



# *Whispers from the Willows* NEWSLETTER

Welcome to our newsletter for August.

We hope that you enjoyed our previous newsletters.

We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our August issue.

Hope that you our residents and your family on the outside as well as our staff here at The Willows Private Nursing Home enjoy.

## **OUR PHILOSOPHY**

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.

Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.

# August Service Cold

## From the Admin Desk



Hi All

It's been a tough winter so far but thankfully we have now got through the RSV and Influenza A outbreaks. Please continue to take care when you visit and please don't visit if you have any flu like symptoms. One more month of winter and hopefully it will start to get warmer soon.

MyMedicare has now launched, if you haven't signed the documents please do so and either email or bring with you the next time.

### **What is MyMedicare:**

MyMedicare is a new voluntary patient registration model. It aims to formalise the relationship between patients, their general practice, general practitioner (GP) and primary care teams.

### **Benefits**

Evidence shows that seeing the same GP and healthcare team regularly leads to better health outcomes. Seeing your GP regularly and formalising the relationship you have with your GP and general practice through MyMedicare may lead to better health outcomes.

Registering with MyMedicare provides benefits to patients, general practices, and healthcare providers. When you register in MyMedicare, it will notify your general practice that you have chosen them as your regular care team. Additional funding will be available from the government to help them provide the care you need.

**MyMedicare patients will have access to:**

- greater continuity of care with your registered practice, improving health outcomes
- longer Medicare Benefit Scheme (MBS) funded telehealth consultations with your General Practitioner
- triple bulk billing incentive for longer MBS telehealth consultations for children under 16, pensioners, and concession card holders, from 1 November 2023
- more regular visits from your GP and better care planning for people living in a residential aged care home, from August 2024
- connections to more appropriate care in general practice for people who visit hospital frequently, from mid-2024.

If you choose not to register in MyMedicare, you'll still be able to access the same quality of care from your healthcare providers.

Have a great month.

**Maryann Inbari - CEO**

## From the Lifestyle Desk



Hi Everyone,

So, here we are near the end of Winter. It might be cold but that won't stop our fun and indoor activities!

This month in August we will introduce a NEW self-directed activity for our residents who prefer to stay in their own room, such as Triangle and Rectangle Tangrams, Tictocs, Figian Pool, Popsy Puzzles, Colour Coordination, Maze and Search the Object.

In the meantime, let us enjoy wintertime and these cool mornings with hot cups of tea. Isn't it nice to be all rugged up and inside on a cold, rainy day? Don't worry though, it won't be long until the sun is out again, bringing us happiness, and making us complain about the heat. We hope you enjoy the events we have planned for the upcoming weeks, and we are excited for what August has in store for all of us.

Regards,

**David, Tess and Rey**



# DIABETES EXPLAINED

In recent years diabetes has become a widely known medical condition that is often linked with being overweight or obese, but is it always and how does it affect health?

Diabetes is a long-lasting health condition where the body is unable to manage blood sugar levels as effectively as it should, leading to too much sugar (glucose) staying in the bloodstream. Over time, this can cause serious health problems, such as heart disease, vision loss and kidney disease<sup>1</sup>. There are two types of diabetes... see Table 1.

**Table 1. The difference between type 1 and type 2 diabetes.**

|                                           | Type 1 Diabetes                                                                                                                                                                                                                                                                     | Type 2 Diabetes                                                                                                                                                                                                                                                        |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>When does diabetes normally occur?</b> | Type 1 diabetes is often referred to as 'early onset' diabetes because it tends to show up during childhood or earlier on in life.                                                                                                                                                  | Type 2 diabetes is often referred to as 'adult onset' diabetes because it tends to occur later on in life.                                                                                                                                                             |
| <b>What causes diabetes?</b>              | It is an auto immune disease where the body's immune system targets and destroys the insulin producing cells in the pancreas. Unfortunately, it is not known what causes it.                                                                                                        | Type 2 diabetes is often linked to being overweight, inactive or having a family history. Your age and ethnic background can also influence your risk of type 2 diabetes.                                                                                              |
| <b>What's happening in the body?</b>      | Being diagnosed with type 1 diabetes means that the pancreas cannot make enough insulin (the hormone which regulates blood sugar levels).                                                                                                                                           | Being diagnosed with type 2 diabetes either means that the body is unable to make enough insulin, or the insulin it does make isn't able to work properly.                                                                                                             |
| <b>How can it be treated?</b>             | Type 1 diabetes must be managed by taking insulin to control blood sugar levels. Historically, insulin needed to be injected into the body in and around mealtimes, however medical advances mean there are lots more options for managing blood sugar that do not require needles. | The first intervention to manage type 2 diabetes is through diet and lifestyle and maintaining a healthy weight. If this is not effective, medical intervention will be required through taking tablets. If not controlled appropriately, type 2 can move into type 1. |





The Glycaemic Index (GI) is a rating system for foods containing carbohydrates. It indicates how quickly each food affects your blood sugar levels when that food is eaten on its own.

Carbohydrate foods that are broken down quickly by your body and cause a rapid increase in blood sugar levels have a high GI rating. Those that are broken down more slowly have a medium or low GI rating which means they release their energy into our blood stream more gradually. This can help us to keep our blood sugar levels more stable over time<sup>1</sup>.

This information is incredibly helpful for those who need to monitor their blood sugar levels, however it's important that we do not choose what to eat based on GI rating alone. Just because a food has a lower GI rating doesn't necessarily mean it is healthier for us. For example, watermelon is a high GI food, while chocolate cake has a lower GI value. Potato crisps have a medium GI rating, but a baked potato has a high GI rating, even though a baked potato would be considered as better for our health overall<sup>3,4</sup>.

Check out Table 2 below for more examples of higher GI foods and their lower GI alternatives.



