



Medical

Dental

Physio

Podiatry

Psychology

Nutrition

Remedial

Studio

Exercise

ProHealthCare

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Book online: prohealthcare.com.au/appointments

Melanoma

Pro Medical SA

What is melanoma?

Melanoma is a cancer that develops in the skin's pigment cells (melanocytes). These cells make the pigment that gives the skin its natural colour and produce melanin to help protect the skin from UV radiation (sunlight). Melanocytes are usually spread throughout the skin, but when grown in a cluster they cause moles.

When the melanocytes in a mole begin to grow and divide in an uncontrolled or unregulated way, they either expand outwards or down into the lower layers of the skin, creating a melanoma.

Melanoma will grow very quickly if left untreated. It can spread to the lower part of your skin (dermis), enter the lymphatic system or bloodstream, and then spread to other parts of the body e.g. lungs, liver, brain or bone.

What causes melanoma?

Australia has one of the highest rates of skin cancer in the world. The main cause of melanoma is overexposure to UV radiation from the sun or frequent use of solarium tanning machines. Many people mistakenly believe UV radiation is not as strong on cooler or overcast days, however this is not the case. Sun exposure that doesn't result in burning can also cause damage to skin cells and increase your risk of developing skin cancer.

Risk factors that increase the chances of melanoma include people with fair skin, a high mole count, family history and a pattern of sunburns throughout life, especially during childhood. Evidence suggests that regular exposure to UV radiation year after year can also lead to skin cancer.

Melanoma can occur anywhere on the skin, even in areas that receive little or no sun exposure e.g. inside the mouth or on the soles of your feet.

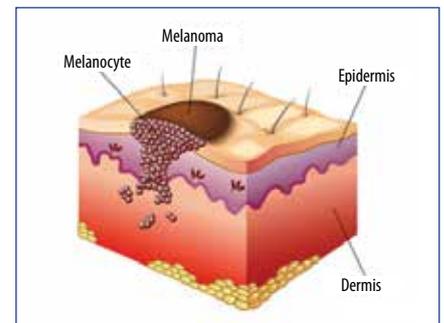
Is melanoma inherited?

Our risk of melanoma is hereditary – strongly affected by our genetic background. Rarely, a specific faulty gene that causes high melanoma risk may be passed from one generation to the next.

For most people it is the combination of a lot of genetic differences that change our risk - our different skin colours, the way we react to the sun, the number of our moles, and other invisible effects of our genetic makeup.

Can melanoma be prevented?

The most effective way to prevent melanoma is to practice sun safety at all times (especially with children). This means avoiding sun exposure during the hottest parts of the day and protecting your skin with sunscreen, clothing and a hat whenever you're outside (even on cloudy days!).



Skin cancers rarely hurt and are much more frequently seen than felt. In fact, you should develop a regular habit of checking your skin for new spots and changes to existing freckles or moles.

Regular skin checks at least once every 12 months also maximise the chances of picking up melanoma early. The sooner a skin cancer is identified, the melanoma can be effectively treated and gives you a better chance of avoiding surgery, potential disfigurement or even death.

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Thoracic Outlet Syndrome

👉 Pro Remedial SA

What it does?

Thoracic outlet syndrome is a condition where symptoms are produced from compression of nerves or blood vessels, or both, because of an inadequate passageway through the area between the base of the neck and the armpit. Numbness and tingling through the fingers, pain in the shoulder arms and neck are caused by the compressed nerves through the upper anterior torso. The passageway that these nerves and blood vessels use to exit the chest is referred to as the thoracic outlet, which supplies the upper extremities. Bordering around the thoracic outlet is also muscle, bone and other tissue.

Any condition that results in the enlargement of the tissue near the thoracic outlet can cause Thoracic Outlet Syndrome. These conditions can be: muscle enlargement, injuries, an extra rib extending from the neck, weight gain and on rare cases tumours at the top of the lung. Often no specific cause is detectable.

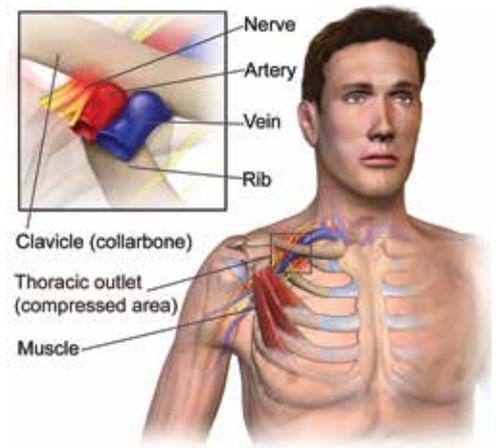
How to tell if you have it?

Thoracic outlet syndrome symptoms include:

- Neck Pain
- Shoulder pain
- Arm Pain
- Numbness and tingling of the fingers, and
- Restricted circulation to the extremities (shoulders, arms, neck) causing discoloration.

How to treat it?

