODY HEALTH:-

Body image: Many women have a distorted image of what constitutes a healthy body weight. Neither looking at yourself in the mirror nor comparing yourself to others is a useful way of assessing whether your weight is healthy. As frame sizes vary, it is difficult for any single measure to be used in specifying a given weight for a given height. Doctors check your body size by measuring your height and weight—a measure known as body mass index (BMI). Research shows that people within a certain range of body sizes are likely to live longer and enjoy better health. To calculate your BMI:

- Work out your height in meters and multiply the figure by itself
- Measure your weight in kilograms
- Divide your weight by your height squared to reach your BMI rating. For example:
*If you are 1.6 m tall & weigh 65kgs. $1.6 \times 1.6 = 2.56$
BMI would be $65 \text{ divided by } 2.56 = 25.39$.*

BMI ranges are as follows*:

Less than 19	Underweight
20—25	Healthy
25—30	Overweight
30—40	Obese
Over 40	Very Obese

* BMI is not as accurate if you are an athlete or very muscular, as muscle weighs more than fat.

MENTAL HEALTH:-

Love yourself:

Being healthy will improve your confidence, give you more energy, help you enjoy your relationships and give you an overall zest for life. It is important to remember that beauty comes from within and not what beauty magazines depict. The more we learn to look after ourselves and accept and love who we are, the more we will find ourselves enjoying life and enjoying ourselves.

We only are given one body for our lifetime so take the time and look after it!

INTERNATIONAL WOMEN'S DAY 8TH MARCH

Celebrate International Women's Day this year by treating yourself, or that special woman in your life to a massage, acupuncture or osteopathy treatment!



Women's Health...

What are my treatment options?

ACUPUNCTURE

Women of all ages with all different ailments can benefit from acupuncture. For those women who are trying to become pregnant, acupuncture has been known to solve problems of infertility. For those who are already pregnant, acupuncture can help with morning sickness, back pain and provide relief for general aches and pains. Already a mum? Acupuncture can restore and replenish energy and give you an extra boost.

For young women beginning their periods, acupuncture can help to relieve cramps, PMS and regulate your cycle so that it won't interfere with normal activities.

For more chronic menstrual problems, acupuncture can restrain heavy bleeding associated with fibroids and endometriosis. It can also help relieve more serious pain. These conditions usually respond better to long term care.

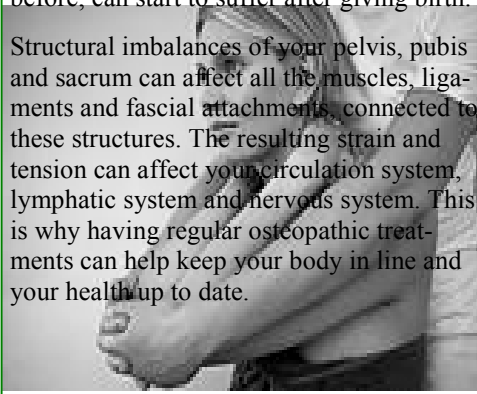
Hot flushes, night sweats and other symptoms of menopause can be minimised by acupuncture making this time of transition more comfortable. The treatment usually focus's on stopping excessive sweating and restoring restfulness.

OSTEOPATHY

Osteopathy is based on the diagnoses and treatment on the idea that the body's systems are interconnected. It regards and treats the body as a whole instead of treating specific symptoms or illnesses. There are many women's health issues that can benefit from osteopathy.

During pregnancy and after child birth, osteopathy can help to alleviate some symptoms associated with pregnancy as your body changes. It is important to keep your pelvis and spine in correct structural alignment to prepare for labor. It is also important to receive pelvic check-ups for re-alignment after giving birth due to the trauma placed on the pelvis. Even women who have been pain free during pregnancy or have suffered no lower back problems before, can start to suffer after giving birth.

Structural imbalances of your pelvis, pubis and sacrum can affect all the muscles, ligaments and fascial attachments, connected to these structures. The resulting strain and tension can affect your circulation system, lymphatic system and nervous system. This is why having regular osteopathic treatments can help keep your body in line and your health up to date.



MASSAGE

During pregnancy, a woman's body experiences tremendous change. Some of the consequences of these changes can leave a woman feeling extremely sore and uncomfortable. Massage is a great way to relieve this discomfort through the positive effects of soft tissue manipulation. If you are in your first trimester however it is recommended that you *do not receive treatment*. Toxins and other metabolic wastes are released into the system during massage and as the first trimester is a fragile time, it's better to be safe.

Some women find menstruation to be an extremely painful and uncomfortable time. Emotions are up and down, cramps are severe and a general lethargy prevents them from functioning properly day to day. Massage can help to relieve the pain of cramps, relax you enough to even out your emotions, and help to give you that little extra energy boosts. Regular massages can make that time of month a little more bearable.

Regular massage can also help to delay the symptoms of menopause. By helping to increase blood flow and circulation and by helping to even out your emotions, regular massage can actually prolong the onset of menopause.

Pre Menstrual Tension (PMT) is something we as women have to deal with on a regular basis. Use of essential oils in a vaporiser before your period can help you feel nurtured and more able to cope with life.



Come in and check out our range of Scentual NRG Essential Oils

Most beneficial oils for PMT...

Geranium, Bergamot, *Clary Sage*, Chamomile, Lavender, **Rosewood**, Marjoram, Neroli, Rose and Jasmine

CLEAN UP AUSTRALIA DAY!

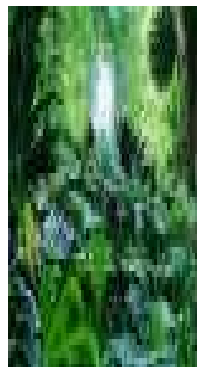
On the 4th March, join the hundreds of thousands of Australians to help clean up their local environments.

Campaigns this year are: *Say NO to plastic bags*, *Clean Water Campaign*, *Clean up the Kimberley*

HELP KEEP AUSTRALIA BEAUTIFUL!

For information on how to get involved, visit ...

www.cleanup.org.au



INTERESTING FACTS ABOUT YOUR BODY...



When you sneeze air rushes through your nose at a rate of 100 mph

You use 14 muscles to smile and 43 to frown.



An eyelash lives for about 150 days before it falls out