**Table 2. The GI rating of some food.**

| Higher GI Foods                                                                                                                                                                 | Lower GI Alternatives                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>● White bread</li> <li>● Baked potato</li> <li>● White rice</li> <li>● Sugary breakfast cereals</li> <li>● Sugary soft drinks</li> </ul> | <ul style="list-style-type: none"> <li>● Multigrain, granary, rye, seeded or sourdough bread</li> <li>● New potatoes in their skins, sweet potato, yam, cold boiled potatoes</li> <li>● All pasta cooked until al dente, noodles</li> <li>● Basmati rice, brown rice, bulgur wheat, barley, couscous, quinoa</li> <li>● Porridge, muesli, some low-sugar oat and bran-based cereals</li> <li>● Water, milk and drinks with no added sugar</li> </ul> |

1. Centres for disease and control prevention: <https://www.cdc.gov/diabetes/basics/diabetes.html>  
 2. Diabetes.org.uk, differences between type 1 and type 2 diabetes: <https://www.diabetes.org.uk/diabetes-the-basics/differences-between-type-1-and-type-2-diabetes>

3. NHS, What is the glycaemic index?: <https://www.nhs.uk/common-health-questions/food-and-diet/what-is-the-glycaemic-index-gi/>  
 4. British Dietetic Association, glycaemic index: <https://www.bda.uk.com/resource/glycaemic-index.html>



# AUGUST REMINDERS

Taking a break is PRODUCTIVE

Boundaries are healthy

You can do what you  
set **YOUR MIND** to

Changes are painful but worth it

Someone loves you for  who you are

Good ENERGY attracts good people



# THE IMPORTANCE OF TALKING

Talking is of paramount importance for mental health, serving as a key tool for emotional expression, connection and support.

Talking provides a channel for individuals to express their emotions, whether positive or negative. Verbalising feelings in conversation helps individuals to make sense of their experiences, thoughts and feelings, and allows for validation and understanding from others which is crucial for maintaining good mental health. It can act as a form of catharsis and relief, reducing the burden of suppressing emotions and allowing them to build up and become potentially harmful. Picking up the phone or meeting someone for a chat can also help to combat feelings of isolation and loneliness, providing a sense of connection and belonging.

Building a support network around you will help during challenging times and those that you open up to, whether they are friends, family members or professionals, may be able to provide a different perspective and offer solutions to problems you may have felt you couldn't face alone. Through conversation, people can learn and share effective ways to manage stress, anxiety and other mental health challenges.

Open conversations about mental health will also help to break down stigmas, encouraging more people to seek help and support.

## HOW TO START A CONVERSATION

At times you may sense that someone is struggling but be unsure how to raise it with them. The tips below could help to get the conversation going:

**Smile and make eye contact:** Approachability goes a long way. A smile and eye contact convey warmth and openness.

**Start with a simple greeting:** A friendly "hello" or "hi" is an effective way to begin a conversation.

**Find common ground:** If you're in a specific setting or event, talk about something related to that context. Shared experiences make for great conversation starters.

**Ask open-ended questions:** Instead of yes/no questions, ask questions that invite more detailed answers. This encourages the other person to share more about themselves.

**Compliment something specific:** Compliments are a nice way to break the ice. Be genuine and specific in your praise.

**Share something about yourself:** Opening up a bit about yourself can make the other person feel more comfortable and willing to share.

**Listen actively:** Show genuine interest in what the other person is saying. Ask follow-up questions and respond thoughtfully.

**Be mindful of body language:** Pay attention to non-verbal cues. If the other person seems engaged and responsive, that's a good sign to continue the conversation.

Remember, the key is to be authentic and relaxed. Don't overthink it and go with the flow!

## COUNSELLING

It can be hard to open up to friends and family, however if you are feeling stressed or low it is still important to talk. Therapeutic conversations with mental health professionals, such as counsellors or therapists, play a crucial role in promoting emotional wellbeing and provide a safe place to open up and explore your feelings.

In summary, talking is a powerful tool for mental health that fosters connection, understanding and support. Whether through casual conversations with friends, family or professionals, verbal communication plays a vital role in promoting emotional wellbeing and resilience.



pains, or even numbness in parts of their body.” This means that an unexplained flare-up of existing conditions, such as headaches, stomach issues, or chronic pain, could be linked back to depression.

### **BEHAVIOURAL CHANGES**

People with depression often feel they have to wear a mask to fit in, and doing so takes an immense amount of energy. Therefore, the prospect of another day ‘faking it’ in social settings can lead to cancelling plans, failing to respond to messages, and generally cutting themselves off from friends and family. To make things worse, this avoidance can often be accompanied by feelings of guilt.

While these external behaviours might not seem like a big deal, they are really just the tip of the iceberg, and don’t represent the intense inner turmoil and the emotional toll depression can take on an individual.

This means that even when someone is continuing with their daily routine and seemingly positive behaviours, we’re not privy to the underlying emotional experience.

“For example, a keen swimmer who usually always feels better after a swim might notice that their low moods don’t shift despite keeping up, or even increasing, their exercise regime,” says Una.

“To an outsider, this person appears as if they are coping and achieving. They are carrying on life ‘as usual’, and even could be viewed as thriving as they pursue fitness goals. However, inside the swimmer feels very different.”

### **MOOD SWINGS**

Similarly, it can be easy to get reactive when someone acts in a way that seems out of character, which stops you from seeing the warning signs of depression.

Unexplained irritability or mood swings can make you avoid someone who is struggling, and the changes in productivity might lead to further conflict. So, if you notice a colleague’s work begins to slip, or your flatmate suddenly lacks the motivation to do their share of the housework, there could be a deeper issue at play.

They may continue to function in a way that looks normal from the outside, and might be performing well at work and maintaining seemingly positive habits such as exercise and eating well, yet underneath there is a cocktail of symptoms bubbling away. This is sometimes described as ‘high-functioning depression’, as it can be tricky to detect while the person masks how they’re really feeling to keep up with day-to-day expectations.

### **COMMUNICATION IS KEY**

It’s important to encourage open communication around depression, as hard as it may feel for everyone involved. Because of the ongoing stigma around mental illness, conversations are often steeped in shame, with the person affected worried about being judged, or feeling like a burden to friends and family. Whether a loved one seems to be functioning well, or is masking their

struggles, approaching them with unconditional acceptance creates a safe space for open dialogue. Remember, the swimmer who appears to be thriving externally may be battling inwardly.

Begin by expressing genuine concern and a willingness to listen. Avoid judgmental language and aim to create an atmosphere of empathy, trying not to dismiss the other person’s experience with phrases like ‘things could be worse’.

Remind them that it’s OK to admit to feeling upset, and to have bad days. This normalisation and acceptance will pave the way for more open discussions and, hopefully, practical steps towards getting help.

Empower yourself by understanding depression beyond the surface. Explore resources like [happiful.com](http://happiful.com), podcasts, and books that discuss the nuances of depression. Knowledge is a powerful tool to break down the stigma surrounding mental health. When it comes to your own mental health, try to act as a compassionate witness to your emotions, and trust in your own experience, even if you don’t exhibit all the tell-tale signs.

“If you notice depressive symptoms that last more than a few weeks, or don’t respond to your typical coping mechanisms, it might be time to check-in with a professional,” says Una.

