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Men's Health

Welcome to Vision Personal Training!

Whether your goal is weight loss or overall fitness, you can join one of the best personal trainers in Australia, a Vision Personal Trainer. Our fitness studios are dedicated to personal fitness and offer customised personal training programs. Over the years the personal fitness trainers at Vision PT have been regarded as the best personal trainers and have received immense job satisfaction from seeing satisfied customers, time and again. At Vision PT you just don't lose weight, you receive life transforming results that direct you to a healthy lifestyle accompanied by great energy levels.

As Father's Day approaches spend a moment reflecting on Michael Scully's Journey (below) - 14.6kg gone, lost 8cm from chest, 13cm from waist, 10cm from hips and body fat down 5.3%.

How did Michael feel in the beginning?

"The beginning for me started shortly after I was married some 20 years ago. I got bigger and the nagging got louder. Putting my back out chasing the kid's rabbit was the excuse I needed for getting back into shape without losing the battle with my wife. After all I had spent a great deal of money and energy sculpting my physique. The downside of which was high blood pressure and very little energy." How you are feeling currently?

"Fortunately for me Vision was recommended to my wife and she called and made an appointment with Mish. Nine weeks on with the correct diet and exercise, paired with two of Vision's finest (Mish and Damo), I am well on my way to reaching my wife's overall goal of having a younger looking man."

What are your future goals?

"After the shock of the ambush, I am really enjoying the experience. You guys have made starving a welcome treat (my metabolism is on fire) and Vision a "home away from home". You would swear that Mish and Damo had been tutored by my loving wife. My cholesterol and blood pressure are down and my overall fitness is at an all-time high. My new goal is to bench the combined weight of my very special trainers. Thanks guys!"

Give our friendly studio a call to get you started. All Dad's that get started in September will receive 5 extra sessions (valued at \$250) to kick start their goals. Conditions apply.

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**St Ives Studio, 9440 3910, 164A Mona Vale Rd, St Ives NSW 2075,
www.visionpt.com.au.**

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Say Goodbye to Gout

O'Loughlin's Medical Pharmacy is committed to providing our customers with the most up-to-date health information and as such we have recently launched the "Self Care Fact Card Program". We have over eighty different Fact Cards with topics ranging from Prostate Health and Colds and Flu to Asthma and Osteoarthritis - pick up one in store today. Following is an article written by Self Care's Principle Adviser and Spokesperson, Dr John Bell, outlining some facts about Gout, a condition that is more likely to affect Men rather than Women. Cartoons of the 18th and 19th centuries typically depicted the gout sufferer to be an obese man who had clearly consumed too much alcohol. The condition was known as "the rich man's disease"; the implication being that gout was an unfortunate side effect of living rather too well, and not so wisely.

The reality is, perhaps, a little too close for comfort. Whilst the condition is certainly not confined to kings or even the wealthy, it is a fact that more men are affected than women - gout is about five times more prevalent in men - and diet can play a significant role in both the cause and the prevention.

Results published in the Lancet following a 12-year-long study of the drinking habits of 50,000 men confirmed the belief that alcohol intake increases the risk of gout. Perhaps surprisingly though, the study showed that it is not the supposedly sophisticated, well-to-do champagne sipping or wine consuming set that are most vulnerable. In fact, beer drinkers fared worst; and as few as two beers a day doubled the risk of the disease.

The authors of the study suggested that a group of substances in beer, called purines, might contribute to the risk of gout. It's likely there are other risk factors in beer, as well; and there may even be protective factors in some wine.

Purines are also present in significant concentrations in certain foods. So it's possible the different eating and drinking habits between men and women make men more likely to suffer from gout. Ultimately, the body changes purines into uric acid; and if the uric acid is not effectively eliminated, needle shaped crystals of urate are deposited in the joints. And sometimes those well known symptoms of gout also occur - pain, redness, heat and swelling. The bones, the skin and even the kidneys can also be affected. So gout is not just an uncomfortable inconvenience; serious organ damage is possible.

