

Arthritis ACT e-news



Remember! Arthritis ACT has moved!

Visit Us: 170 Haydon Dve
Bruce 2617

Phone: 6251 2055

Email: info@arthritisact.org.au

Hello members,

We are aware that some of you have been trying to visit us at Holder – once again a reminder – we have moved! We know it becomes an automatic response to visit an organisation that you have been visiting for many years in the same location so we'll keep reminding you! We'll hold a morning tea prior to Easter so you can purposely come over and visit us in our new location!

This week I had the pleasure of being able to present some ideas to our local rheumatology workforce. It was a great chance to be able to feed back a lot of what we hear from you. In particular, I was able to talk about how we can better service people during that long wait between making an initial appointment with a rheumatologist, and how to better assist people who are experiencing problems between appointment times. As a result Arthritis ACT will be working with our workforce to get information out to people who are seeking an appointment to empower them to start looking at some of the allied health supports they will need along their journey whilst they wait. Hopefully, this will assist in some way! We have also done a ring around to check out the waiting times for rheumatologists and have included this information in the newsletter for your information.

We are excited to be able to bring to you a new suite of programs this year. You will see upcoming exercise groups and other support groups and programs cropping up regularly. We do hope you'll not only utilise these yourself, but tell others in your networks. We don't mind what a person is dealing with in their lives – we are happy to help anyone!

Again, a reminder when you come to visit us - parking is free at the building. 'Tenant Parking Only' signs means anyone utilising a service within the building.

Rebecca Davey
CEO

Warm Water Exercise Updates

Monday 12 March is a public holiday! All pool sessions will be closed UNLESS your regular pool supervisor has told you otherwise!

Easter is the weekend Friday 30 March to Monday 2 April inclusive. All pool sessions will be closed UNLESS your regular pool supervisor has told you otherwise. Club MMM, Gold Creek and Black Mountain are always closed over holiday periods.

Strength and Balance term 2

Strength and Balance dates for term two are available for bookings. If you have any questions regarding your enrolment or would like to be involved, contact Jacqui or Gwen on Jacqui@arthritisact.org.au or gwen@arthritisact.org.au or phone 6251 2055

Yoga

Chair Yoga and Floor Yoga is available to all community members on a casual basis each Monday during school term times except for public holidays. Floor yoga commences at 9.30 and Chair Yoga at 11.00. Classes are \$7 for members and \$11 for non-members.

Tai Chi

Tai Chi bookings are being taken for Term 2. There are still some places in sessions at Kaleen, Bruce and Tuggeranong if you would like to participate. Contact Gwen on gwen@arthritisact.org.au or phone 6251 2055.

Tailored Exercise Physiology Classes

Sophie, our new Exercise Physiologist, will be commencing small group tailored exercise classes from term 2. These classes will be held on Monday afternoon's at SHOUT in Pearce, and Tuesday and Wednesday mornings at Bruce. Classes will be for no more than 4 persons, and will be tailored to the individual's needs. They will be particularly useful for persons who have very limited mobility or who do not cope with a larger group setting. They will include individual goal setting and are perfect for individual's utilising NDIS packages. Classes will be rebateable through private health insurance. If you would like to know more about these classes please contact sophie@arthritisact.org.au or phone 6251 2055.

Individual sessions with Sophie are also available now! If you have a Primary Health Care plan (sometimes referred to as a chronic disease plan or Enhance Primary Care plan (EPC)) from your GP and it includes Exercise Physiology you can access the medicare rebate to pay for these sessions. NDIS and Private Health Insurance holders may also be able to utilise this service.

Probiotic Drinks - Kombucha vs Kefir

Digestive health is a hot topic at the moment with research discovering exciting links between the gut microbiome, mental health and certain diseases. The exact contribution of the gut microbiome to these conditions is not clear, however research to date has indicated that a healthy and diverse gut microbiome is a positive thing to achieve. In this month's issue of the newsletter we unpack one of the many ways that you can help to diversify your gut microbiome through the use of probiotic drinks, kombucha and kefir.

What are Kombucha and Kefir?

Kombucha is a drink made from fermenting sweet tea with the aid of a symbiotic colony of bacteria and yeast (SCOBY). The presence of beneficial bacteria, yeast and digestive enzymes means that kombucha can have positive effects on digestion, assisting in the breakdown of food. When made, kombucha is a sour effervescent drink and depending on the type of tea that is used to make it can be caffeinated. Flavour is dependent on the culturing time and the type of tea used and can be changed through the addition of juice, fruit or other flavourings. Many recipes for flavouring are available on the internet, let your imagination be your limitation!

Kefir can come in two forms. The first is **Water kefir** made from the fermentation of a carbohydrate containing non-dairy liquid. It is recommended to add flavouring to water kefir as the taste of plain water kefir is not particularly pleasing to many palates.

The second is **milk kefir**, made from the fermentation of goat/cow/sheep or camels' milk. The sugars in these milks are broken down during the fermentation process making the product quite low in lactose. Its low lactose property makes milk kefir easy for many people with low lactose tolerance to digest. Kefir is a rich source of lactic acid making it an effective probiotic supplement. Its high levels of the amino acid tryptophan also makes it soothing to the nervous system as well and the milk base makes it a good source of calcium.

Why should we drink them?

The human GI tract is a diverse eco system made up of over 300 different species of bacteria. We are beginning to learn that the quantity and diversity of bacteria contained within the gut are more important than we originally understood. The overall goal is to populate the gut with healthy bacteria and make it an inviting place to live.