If your strategies and support networks aren’t working as they used to, remember it’s OK to ask for help. Seeking professional support is not a sign of weakness, but a proactive step toward healing.

The word 'Wellbeing' is written in a large, bold, sans-serif font. Each letter is a different color: 'W' is pink, 'e' is orange, 'l' is yellow, 'b' is green, 'e' is light green, 'i' is blue, 'n' is dark blue, and 'g' is purple. The letters are slightly overlapping and have a soft shadow effect.



# PROPERTY

## WHAT YOU NEED TO DO BEFORE BUYING A HOME

*These 10 top tips will arm you with the knowledge and confidence to take that leap of faith into the real estate market.*

In an ever-evolving real estate landscape, first-time homebuyers face a myriad of challenges when embarking on their home-ownership journey.

To aid these aspiring homeowners in their search for their perfect abode, industry experts have shared some invaluable advice and top tips to navigate the complexities of the real estate market.

Here are 10 top tips to consider before taking the leap into home ownership:

- 1. Start saving early.** Begin saving for a down payment as early as possible to increase your options and potentially secure a better mortgage rate.
- 2. Check your credit score.** A good credit score is essential for getting a favourable mortgage rate. Check your score and work on improving it if necessary.
- 3. Establish a realistic budget.** Before scouring property listings, it is crucial for first-time homebuyers to determine a realistic budget. Consider factors such as your income, existing debts and potential future expenses.

A general rule of thumb is that your mortgage payment should not exceed 28 per cent of your gross monthly income.

- 4. Get pre-approved for a mortgage.** To strengthen your position as a buyer and streamline the homebuying process, obtaining pre-approval for a mortgage is essential. This will provide you with a clear understanding of how much you can afford and demonstrate to sellers that you are a serious buyer.



- 5. Research neighbourhoods.** Beyond the walls of a property, the neighbourhood in which it is located plays a significant role in your overall satisfaction with your new home. Research factors such as amenities, school districts, crime rates and property values to find a neighbourhood that aligns with your lifestyle and preferences.
- 6. Work with a knowledgeable real estate agent.** Partnering with a reputable real estate agent can be instrumental in navigating the complexities of the housing market. An experienced agent can provide valuable insights, negotiate on your behalf and guide you through each step of the homebuying process.
- 7. Don't skip the home inspection.** A thorough home inspection is a non-negotiable step in the homebuying process. Hiring a qualified inspector can help uncover potential issues with the property, allowing you to make an informed decision and potentially avoid costly repairs down the line.

- 8. Factor in extra costs.** In addition to the down payment, first-time homebuyers should budget for additional costs. These costs include fees for appraisal, title insurance, legal services and more. So, it is important to budget accordingly.
- 9. Think long-term.** Consider your future needs and how long you plan to stay in the home. Choose a property that meets your current needs but also has the potential for resale value.
- 10. Enjoy the process.** Buying your first home is a significant milestone. Enjoy the journey and the excitement of finding a place to call your own.

By following these expert tips and arming themselves with knowledge, first-time homebuyers can navigate the real estate market with confidence and make informed decisions when purchasing their dream home.

**AUGUST  
BIRTHDAY  
CELEBRATIONS**

**Tony Oliva 18th  
Sylvia Dulaurence 31st**



# A SINKING FEELING

A lot of people drowned simply because they didn't know:  
If you find yourself underwater in a car, don't panic.

1. Don't waste your energy trying to push the door
2. Do not open the window, the force of the water entering the car will not allow you to get out
3. Take out the head restraint
4. Use the steel sharp tip and break the back window that has kick out glass on it

The car by engineering and design is intended to float in the water and the rear window will always be facing the exit.

This could save your life



**A  
VERY  
SPECIAL  
HAPPY  
100th  
BIRTHDAY  
TO  
Sylvia  
Dulaurence**





**MIND  
HEALTH  
CARE**

# THAT MONDAY



**Allan Errington**  
HSEQ Manager -  
ESS Energy

**Monday arrives four or five times a month, so that Monday morning feeling can come around very regularly.**

However, for some of our colleagues such as those working offshore, it can be slightly different.

For those colleagues working offshore, the 'Monday feeling' comes around less regularly, due to their work rotation. However, the 'Monday feeling' can start earlier, with the last few days of leave being affected owing to the upcoming thought of returning to work for an extended period of time.



# FEELING

Although it seems that they have fewer Mondays to face compared to their onshore colleagues, the impact on mental wellbeing can seem overwhelming over time.

Once back into their work rotation all days can seem the same, with consecutive 12 hour shifts for a period of 14 days or, in some cases, 21 days. This can have a potential detrimental cumulative effect on mental wellbeing.

Over the last few years within the Energy sector, we have focused on mental wellbeing, mindfulness and human factors to create coping mechanisms for our colleagues, to help counteract potential stresses and anxieties associated with work patterns.

Below are some simple tips I recommend to help reduce that 'Monday feeling':

- Set realistic goals in terms of exercise and wellbeing.
- Spend quality time with family and loved ones.
- Plan your work and free time to improve work/life balance.
- Eat a balanced and nutritious diet (this will aid sleep to combat fatigue).
- Practice mindfulness and meditation techniques, to take some time out for yourself.
- Take part in exercise such as yoga, Pilates, swimming and running.
- Prioritise issues, deal with the important things, eliminate tasks that provide no value.
- Reduce criticism of yourself and others.
- Laugh and smile more often, you will be amazed the effect this has on mood.
- Don't stress when targets are not met.
- Utilise the free resources via My Learning/You Matter.
- Speak to someone such as one of our Mental Health First Aiders.
- Contact our Employee Assistance Programme at point of crisis.
- Remember to always be kind to yourself!

from our kitchen  
to yours

# Chicken CROQUETTES

1 Melt butter +  
blend in flour.

3 tbsp  
butter

1/4 cup  
flour

2 Add in milk +  
broth. Cook,  
stirring, until  
thick + bubbly.  
Cook 1 more  
minute.

1/2 cup milk +  
1/2 cup chicken  
broth

3 Add herbs  
+ spices  
+ let cool.

1 Tbsp  
chopped  
parsley

1 tsp  
grated  
onion

1 tsp lemon  
juice

1/4 tsp  
Salt

DASH {  
paprika  
nutmeg  
pepper

4 Add diced meat  
+ chill.

1 1/2 cup  
diced cooked  
chicken or  
turkey

5 Shape mixture into balls, dip in egg  
mixture, then in breadcrumbs.

1 beaten egg +  
2 Tbsp water

3/4 cup  
breadcrumbs

6 Fry 3 min  
per side.

oil for frying

7 Drain + serve hot  
with gravy.

or  
TURKEY!



