

SMI NEWSLETTER



Welcome Back

The team at SMI hope you enjoyed your Christmas/New Year break with your friends and family.

Our team are all back on board and have been busy tending to both the Cronulla NRL and junior representative teams.

COVID-19 has certainly been having an impact on people in both NSW and interstate.

Recently we posted on our social media pages about assessing whether you are at low, intermediate or high risk for complications when returning to physical activity after an COVID-19 infection.

If you missed it, check us out on either Facebook or Instagram to find out more (links on page 7).

IN THIS MONTH'S EDITION

Hypertension
Pages 2 - 3

Type 2 Diabetes
Pages 4 - 7

Link for our Social
Media Pages
Page 7

HYPERTENSION



What is Hypertension?

Hypertension or high blood pressure is a very common condition amongst the general population. Whilst it can be an underlying genetic disorder it is usually lifestyle factors that is the main cause of hypertension.

Hypertension can have serious health implications and can increase your chances for developing kidney disease, heart failure, heart attacks and strokes.

Testing for Hypertension

The best way to measure blood pressure is through a simple 5-minute blood pressure test. Blood Pressure is expressed as two different numbers (measured in millimeters of mercury or mmHg), the systole, measures pressure of the arteries at maximal heart contraction, and diastole, is when the heart is relaxed. The reading is expressed as systolic/diastolic pressure.

<u>DIAGNOSTIC CATEGORY</u>	<u>SYSTOLIC (mmHg)</u>		<u>Diastolic (mmHg)</u>
Optimal	<120	and	<80
Normal	120-129	and/or	80-84
High-Normal	130-139	and/or	85-89
Grade 1 (mild) hypertension	140-159	and/or	90-99
Grade 2 (moderate) hypertension	160-179	and/or	100-109
Grade 3 (severe) hypertension	>180	and/or	>110
Isolated systolic hypertension	>140	and	<90

Factors that Increase Hypertension

- Smoking
- Being overweight
- Lack of physical activity
- Excessive salt in the diet
- Excessive alcohol consumption (more than 1 to 2 drinks per day)
- Stress
- Older age
- Genetics

HYPERTENSION



How Exercise Can Help Hypertension

Regular exercise, especially aerobic exercise, can help protect you from hypertension and heart disease. Regular exercise can have a significant effect in reducing your blood pressure by 6-7 mmHg. Many scientific studies have also shown that reducing your systolic blood pressure by 5 mmHg, you can decrease your chance of death by stroke by 14% and death by coronary heart disease by 9%. Constant exercise and a good diet are the first steps in reducing blood pressure, along with pharmaceutical interventions.

Aerobic exercise, such as swimming, walking, running, and cycling, has shown to reduce resting blood pressure.

How SMI can Help

Sports and Exercise Physician

Can undertake a thorough history and examination and coordinate a comprehensive yet easy to follow treatment plan to assist in reducing blood pressure and improving lifestyle.

Exercise Physiologist

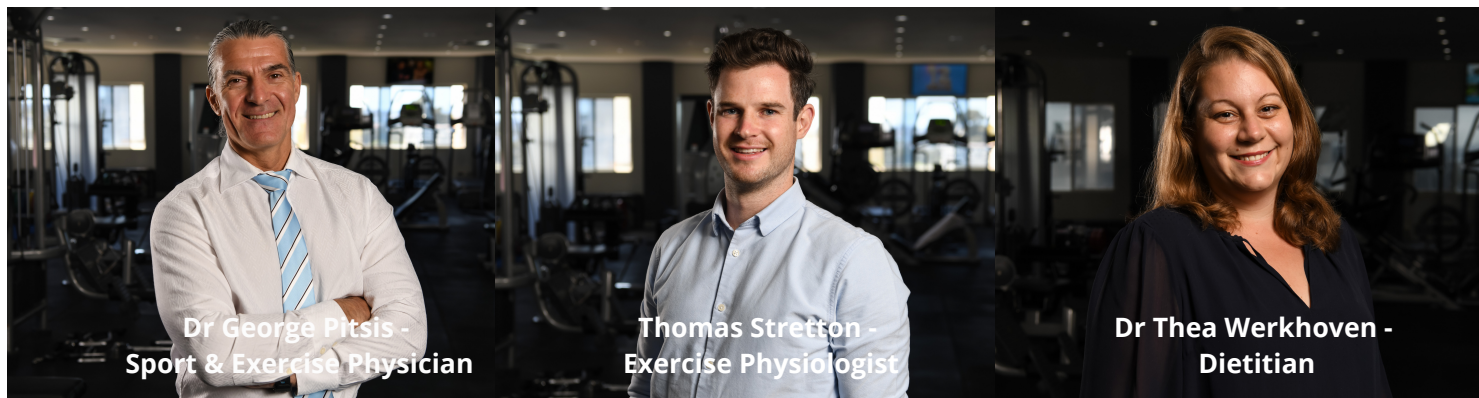
Provide a guided exercise program that can work around your injuries or conditions.