There are several factors which may contribute to the apparent growing prevalence of gout over the past 20 years or so - for instance, the greater use of diuretics (medicines used to increase the output of urine) and low dose aspirin (or other salicylates). These products decrease the excretion of uric acid from the kidneys, so increasing the risk of gout. High blood pressure, kidney disease and obesity are also thought to be risk factors; so is a family history of high levels of urate in the blood. That's something we can't do much about - although an awareness of these genetic factors may encourage us to modify those risk factors we do have control over.

Management of gout requires both medication and non-medication strategies. Lifestyle modification can have significant benefit. Whilst diuretics generally increase the risk of gout, the low dose diuretics used in combination with some of the blood pressure lowering agents seem to pose no risk.

No treatment for gout, whether it's for an acute attack or long-term urate-lowering therapy, is without possible side effects. So treatment needs to be chosen carefully and regularly monitored. So-called non-steroidal anti-inflammatory medicines are the first choice treatment for an acute attack. Indomethacin is often prescribed, but the non prescription products ibuprofen or diclofenac are also options (aspirin

is not suitable) Colchicine (a standardised and purified form of one those herbal products where there is some evidence of benefit) is an alternative.

O'Loughlin's Medical Pharmacy - open 7 days from 8.30-8pm Monday - Friday, until 9pm on Thursday and 8.30-6pm on weekends. Advice line: 9440 0030

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Active Ku-ring-gai

The Active Ku-ring-gai Program encourages people of all fitness levels to get involved in physical activities across a variety of Council owned parks and outdoor facilities. Council employs highly experienced and qualified staff to manage all the activities which run for ten weeks during school terms. In addition to this holiday programs such as 'Active Kids' have been implemented to cater for school aged children.

The current range of programs include:

Active Ku-ring-gai Kids - West Lindfield Hall & Queen Elizabeth Reserve - School Holidays
 Gym without Walls - Wahroonga Park - Monday, Wednesday 8.30am; Golden Grove, West Pymble - Tuesday, Thursday 6.15am
 Pilates in the Park - Wahroonga Park - Monday, Wednesday 9.30am
 Social Tennis Competitions - Allan Small Park, Killara - Tuesday 7pm; Roseville Park, Roseville - Wednesday 7pm; St Ives Village Green - Thursday 7pm
 Tai Chi - St Ives Hall - Friday 11:30am; Echo Point Park, Roseville - Friday 9.45am
 Yoga - Ku-ring-gai Library Meeting Room, Gordon - Wednesday 5:15pm & 6:30pm
 Zumba - Ku-ring-gai Town Hall - Monday 6pm (Danielle Halvorsen)

For more information visit www.kmc.nsw.gov/active or call 9424 0802.

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A Dad's Work is Never Done!

By John Rae

As a Dad I can honestly say that my wife expects (and generally gets!) far more Dad committed time for all manner of household related chores and kid related chores than was expected from Dad's in my parents' generation.

And it's not just generating an income but also includes shopping, housekeeping, cooking, gardening, kid's time and school/sports involvements and the list goes on. And on top of that most of us work far longer than 40 hours a week - regardless of how many hours we actually get paid for - always on e-mail/mobile phones etc. Sound familiar? All of this culminates in men generally having far worse health outcomes than women of similar ages in our society.

We men have much higher rates of middle age heart attacks, blood pressure issues, kidney disease, diabetes and early onset dementia. Research shows that pretty well all of these diseases are very much life style related and the incidence and severity of these diseases can be moderated through moderating diet, reducing alcohol and very importantly doing regular exercise. Regular exercise doesn't necessarily mean running marathons. Making a long term commitment to a decent walk or jog three times a week over an extended period has been shown to massively improve health outcomes amongst guys as they move through middle age into older age.