**WHAT'S  
ON?**

**DURING  
THE MONTH OF  
AUGUST**



## **100 YEAR BIRTHDAY PARTY**

For Sylvia on Friday 30th

### **LADIES GROUP**

2.00pm Friday 2nd

### **ITALIAN GROUP**

1.30pm Wednesday 21st

### **COOKING GROUP**

### **KNITTING GROUP**

2.00pm Friday 9th

### **ART GROUP THERAPY**

2.00pm Every Monday

### **MENS CLUB**

11.00am Friday 9th

### **SPIRITUAL SERVICES**

Every Sunday 11.00am

### **VIDEO TV and LAPTOP**

Catholic Mass, Italian, Arabic, Greek,  
Orthodox, Tamil and Croatian Mass

### **HAPPY HOUR**

2.00m Friday 16th

### **BUS OUTING**

9.00am Wednesday 14th & 28th

### **BIBLE STUDY**

11.00am Every Thursday

### **GENTLE EXERCISES**

10.00am Every day of August

\* Subject to change.



# SHRINKFLATION

## What Shrinkflation Means for You

**S**hrinkflation is when manufacturers lessen the size of the item or product without reducing its prices. Usually customers pay the same amount or more for less items. Companies can raise the price per item, which is often a strategy for maintaining profit margins when input costs are rising.

Shrinkflation in simple words is hidden inflation, customers are getting less value for their money because they have to buy more to compensate for reduction in product size and quantity.

Shrinkflation occurs most in food and beverage industries. Some example of food items that have shrunk over the years in size are Mars bars, Pringles chips, Cadbury chocolate blocks, and even chips such as salted corn chips from Woolworths are getting less with more air and less chips in the bag = the size in 2023 dropped from 200g to 175g.

Other food items that have also shrunk are cereal boxes, hot cross buns, jams (500gm to 375gm), and even biscuits McVities' dropped the size of its "Go Ahead Forest fruit biscuits" from 218g in 2022 to 174g in 2024, according to the CHOICE magazine.



The question is why are companies shrinking food, beverages, and other items at supermarkets or grocery stores. Reasons companies are shrinking items are to combat production costs and combat market competition.

When raw materials or labour costs rise, manufacturing costs also rise, which reduces profits and profit margins.

To preserve market share in a competitive environment, i.e. keep their customers, the companies will not raise the price but resort to shrinking the size of their products.

Some of you by now asking the question are the practices of shrinkflation legal? The answer to that question is that the practice is legal. However, there is no proper monitoring by government and intervention to keep check and balance on the practice of shrinkflation.

Until regulation protection comes in, it's important to lookout for any change in value and unit pricing. Additionally, be on the lookout for some tell-tale signs such as products/items that have slogan rebranding such as new and improved packaging – take more notice of quantity and weight change in such products.



THE BEST AGE IS THE AGE YOU ARE!

# Empower YOUR BRAIN

## *Tips to help maintain brain function as you age.*

We've all heard the saying, "use it or lose it." According to the Alzheimer's Association, using your brain is the key to keeping it sharp. Here are some tips for maintaining brain health.

### Stay Active

Exercise your body as well as your mind to keep both healthy. Try to spend at least 30 minutes a day moving. Take a walk, dance, or work in your garden — just keep moving!

### Challenge Your Mind

Learn something new! Put your brain to work doing puzzles, completing craft projects, and learning a new skill. Brain teaser games help keep your mind sharp.

### Prevent Falls

Always wear a helmet for activities like biking to protect against head injuries. Older adults should be careful to prevent falls. Low-impact activities like Tai Chi and yoga are fun and support balance.

### Control Medical Conditions

High blood pressure, diabetes, and other medical conditions can increase the risk for dementia. Keep them under control and follow your doctor's orders.

### Get Social

Engage with friends and family. Join a senior center. Having strong social ties lowers the risk of dementia and can raise life expectancy.

### Stay Healthy

A healthy lifestyle of eating right, maintaining a healthy weight, and getting enough sleep is important for brain health.

### Manage Stress

Depression and other behavioral health issues created by chemical imbalances in the brain can cause harmful changes to the brain. Talk to your doctor if you're experiencing long-term stress or depression.

### Quit While You're Ahead

Avoid smoking and limit drinking to two drinks a day for men and one drink for women. Drinking has been linked to dementia.



# THE WELLNESS HUB

# CANCER

# THE FACTS

WORLD CANCER DAY: 4<sup>TH</sup> FEBRUARY 2024

CERVICAL CANCER AWARENESS WEEK: 22<sup>ND</sup> TO 28<sup>TH</sup> JANUARY 2024

OVARIAN CANCER AWARENESS MONTH: MARCH

With one in two of us having a form of cancer within our lifetime, let's look at what cancer is and whether there is anything we can do to prevent it.

Cancer is a group of diseases characterised by the uncontrolled growth and spread of abnormal cells. These cells can invade and destroy surrounding tissues and may also spread to other parts of the body through the bloodstream or lymphatic system. There are over 100 different types of cancer, each with its own traits. However, there are some key characteristics:

#### **Abnormal Cell Growth:**

Cancer begins when normal cells undergo genetic mutations that cause them to grow uncontrollably. These mutations can be caused by various factors, including genetic predisposition, exposure to carcinogens (cancer-causing substances) and certain infections.

#### **Tumour Formation:**

The uncontrolled growth of cells leads to the formation of a mass or lump called a tumour. Tumours can be benign (non-cancerous) or malignant (cancerous). Benign tumours do not invade nearby tissues or spread to other parts of the body, while malignant tumours can be invasive and metastasise.

#### **Metastasis:**

Cancer cells have the ability to invade surrounding tissues and enter the bloodstream or lymphatic system. Once in the bloodstream, they can travel to other parts of the body and form new tumours, a process known as metastasis.

#### **Types of Cancer:**

There are many different types of cancer, each classified based on the type of cell or organ where it originates. Common types include breast cancer, lung cancer, prostate cancer, colorectal cancer and leukemia.

#### **Risk Factors:**

Various risk factors can increase the likelihood of developing cancer. These include genetic factors, age, exposure to carcinogens (such as tobacco smoke and ultraviolet radiation), certain infections and lifestyle factors like diet and physical activity.

## **WHAT ARE CARCINOGENS?**

These are substances or agents that have the potential to cause cancer. Exposure to carcinogens can increase the risk of developing cancer by initiating or promoting the growth of malignant cells.

Carcinogens can be found in various forms, for example UV radiation, tobacco, some chemicals and asbestos.