Thoracic Outlet Syndrome can be treated with conservative measures that usually consist of stretching the Thoracic Outlet - these can be performed either with or without weights in the hands to pull the outlet into a relaxed open position. Shoulder shrugging exercises can be performed to relax the muscles around the outlet and relieve tension in the bordering muscles and tissue. Massage is a great mechanism in the management



of Thoracic Outlet Syndrome, by treating the muscles around and near the thoracic outlet to reduce the amount of compression on those nerves due to tight muscles.

If these symptoms are similar to what you are experiencing, or if you have general shoulder and neck pain, book in with one of our remedial massage health care professionals located at 5 convenient locations. Visit prohealthcare.com.au or phone us at **Pro Health Care Mitcham, Kidman Park, Hope Valley, Stirling or Norwood** to book an appointment.

Tyler Jarman, Massage Therapist

Anxiety

📞 Pro Psychology SA

What is anxiety?

Anxiety can be emotional, physical, behavioural or a combination of these. Anxiety disorders have shared symptoms and people may experience a range of symptoms across this spectrum of mental health disorders. Symptoms that interfere with your ability to carry out normal activities in life such as concentration, sleep and carrying out ordinary tasks, could point to you suffering from an anxiety disorder.

Emotional symptoms include a sense of impending danger or panic, feeling powerless or apprehensive, difficulty in concentrating or remembering things, excessively worrying about the past, present or future or finding it hard to think clearly.

Physical symptoms include feeling tense, headaches or muscle tension, feeling tired or weak, increased heart rate, trembling, blushing, hot and cold flushes, hyperventilation, sweating, diarrhoea, difficulty in sleeping and experiencing nightmares, dry mouth, choking, feeling wound up and edgy, chest pain or stomach pain, dizziness and shortness of breath.

Behavioural anxiety symptoms include avoiding situations that make you feel anxious or isolating yourself from others.

Types of anxiety

The 6 common types of anxiety are: generalised anxiety disorder, social phobia, panic disorder, agoraphobia, specific phobias, obsessive compulsive disorder and post-traumatic stress disorder.

Causes of anxiety

The causes of anxiety are not fully understood. Some level of anxiety helps

us to appropriately respond to situations in life to help us grow up safely. When these appropriate responses appear to occur more often in circumstances where they are not helpful, then anxiety becomes a problem.

Some causes of anxiety include family history, ongoing stressful situations, caffeine, physical health issues and substance abuse.

Diagnosis and Treatment

The first step is to consult with your doctor to get a firm diagnosis. There are many services and health care professionals out there to help you, so you are not alone.

The treatment will depend on the type and severity of your symptoms. Common treatments are cognitive behaviour therapy, breathing and relaxing techniques, moderate exercise, reducing caffeine, moderating alcohol, quitting smoking and medication.

Tennis Elbow

Pro Physio SA

What is it?

Tennis elbow is also referred to as lateral epicondylalgia and is typically an overuse injury of the muscles of the forearm, specifically the extensors responsible for bending your wrist backwards. It is most prevalent amongst individuals performing repetitive movements frequently within a work environment and with some leisure activities e.g. tennis, hence the name.

Anatomy and Biomechanics

The extensor muscles of the forearm attach to the lateral epicondyle (outside) of the elbow via a common tendon. They then run along the forearm towards the wrist and attach into various places.

A complex network of muscles all run side to side and work together to perform the many various movements that the wrist and hand are capable of doing. The extensor tendon acts as a common anchor for most of the muscles to attach on to, making it susceptible to overuse injury.

The role of the extensor muscles become most important with activities which involve movements of the wrist and fingers of the hand, such as with typing and repeated gripping. Tendons are made to withstand a lot of repeated force and trauma but excessive activity can injure this faster than the body's ability to repair itself.



Long-standing tendon injuries are predisposed to degeneration which can lead to an increased risk of injury and worst case scenario may tear. Proper management of this injury is vital to reduce the risk of longstanding symptoms and weakness.

What are the signs and symptoms?

- Pain around the outside of the elbow
- Pain with gripping and bending your wrist backwards
- Typically, gradual onset made worse with activity

Contributing Factors

Tennis elbow may develop more readily with poor upper limb posture and biomechanics, especially within work environments. Tightness of the extensor muscles of the forearm can also predispose yourself to this injury. Assessing workplace posture at both the shoulder and elbow can play an important role in reducing the risk and help manage individuals suffering from tennis elbow.

Tennis elbow can also be caused by repeated forces being placed upon the muscles of the forearm. This is seen within sports mainly involving racquets or activities that are heavily hand dependent.

Diagnosis

The Physiotherapists at **Pro Physio SA** are able to accurately diagnose and treat tennis elbow based on your daily activities and a physical examination.

Other imaging such as an ultrasound and MRI are also able to diagnose tennis elbow and can be used at times to confirm diagnosis.

Treatment

Early stage management by our Physiotherapists will aim to reduce pain and promote healing of the tendon and musculature. This can also be facilitated with ice and heat, strapping, dry needling, electrotherapy and shockwave therapy.