Consuming 'good' bacteria rich foods such as kombucha, kefir, yoghurt, kimchi and sauerkraut can help populate the gut with 'good' bacteria. Consuming quality fibre rich foods such as fruits, vegetables and wholegrains will help to make the gut an inviting place and will provide the bacteria with the appropriate type of food to promote their health and growth. Happy bacteria means happy human guts and better health overall. The consumption of these drinks is recommended for everyone that can safely consume them.

Are Kombucha and Kefir good for everyone?

Consumption of kombucha is not recommended for individuals with a yeast overgrowth, such as Candida, especially during a flare up. Further it is not recommended that pregnant or immune compromised individuals consume kombucha or kefir due to their unpasteurised nature.

Where do you get them?

You can make kefir and kombucha in your own home if you are willing to give it a try! No special equipment is required. Both probiotic drinks are made from starter cultures that can be purchased from local health food stores (I would recommend giving your local health food store a ring to be sure they have it in stock as it is quite popular) and recipes to make the drinks should be included in the purchase. In Canberra, Mountain Creek Wholefoods in Griffith is a current stockist for kombucha and both kefir starter culture grains.

If you are not interested in making your own, it is possible to buy the drinks readymade as well. If you choose to do this, please be mindful of the sugar content of the drinks as readymade often contain extra added sugar to 'improve' the flavour.

Erica Roughton
Accredited Practicing Dietitian and Nutritionist

RHEUMATOLOGISTS IN CANBERRA - a referral from your GP is required

Arthritis ACT is often contacted for more information regarding Rheumatologists in the ACT. We have recently contacted all practices to find the approximate waiting times for first time patients.

CANBERRA RHEUMATOLOGY

Dr. Kathie **Tymms** books closed to adults
Dr Ayano **Kelly** Appointments from Aug/Sept

9th Floor, Canberra House
40 Marcus Clarke Street (or PO Box 1194)
CANBERRA CITY 2601
Phone: 6230 6305 Fax: 6230 6307
Dr Tymms also specialises in Paediatric Rheumatology

Rheumatology ACT

Dr. Kenneth **Khoo** Appointments in Aug
Dr. Anna **Dorai Raj** Appointments in Aug
Dr. Suren **Jayaweera** Appointments in May
Dr. Ted **Tsai** Appointments in Sept but you can see him in Sydney or Wollongong first.
Dr. Peta **Pentony** New to the ACT – appointments available within weeks

Level 1, 1 Bowes Place
WODEN ACT 2606
Phone: 6260 3796 Fax: 6260 3402
Email: reception@rheumatologyact.com.au

Equinox Specialist Centre*

Dr. San **Wong** Appointments from Nov

Equinox 2
24/70 Kent Street
DEAKIN ACT 2600
Phone: 6269 2455 Fax: 6285 1608
* This practice sees patients over 15 years old

Canberra Hospital

Dr. Chandi **Perera**
Rheumatology Staff Specialist
Phone: 6244 2222
Will only see clients with raised inflammatory markers. Waiting times 6-12 months depending on urgency.

Canberra Medical Centre

Dr. Chandi **Perera** All new patients are triaged by Dr Perera from the information in the referral so waiting times vary depending on need
9 Lawry Place
JAMISON ACT 2614

Suite 4, 6 Phipps Close
DEAKIN ACT 2600
Phone: 6251 2777

Strength and Balance Classes 2018

Registrations for Term 2 now open

Term 2 dates for Strength and Balance

| | | | |
|--|---------------------------|---------------------|--|
| Mondays 10:30am to 11:30am | 30th April to 2nd July | Kaleen | Strength and Balance Weekly 60 minute class |
| Tuesdays 10:30am to 11:30am | 1st May to 3rd July | Weston Creek | Strength and Balance Weekly 60 minute class |
| Thursdays 10:30am to 11:30am | 3rd May to 5th July | Tuggeranong | Strength and Balance Weekly 60 minute class |

Term 2 dates for *Balance30*

| | | | |
|--------------------------------------|---------------------------|---------------------|---|
| Mondays 9:30am to 10:00am | 30th April to 2nd July | Kaleen | 30 minute balance class building on from our Strength and Balance program |
| Tuesdays 9:30am to 10:00am | 1st May to 3rd July | Weston Creek | 30 minute balance class building on from our Strength and Balance program |

To register:

Please contact Arthritis ACT on info@arthritisaact.org.au or phone 1800 011 041

Registrations are essential and payment is required at time of registration

Prices:

New: \$80 (members) \$110 (non-members) Continuing: \$56 (members) \$88.00 (non-members)

Balance 30: \$40 (members) \$60.00 (non-members)

Hydrotherapy Classes

Have you been looking for Exercises for Hips, Knees or Shoulders?

Come along to our NEW Hydrotherapy Classes run by our
Exercise Physiologist

\$20 per Session

Wednesday 7.30-8.00am @ Canberra Hospital Pool
Dates: 21st March, 28th March, 4th April

Wednesday 12.30-1.00pm @ Gold Creek Pool
Dates: 21st March, 4th April, 11th April

Contact **Arthritis ACT Reception** to book a spot
Places are limited!

Week 1 – Hips || Week 2 – Knees || Week 3 – Shoulders

Tai Chi Classes - 2018 Dates

Registrations for Term 2 now open

Term 2 dates for *Tai Chi*

| Date Commencing | Date Ending | Time |
|-------------------------------|--------------------------------|---|
| Monday 7 th May | Monday 25 th June | 9.30am to 10.15am Kaleen Community Hall |
| Thursday 10 th May | Thursday 28 th June | 11.45am to 12.30pm Tuggeranong Sea Scouts Hall |

Cost: Members: \$40 per term Non-members: \$80.00 per term

Note: A term usually consists of 7-8 classes depending on school holidays.

To register: Contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041