It's important to note that exposure to a carcinogen does not guarantee the development of cancer, as individual susceptibility and other factors also play a role. However, exposure should be managed or minimised wherever possible.



## PREVENTION:

Researchers currently suggest that as many as 40% of cancer cases could be avoided through lifestyle choices.

While not all cancers can be prevented, certain lifestyle choices can reduce the risk. These include:

- Avoiding tobacco.
- Maintaining a healthy diet. Using the EatWell Guide, ensure you consume a good range of the food groups, aiming for 5 A Day for fruit and vegetables, limiting red and processed meat and opting for lower fat, saturated fat, sugar and salt foods will help.
- Being physically active and maintaining a healthy weight. Aim for 150 mins of moderate intensity exercise a week (this is where your heart rate starts to rise but you can still hold a conversation).
- Ensuring restful sleep. Adults should aim for at least seven hours per night. Children's requirements vary depending on age, with the number of hours reducing as they get older (1-2 year olds should have 11-14 hours, 3-5 year olds 10-13 hours and 6-12 year olds 9-12 hours).
- Limiting exposure to carcinogens, for example using sun cream when in the sun to reduce UV exposure.
- Limiting or reducing your alcohol intake.

## CERVICAL CANCER

Cervical cancer is a type of cancer that begins in the cervix, the narrow opening into the uterus from the vagina. It used to be a leading cause of cancer death in women, but widespread screening has led to earlier detection and improved outcomes.

It is a preventable and treatable disease, especially when detected early, which is why cervical screening is so important. The incidence of cervical cancer has now significantly decreased in many developed countries.

### HPV INFECTION

Persistent infection with high-risk strains of HPV is the primary cause of cervical cancer. HPV is a common virus transmitted through sexual contact. Vaccination against HPV is an effective preventive measure and is offered to girls in their teens.

### Symptoms:

Early stages of cervical cancer may not cause noticeable symptoms. As the cancer progresses, symptoms may include:

- Abnormal vaginal bleeding
- Pelvic pain
- Pain during intercourse
- Abnormal vaginal discharge.

The above symptoms can be due to other reasons, so it's important to contact your GP.

### Treatment:

Treatment options include surgery, radiation therapy, and chemotherapy. The choice of treatment depends on the stage of cancer, the patient's overall health and other factors.

- 1 in 142 UK females will be diagnosed with cervical cancer in their lifetime.
- 99.8% of cervical cancer is preventable.
- Infections cause 99.8% of cervical cancer cases in the UK.
- Smoking contributes to 21% of cervical cancer cases in the UK.

## OVARIAN CANCER

Ovarian cancer is a type of cancer that originates in the ovaries, which are part of the female reproductive system. Ovarian cancer is often referred to as the 'silent killer' because it may not cause noticeable symptoms in its early stages. As a result, it is often diagnosed at an advanced stage.

There are various types of ovarian cancer, with the most common being epithelial ovarian cancer. Other types include germ cell tumours and stromal tumours, which are less common. Prognosis depends on factors such as the stage at diagnosis, the type of ovarian cancer and how well the cancer responds to treatment. Early detection is crucial for a better prognosis.

Factors that may increase the risk of ovarian cancer include:

- Age (risk increases with age)
- A family history of ovarian or breast cancer
- Certain genetic mutations (e.g. BRCA1 and BRCA2)
- A personal history of breast, colorectal or endometrial cancer.

While there is no guaranteed way to prevent ovarian cancer, some factors may reduce the risk, such as oral contraceptive use, breastfeeding and certain surgical procedures like tubal ligation or hysterectomy.

### Symptoms:

- Bloating, pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Changes in urinary urgency or frequency.

The above symptoms can be due to other reasons, so it's important to contact your GP.

### Treatment:

Treatment for ovarian cancer typically involves surgery to remove the tumour and affected tissues, followed by chemotherapy. The specific treatment plan depends on the stage of the cancer and the overall health of the individual.

Given the challenges of early detection, raising awareness about the symptoms of ovarian cancer and risk factors is essential. Regular check-ups and discussions with healthcare providers can help identify potential signs and symptoms, leading to earlier diagnosis and better outcomes. If there is a concern about ovarian cancer, seeking prompt medical attention is crucial for evaluation and diagnosis.



# Health Mind

## GOING THROUGH A TOUGH TIME?

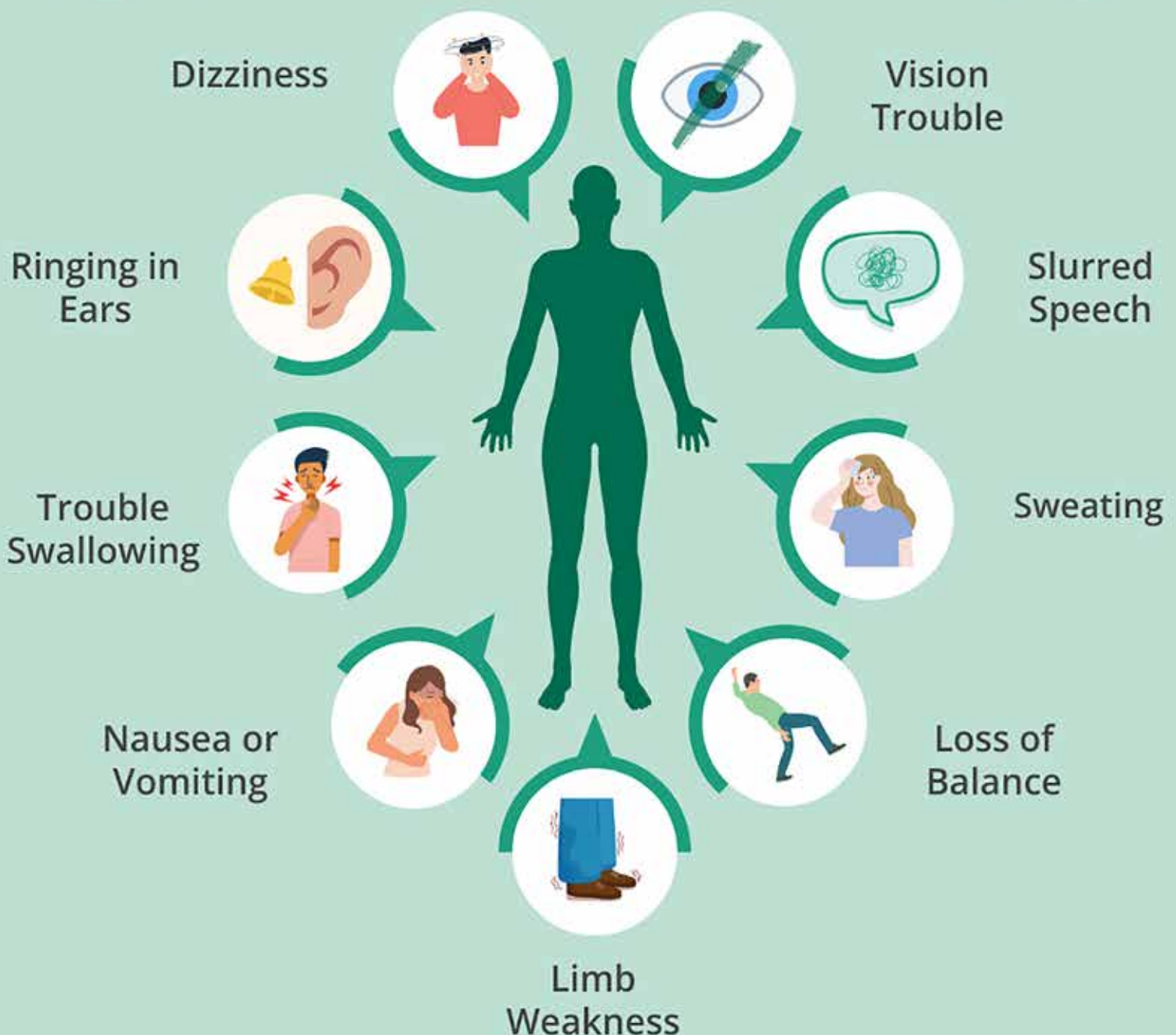
Here are 10 things you need to know...