Whether you are starting a walking or a running program you will maximise your chances of success by having footwear that fits you properly. A proper fit means that both the fit and the structure of the

shoe will suit your feet and how you move. At The Athlete's Foot St Ives, we specialize in fitting people with shoes that will help them to achieve their health and activity goals. We can also point you in the right direction to local walking/running/gym groups that will help you to achieve your goals and have some fun along the way.

There is no better time to start than now! Shake off the winter blues and any winter weight gain so far and give yourself an early spring start into summer. Come in and see us at The Athlete's Foot St Ives and let us help you get started on achieving your health goals. Ask us about our upcoming series of running coaching clinics.

The Athlete's Foot is located at 41, Lower Level, Phone 9440 5614.

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Getting Into The Swing Of Things

Weather conditions are perfect for a game of golf and you eagerly pack your golf bag into your car and head off to join your friends or work colleagues at your favourite golf course. On arrival you head straight to the 1st tee, perform a few twists and practise swings to "warm up", place your golf ball on the tee, and hit. Your day has officially begun.

Stop. Think. Did you warm up properly before you hit that ball? How fit are you?

Unfortunately, most golfers are unaware of the muscle groups that are utilised during a game of golf. Poor technique and posture, too, can affect performance, impair your swing and result in injury. These principals apply equally to the young and not so young. As with all sport, we need to get fit to play, and not play to get fit.

Your physiotherapist is trained to assess your posture, spinal alignment, muscle strength and control. Physiotherapists can then instruct on specific exercises which will strengthen your muscles enabling the correct sequence and timing of events to occur allowing you to improve your game. Learning correct warm routines, too, will prevent injury. Your physiotherapist will explain the benefits that a variety of exercises including running, cycling, swimming, Pilates and yoga can have on improving your game of golf.

Training over the years:

6-10 yrs: games should be fun; children should be encouraged to try a variety of sports.

10-16 yrs: This is when children go through a growth spurt and need to gain "posture awareness". For golf, as with all sports, development of good posture and proper technique is important.

16-20 yrs: At this stage most people chose a preferred sport.

Remember to keep a balance between work, practise and competing.

20+ yrs: As we get on in years, elasticity in our muscles and tendons decrease. Basic principals of good posture, keeping fit, warming up prior to playing and correct techniques when hitting the ball are all important in preventing injury as well as ensuring that you perform well.

So, next time you head off to the golf course, be it straight from the office, or to join your friends for a weekend game, stop and think. Get there early enough to warm up before you tee off. Your body may be stiff from spending the morning sitting at your computer for hours. Make sure that you are aware of your posture and technique when swinging your golf club. Here's to improving your handicap and enjoying a great pain-free game of golf!

If you have any concerns, contact **St Ives Physiotherapy & Sports Therapy Centre on 9144 1118, to arrange a consultation with your local Physiotherapist.**

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Children's Health

Kids Winter Warm Ups

The cooler weather during autumn and winter can affect children and adolescent's safe participation in sport and outdoor recreation activities. Physical activity is one of the best ways to stay warm in a cold environment. Winter sports can help burn calories, increase your cardiovascular fitness, strengthen muscles and build stronger bones. Choose an activity or sport that you enjoy. Outdoor winter sport options include skiing or snow boarding, soccer or netball and indoor options include basketball or ice-skating, to name a few.

Here are some tips to keep in mind to reduce risk of injury:
Dress in layers so that as you warm up you can remove excess layers of clothing.

Warm up routines are especially important in the cooler weather. The aim of the warm up should be to increase body temperature, heart rate and breathing rate. Warm up routines should be sport specific and use the same movement patterns as the activities to be performed during the physical activity. They help participants prepare both mentally and physically for the activity.

Cool down routines assist in recovery and include activity of reduced intensity (e.g. 2-3 minutes of easy jogging or walking) as well as 5 minutes of gentle dynamic stretching. There is evidence to show that in younger people, dynamic stretching (moving slowly a number of repetitions through a full stretch) is more beneficial than static stretching (holding the stretch position for more than a few seconds). When exercising outdoors, remember to use sunscreen. Even though the temperature is lower, the sun's rays can still be harmful to your skin.