Our Physiotherapists will then address the relevant contributing factors related to your injury and work to strengthen the area to bring it back to optimal strength. If you feel you may be suffering from tennis elbow, arrange an appointment with one of our experienced Sports & Musculo-Skeletal Physiotherapists at your local Pro Health Care clinic.

Dwain Pinfold, Physiotherapist

Pro
HealthCare
foundation



Skin Check

February is Skin Check month at Pro Health Care. If you book in for a skin check at any of our Pro Health Care centres in the month of February...

\$1 FROM EVERY SKIN CHECK WILL BE DONATED TO THE AUSTRALIAN MELANOMA RESEARCH FOUNDATION!

The Australian Melanoma Research Foundation was established in 2009 and is a not-for-profit organisation with the purpose of funding research into a cure for melanoma and providing education and awareness of its risks.

A skin check will cover:

- Overall skin screening
- Identify any areas for concern for biopsy, excision, follow-up or referral.

A skin check requires a double appointment, so please advise the reception staff that you are booking for this reason.

Spring into Summer

Pro Podiatry SA

Put your best foot forward with NEW footwear styles from Vionic and Revere.

Here at Pro Podiatry we know about the importance of properly fitted supportive footwear. Many conditions that we encounter on a day to day basis can be treated and even prevented with a thoroughly performed footwear assessment and associated professional advice on fitting thereafter.

We take great pride in our knowledge of footwear, whether it be the latest running and walking shoes or the newest football boot to keep you kicking goals - all the way through to dress shoes and work safety boots. We pride ourselves on keeping up to date with the latest footwear technologies and the fitting aspects that come with advancements in the shoe industry.

Here at Pro Podiatry Norwood we also are proud to stock the latest range of Vionic and Revere footwear. These are extremely supportive and come in a variety of width fittings. They have also released the impressive 'Beach' thong that comes with in built arch support and will keep you feeling comfortable for longer in the lead up to the warmer



summer weather. Most of the range are also able to accommodate custom made orthotic innersoles (yes, even the sandals!).

If you would like any help or advice in choosing the right shoe for your lifestyle or have any foot or lower leg problems that you think may be influenced by your current footwear, feel free to make an appointment to have us assess your needs immediately. We can fit and order shoes from the range in our office on the spot or advise of other more suitable options that are available from local stockists to keep your feet feeling their best!

Michael Furmaniak, Podiatrist

Pro Podiatry SA Running Group Session to be held approximately once a week! Contact your local Pro Health Care to register your interest.

ProHealthCare foundation

Annual Golf Day

On Friday 3 November the Pro Health Care Foundation held our Annual Golf Day at North Adelaide where we successfully raised over \$2500 for The Mary Potter Foundation. We would like to thank all of our sponsors and attendees for their time and support. A special thanks to Marco Piteo of Piteo Accounting and Advisory, and Marc Romaldi of WRP Legal for organising the day and to those who donated prizes for the event.



Dietitian's Corner

Prawn and Crispy Rice Noodle Salad

Ingredients:

- 60ml (1/4 cup) fresh lime juice
- 2 tablespoons peanut oil
- 1 tablespoon honey
- 1 teaspoon fish sauce
- 1 long fresh red chilli, thinly sliced
- Vegetable oil, to deep-fry
- 100g rice vermicelli noodles
- 1 cucumber, halved, sliced
- 200g mixed grape tomatoes, halved
- 4 green shallots, thinly sliced diagonally
- 1 bunch fresh coriander, leaves picked
- 1 bunch fresh mint, leaves picked
- 24 large (about 800g) cooked prawns, peeled, deveined, tails intact
- 2 tablespoons unsalted roasted peanuts, chopped

Method:

Step 1

Combine the lime juice, peanut oil, honey, fish sauce and chilli in a screw-top jar. Seal and shake well to combine. Set aside.

Step 2

Pour enough vegetable oil into a large saucepan to come one-third up the side and heat over medium-high heat. Line a large baking tray with paper towel. Break the noodles into 4 portions. Drop a portion of noodles into the oil (they should immediately puff up). Use tongs to transfer the fried noodles to the prepared tray. Repeat with the remaining noodles. Set aside to cool.

Step 3

Break up the noodles slightly and place in a large bowl. Add the cucumber, tomato, shallot, coriander and mint. Drizzle with three-quarters of the dressing and toss to combine. Divide among serving plates. Top with the prawns and drizzle with the remaining dressing. Sprinkle with peanuts and serve immediately.

Thoracic Outlet Syndrome-Delayed Inflammation in the Hands following Morning Mobility Exercises. TosTinMan. 2:39. Thoracic Outlet Syndrome-Vacuum Cupping the Ribcage. TosTinMan. 2:17. Forearms and Wrists-Myofascial Release with a Spikey Ball. TosTinMan. 2:18. Thoracic Outlet Syndrome- Vacuum Cupping the Thoracic Outlet Area.