1. You don't have to fake or force a smile for anyone.
2. There's no timeline on grief or recovery. Take as long as you need.
3. If you find moments of brightness and joy, don't feel guilty. The spectrum of emotions is vast, and you can feel an array at once.
4. Going through a bad time doesn't make you a bad person – it's not a punishment, or something you deserve. Life is unpredictable, and we don't always have the answers for why things happen.
5. Some days will be harder than others, and there's not always a logical reason why. Allow your feelings to be, and know they are valid.
6. Asking for help doesn't make you weak, and you are not a burden. Your loved ones want to support you, in whatever way they can.
7. It's OK to not feel like the same person as before. When something huge happens in your life, it can feel like there's a permanent tear marking it – time before, and time after. Feeling lost as you try to adjust to that is understandable.
8. You don't owe the world anything when it comes to how you deal with your pain. There's not a perfect path to follow or set of rules to guide you. You don't have to put on a front if you're struggling.
9. Anger is a natural emotion; you don't have to hide it or be ashamed if that's how you feel.
10. It might not seem like it right now, but no feeling lasts forever. Hold on, you don't have to go through it alone.



# VERTIGO

## How Vertigo Affects the Body



JUST A LITTLE  
*Reminder*

# Aged Care Employee Day

Thanks  
for  
caring!

7 AUGUST



Aged Care  
Employee Day

Thanks for caring  
[agedcareday.com.au](http://agedcareday.com.au)