Dietician

Our dietician can give you help with all matters related to eating (and drinking) in a way that suits your lifestyle.

Genisys Gym

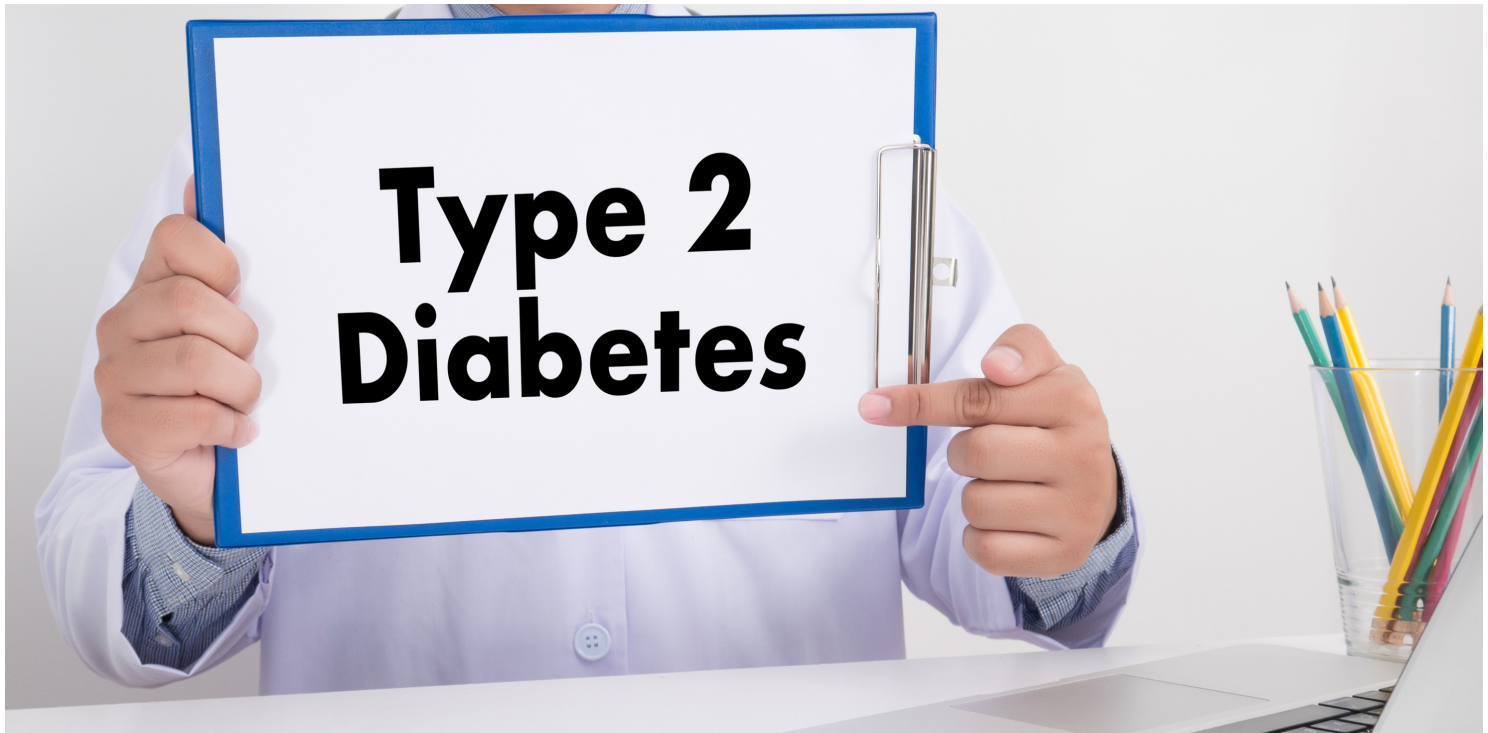
Our community-based rehabilitation gym allows our patient to come in undertake their rehabilitation and exercise program in a comfortable environment.