Remember to hydrate adequately. We require fluid when exercising, even when the weather is cooler and you may not be aware of needing a drink.

If you are asthmatic, take extra care when exercising outdoors in the colder climate. Always ensure that you have your prescribed medication at hand should you require it.

If you have been taking prescription medication, medical clearance should be obtained from your doctor before you return to participation in sport or physical activity.

An estimated 50% of all sports injuries are preventable. Should an injury occur, remember RICE (rest, ice, compression and elevation). Remember, get fit to play sport, do not play sport to get fit. Your fitness training should be sport specific. Contact your Physiotherapist for assessment and treatment to ensure a safe and quick return to sport.

If you have any concerns, contact **St Ives Physiotherapy & Sports Therapy Centre on 9144 1118**, to arrange a consultation with your local Physiotherapist.

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How well does your child see?

Vision problems are common in school aged children and the prevalence of these problems increases as children progress through school. It is important that they are detected and corrected early so that your child has the best chance of reaching their full learning potential. Good vision is important for children's educational, physical and social development.

The most common vision problems that school aged children experience are:

- Shortsightedness/Myopia (blurred distance vision)
- Long-sightedness/Hyperopia (difficulty focusing at near)
- Astigmatism (distortion of vision at distance and near)

Once detected, these conditions are usually easily corrected with spectacles or contact lenses. Accommodation problems, vergence problems, a lazy or turned eye, may be more difficult to detect, but if detected early enough can usually be treated.

Children spend many hours using computers, playing video games and watching television. It is important that they are made aware of taking regular breaks, have sufficient room lighting, having the monitor positioned correctly and that reflections are minimized. Sunglasses are also very important and will reduce the amount of UV rays reaching your child's eyes. Specialized sport and safety frames can usually be fitted with your child's prescription to enable them to reach their full potential while playing sport.

Some signs that may indicate possible vision problems:

- Squinting the eyes or difficulty seeing in the distance
- Holding a book very close when reading
- Rubbing the eyes
- Red or watery eyes
- Complaints of tired eyes or headaches
- Missing out words when reading
- Covering or closing one eye
- An eye that turns in or out

Prevue Eyewear recommends regular eye examinations which are bulk billed. Phone Prevue Eyewear on 9144 6367 to make an appointment or book online at www.Prevue.com.au to have your child's vision and ocular health assessed. **Prevue is located at Shop 83-84, Lower Level, Phone 9144 6367.**

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Winter Health

Flu Vaccine, Who Needs it?

By John Bell

Each year in Australia, influenza causes an estimated 3,000 deaths in older people. There are also the economic costs to the community of over one and a half million lost work days, 300,000 doctor visits and 18,000 people admitted to hospital.

However, it's not just older people who are affected by the flu. The fact is, rates of flu infection are highest among young children; although children under the age of five are less likely to show typical symptoms of the flu - the fever and the cough - so you may not know that your child has actually contracted the infection.

Most children generally cope pretty well with the flu but young children are especially vulnerable to new strains of the flu such as the "swine flu" which was first identified in 2009. Their underdeveloped immune systems can't manage the invading virus.

So the flu virus picks its victims, singling out those people least able to resist the adverse effects. The greatest concern for doctors and patients alike is the danger, not just of the flu itself, but of severe complications such as pneumonia and the effect of influenza on existing medical conditions.

People with chronic heart, kidney or lung disease, diabetes or other long-term illnesses are particularly at risk. The stress caused by influenza can worsen these conditions and even cause premature death.

Today, prevention is our major weapon against influenza. You can help protect yourself by making sure your lifestyle is healthy including

regular exercise and a daily diet that includes the widest possible variety of foods. And, of course, annual vaccination against the flu is recommended for all people in high risk categories.