#ThanksforCaring

COLOUR ME IN



## Crossword Puzzles

### WINTER



#### 3 letters

hat  
ice

#### 4 letters

coat  
cold  
melt  
snow

#### 5 letters

boots  
nippy  
scarf  
sleet  
slush  
snowy

#### 6 letters

chilly  
frigid  
gloves  
heater  
jacket  
shiver

#### 7 letters

flannel  
mittens  
sweater  
wintery

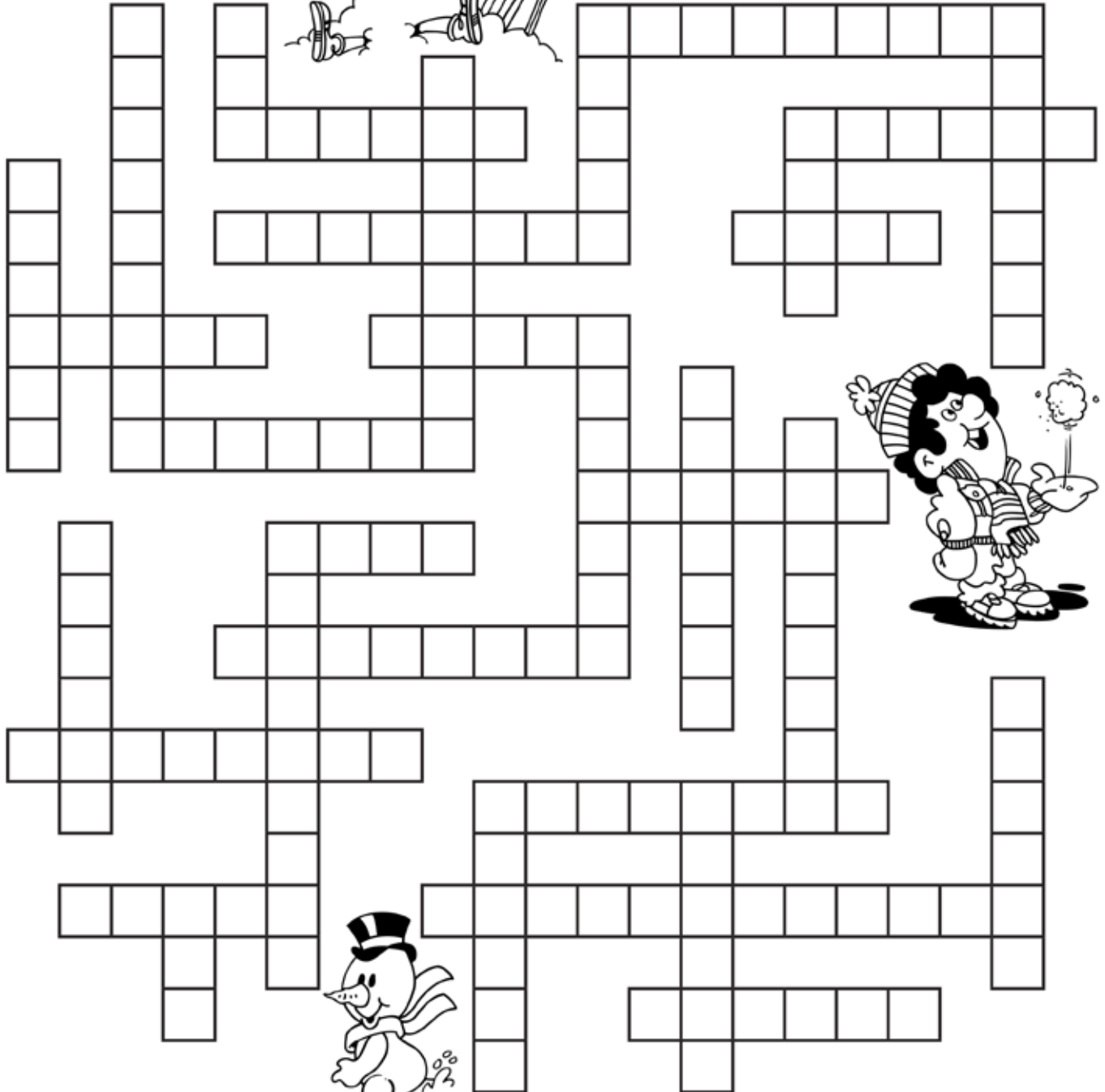
#### 8 letters

blizzard  
flurries  
hot cocoa  
slippery  
snowsuit  
solstice

#### 9 letters

fireplace  
Jack Frost  
longjohns  
snowstorm  
**12 letters**  
freezing rain

# WINTER



## **3 letters**

ice  
ski

## **4 letters**

cold  
sled  
snow

## **5 letters**

igloo  
mitts  
socks  
white

## **6 letters**

frozen  
hockey  
icicle  
season  
shovel  