Dr George Pitsis -
Sport & Exercise Physician

Thomas Stretton -
Exercise Physiologist

Dr Thea Werkhoven -
Dietitian



Type 2 Diabetes

Type 2 diabetes is the most common type of diabetes. While it usually affects people over the age of 40, it is not uncommon for younger people to be diagnosed. There is currently no cure for type 2 diabetes, although treatments are available to prevent progression or even cause remission of type 2 diabetes.

We can help you manage the condition by making positive changes to your daily habits including maintaining a healthy diet and helping get into a routine with regular exercise.

As type 2 diabetes progresses, most people will need to take medication and make lifestyle changes.

HOW DO I KNOW I HAVE TYPE 2 DIABETES?

Many people with type 2 diabetes don't have symptoms – or put their symptoms down to something else. In some cases, by the time type 2 diabetes is diagnosed, the complications of diabetes may already be present – so it's important to be aware of the symptoms.

WHAT ARE THE SYMPTOMS OF TYPE 2 DIABETES?

- Being excessively thirsty
- Going to the toilet to pass urine a lot more than usual
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching skin, skin infections
- Blurred vision
- Unexplained weight loss
- Mood swings
- Headaches, nausea and vomiting
- Feeling dizzy
- Leg cramps



Dr Thea Werkhoven - Dietitian



WHAT CAUSES TYPE 2 DIABETES?

Type 2 diabetes is a condition in which the body becomes resistant to the normal effects of insulin and/or gradually loses the capacity to produce enough insulin.

Insulin is a hormone secreted by the pancreas – a gland in the abdomen. It is used by the body to move glucose, an energy source found in foods that contain carbohydrates, into body tissues ready to be used for energy.

In type 2 diabetes, the cells don't respond to insulin properly and the pancreas does not produce enough insulin for the body's increased needs. Over a long period of time (years) insulin becomes increasingly ineffective at managing the blood glucose levels. This is called insulin resistance.

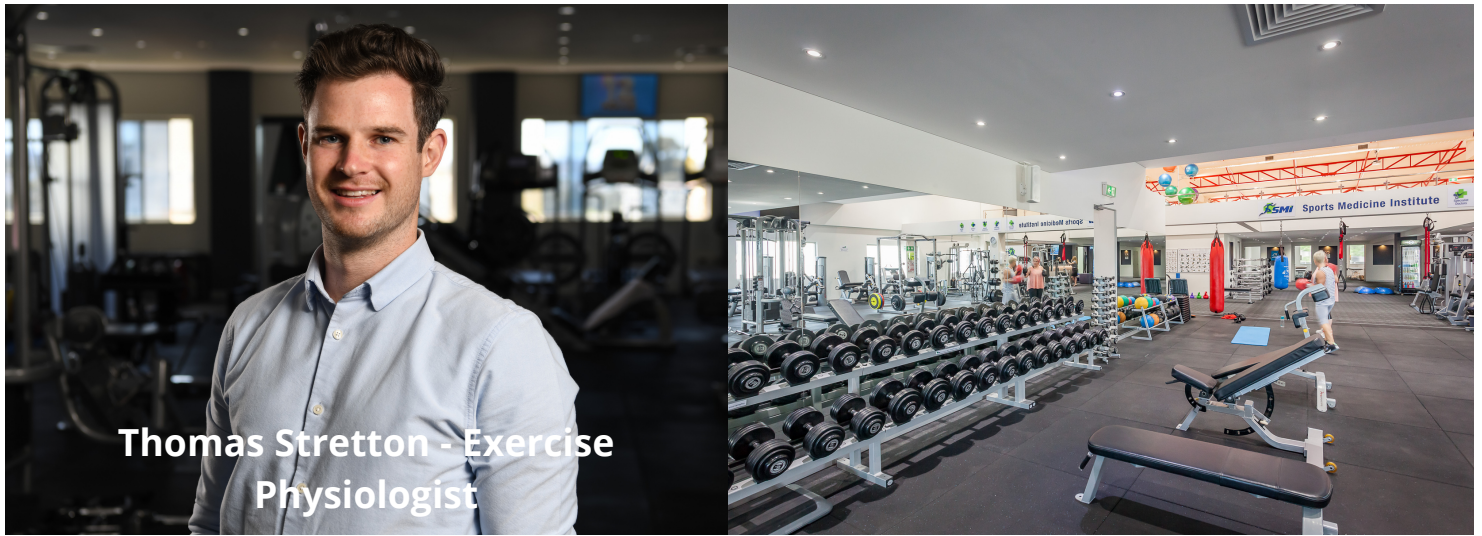
As a result of this insulin resistance, the pancreas responds by producing more and more insulin as it tries to manage the blood glucose levels. This means type 2 diabetes is a combination of ineffective insulin and not enough insulin.