Everyone 65 years or older should have the flu vaccine. As well, at any age, you should be vaccinated if you have an ongoing illness such as diabetes, kidney disease, asthma, heart or circulation problems, or compromised immunity as a result of HIV, cancer or longer-term steroid use.

Now there is also a special effort to ensure people who might spread the infection to the above groups are vaccinated. This includes health workers - doctors, dentists, nurses, pharmacists, carers and even children. There is now mounting evidence that widespread vaccination of children against influenza slashes infection rates in both children and the more vulnerable elderly. This year, however, only certain brands of flu vaccine are recommended for children under 10 years of age (following evidence of some adverse effects in young children last year with a particular brand of vaccine). Your doctor or pharmacist can give you more details.

The formulation of influenza vaccine for use in Australia is determined by the Australian Influenza Vaccine Committee based on information and recommendations from the World Health Organization (WHO). The composition of the 2011 vaccine is similar to last year's and includes killed strains of the viruses first identified in Brisbane in 2008 and in Perth in 2009 as well as the so-called H1N1 swine flu.

As in previous years the Australian Government will provide flu vaccine free of charge to everyone 65 years plus and the "free allocation" has been extended to include pregnant women, indigenous people 15 years and over, all residents of nursing homes and long care facilities and anyone six months of age and over with a condition "pre-disposing to severe influenza illness" such as heart or lung diseases.

To find out more advice about whether the flu vaccine is right for you, come in and see our friendly pharmacists at **O'Loughlin's Medical Pharmacy, on the second floor next to the Medical Centre. We are open 7 days from 8.30-8pm on Mondays - Friday, until 9pm on Thursdays and 8.30-6pm on weekends.**

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Immune Health

By Michelle Lotzof, Blooms the Chemist

Facts and Stats

The body's immune system protects against harmful bacteria, microbes and viruses.

Poor immunity increases the chances of coughs and colds, allergies, hayfever, sinus, cold sores and other common infections.

Cold sores are a recurring viral infection caused by the Herpes virus also causing shingles, often associated with painful skin lesions.

Fever is sometimes associated with infections. Did you know that that this rise in body temperature can actually kill some microbes?

Many symptoms of the cold are a result of our body's defence mechanisms.

Over 90% of sore throats are caused by viruses.

Hints and Tips

A nice drink made from half a lemon, 2 teaspoons of honey and hot water can help soothe an irritated sore throat.

Sucking lozenges made from vitamin C and zinc provide important nutrients for enhanced immune function and may help to delay the duration of the cold.

By using herbs such as Echinacea, garlic, Vitamin C, zinc and other antioxidants daily, you may be able to build up resistance to infections.

The value of sleep and rest and adequate fluid intake cannot be overemphasised.

Using a vapouriser with antibacterial essential oils maintains a moist respiratory tract that repels viral infections.

Remember- if antibiotics are used, it's important to take a probiotic (friendly gut bacteria) supplement.

New Immune Booster For Kids - Helps Reduce Sick Days

This new probiotic for kids is a pleasant tasting powder and has been shown to reduce the frequency and severity of colds and flu's in kids. Just half a teaspoon a day provides the exact strength of Lactobacillus acidophyllis and Bifidobacterium lactis that, used in a clinical study in over 200 children in childcare, actually reduces the number of days absent from school and childcare. It is suitable to be taken by children over the age of two years and is gluten and dairy free.

A clinical trial has shown that, when taken daily, the exclusive probiotic strains in Inner Health Immune Booster for Kids may:

- Reduce the frequency of symptoms of colds and flu
- Reduce the duration of cold and flu symptoms
- Reduce the incidence of runny noses, coughs
- Boost the immune system function
- Call in and talk to our friendly staff at Blooms the Chemist and see what we can do for you.

Blooms the Chemist is located at Shop 3, Lower Level, Phone 9144 6914.

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