skates  
skiing  
sleigh  
winter

## **7 letters**

dog sled  
January  
skating  
snowman

## **8 letters**

sledding  
December  
holidays  
toboggan  
February  
snow fort

## **9 letters**

snow angel  
snowballs  
snowboard

## **12 letters**

hot chocolate

**Find the answers on the last page**

# SPOT THE DIFFERENCE



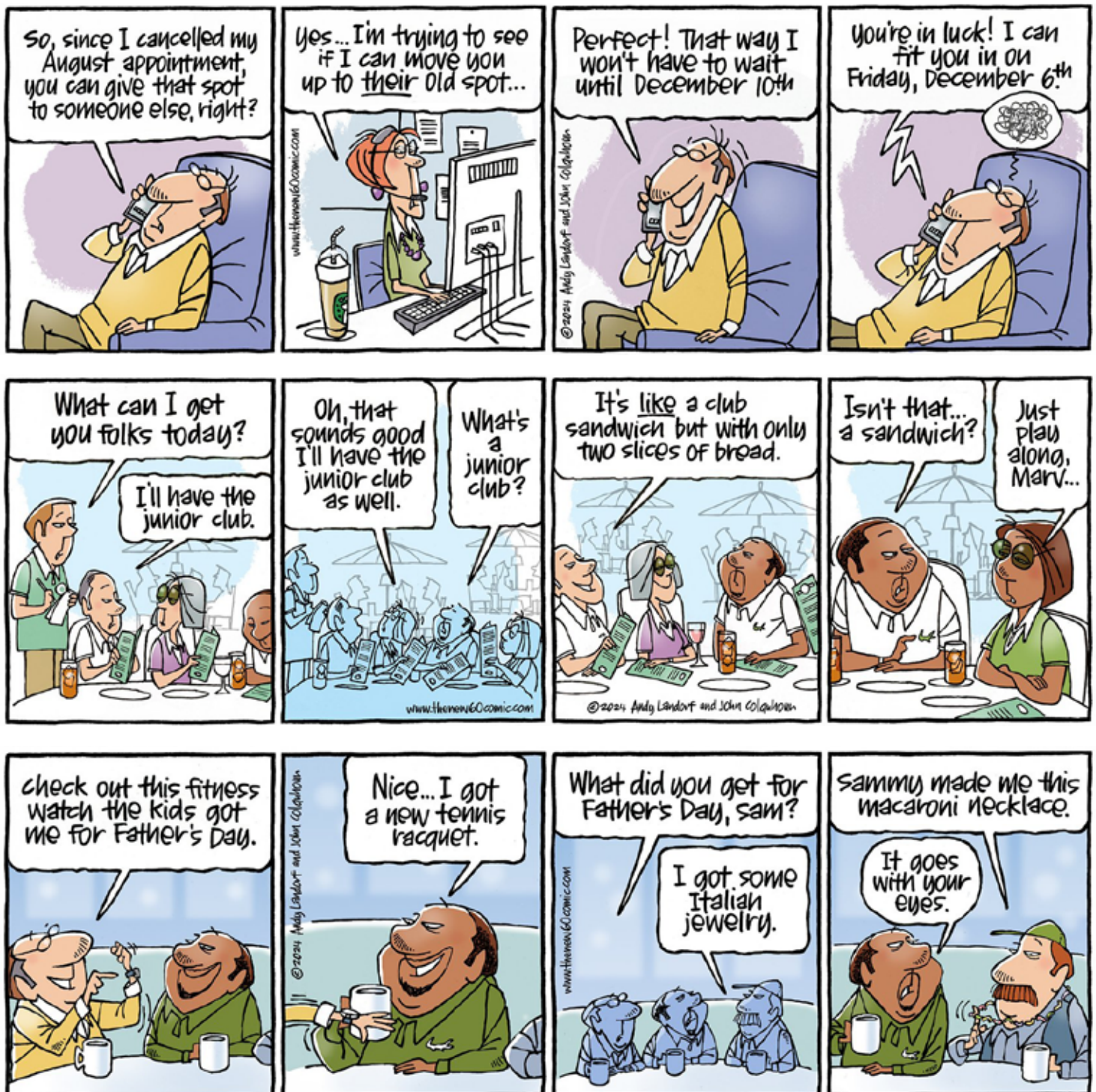
FIND 8 DIFFERENCES



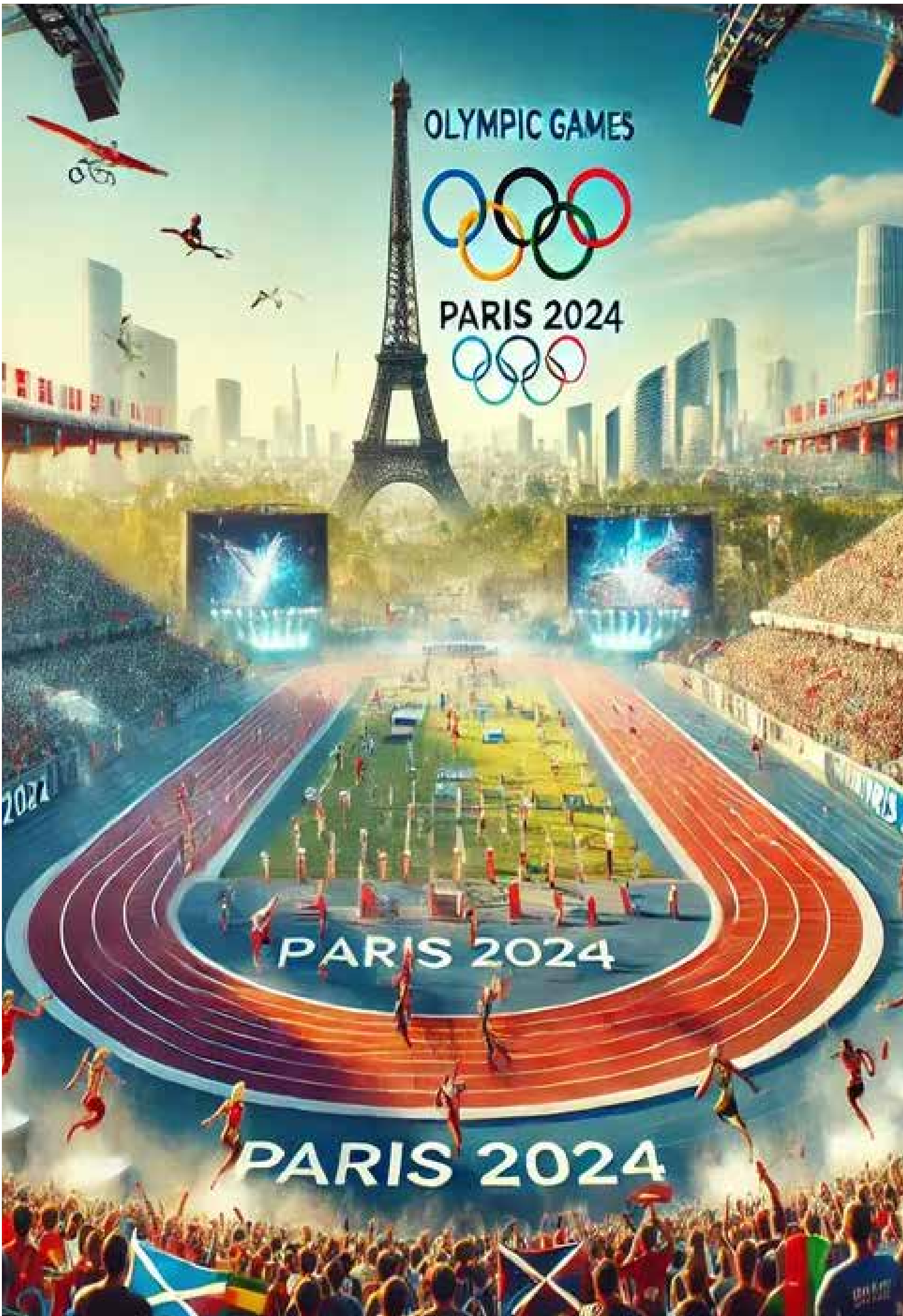
Find the answers on the last page

# Not So Serious

## Senior Moments

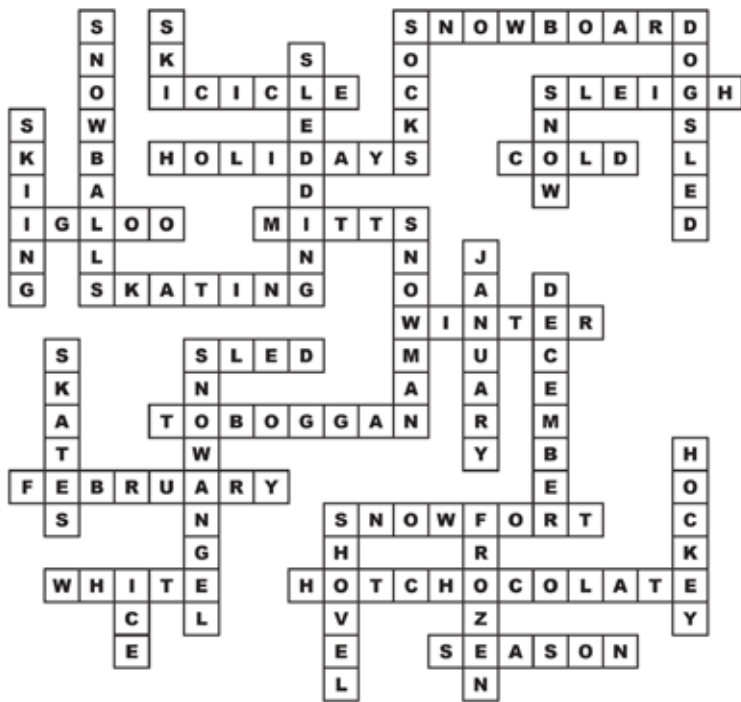
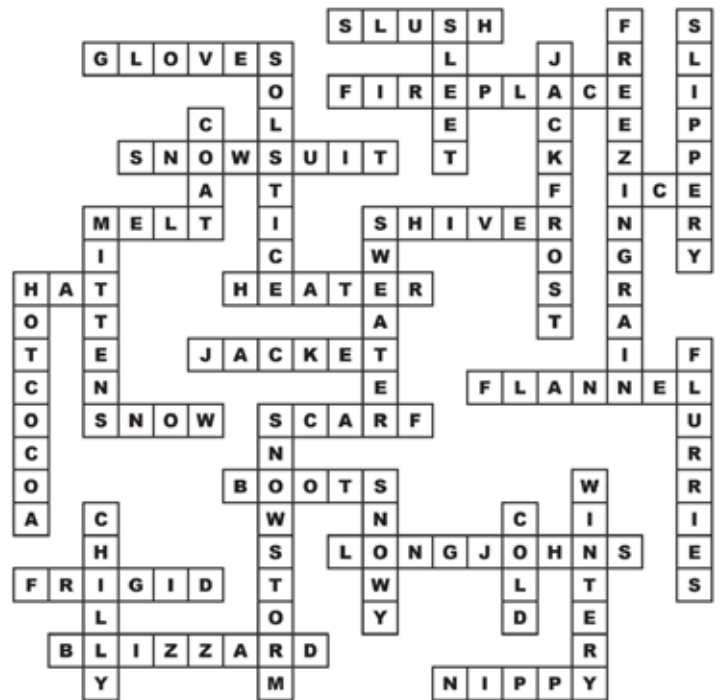






# Crossword Puzzles

## ANSWERS



## ANSWERS



*Hope you enjoyed our newsletter*

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