The insulin producing cells in the pancreas eventually wear themselves out. By the time type 2 diabetes is diagnosed, the body may have lost 50 – 70% of its insulin producing cells. Glucose builds up in the blood instead of getting into cells for energy, causing damage to various parts of the body.

HOW IS TYPE 2 DIABETES TREATED?

Most people with type 2 diabetes will need to take medication to manage their blood glucose levels. Many will eventually require insulin as part of the natural progression of the condition.

Taking tablets or insulin as soon as it's needed can result in fewer long-term complications so it's important not to delay medication if advised by your endocrinologist.



Thomas Stretton - Exercise Physiologist

CAN DIABETES BE REVERSED?

Is possible to prevent or delay type 2 diabetes with early lifestyle changes. Early diagnosis, treatment and effective ongoing support can reduce the risk of diabetes-related complications.

Both our Exercise Physiologist, Thomas Stretton and Dietitian, Dr Thea Werkhoven, are able to help guide you through these lifestyle changes.

WHO IS AT RISK OF DIABETES?

Diabetes runs in families. Your risk greatly increases by many lifestyle factors that are under your control. This includes whether you have high blood pressure, are overweight or obese, and get enough physical activity.

You are at a higher risk of getting type 2 diabetes if you:

- have a family history of diabetes
- are older (over 55 years of age) - the risk increases as we age
- are over 45 years of age and are overweight
- are over 45 years of age and have high blood pressure
- are over 35 years of age and are from an Aboriginal or Torres Strait Islander background
- are over 35 years of age and are from Pacific Island, Indian subcontinent or Chinese cultural background
- are a woman who has given birth to a child over 4.5 kgs (9 lbs)
- had gestational diabetes when pregnant
- have Polycystic Ovarian Syndrome (PCOS)



WHY IS IT IMPORTANT TO TREAT TYPE 2 DIABETES?

Diabetes is a complex condition that can have a huge impact on your physical and mental health. It's also progressive – meaning it gets worse over time – as insulin producing cells in the pancreas are continually destroyed. It needs to be managed effectively to prevent complications.

- People with diabetes are up to four times more likely to suffer heart attacks and strokes
- Diabetes is the leading cause of preventable blindness in Australia
- Kidney failure is three times more common in people with diabetes
- Amputations are 15 times more common in people with diabetes
- More than 30 per cent of people with diabetes experience depression, anxiety and distress

For help with the management of your diabetes or to help prevent diabetes CALL US on 9525 3444 to book an appointment with one of our SMI Allied Health practitioners.

Speak to your GP to see if you qualify for an EPC referral

**TO LIKE OR FOLLOW US
CLICK ON THE LINKS BELOW**

