

saunders street clinic

Newsletter Jan-Feb 2025

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Phone; 03 64421700 fax; 03 64421711

Hours; Monday-Friday 9 am – 12.30 pm , 2.00 pm-5.00 pm except Friday from 2.30 pm

Manager; Mrs Rebecca Berryman

General Practitioners;

Dr Jim Berryman

Dr Bradley Williams

Dr Noora Albakkaa

Dr Allison Johnson

Dr Stephanie Hey

Reception Staff.

Scott Parks BA

Dr James Tan

Dr Kathrina Del Rosario-Yap

Dr Michaele Rawson

Dr Soha Alhusainy

Karinda Brunsen

Principal; Dr Jim Berryman

Practice nurses.

Fiona Munday RN

Belinda Thomas RN

Jo Calder

Julie Shepperd

Sunburn and skin cancers

Sunburn hurts you in more ways than one. The danger goes far beyond any short-term pain, redness and discomfort, because after the sunburn fades, lasting damage remains.

Sunburn accelerates skin aging and is a leading cause in the majority of cases of basal cell carcinoma, squamous cell carcinoma and melanoma, the deadliest form of skin cancer.

Sunburn is bad news, but the good news is that it's totally preventable. And the best time to start is today.

Sunburn risks to you

- **Repeated sunburns raise your risk.** For fair-skinned people, especially those with genetic predisposition, sunburn plays a clear role in developing melanoma. Research shows that the UV rays that damage skin can also alter a tumor-suppressing gene, giving injured cells less chance to repair before progressing to cancer.
- **People who work or play sports outdoors** have a greater risk of frequent sunburns that can result in skin cancer.
- **Even one blistering sunburn in childhood** or adolescence more than doubles your chances of developing melanoma later in life.
- **Skin damage builds up over time** starting with your very first sunburn. The more you burn, the greater your risk of skin cancer. Subsequent UV damage can occur even when there is no obvious burn.
- **Five or more sunburns** more than doubles your risk of developing potentially deadly melanoma
- **It's easy to reduce your risk** of skin cancer by practicing sun safety.

(<https://www.skincancer.org/risk-factors/sunburn/>)

Hypertension



Do you know your blood pressure?

What is high blood pressure?



Blood pressure is the force of blood against the walls of blood vessels (arteries) that carry blood away from your heart to other parts of your body. In a person, this actually varies with different activities, across the day and night, and from one day to another.



Consistently high blood pressure can lead to damage in the arteries and organs, and is a leading cause of stroke, heart disease and kidney disease.



Lowering blood pressure, by even just 5mmHg*, can significantly lower the chance of developing serious health problems like the ones mentioned above.

<https://www.hypertension.org.au/blood-pressure-you/#info-graphics>

Smoking and quitting

As soon as you quit, your body starts to repair. Find out about all the health benefits of quitting. We hear a lot about the health risks of smoking – but what happens when you quit?

Good news! As soon as you stop smoking your body begins to repair itself.

Over time, your risk of life-threatening health problems, including heart disease and stroke, drops dramatically.

The health benefits of quitting smoking:

Within 6 hours

- Your heart rate slows and your blood pressure becomes more stable.

Within a day

- The level of carbon monoxide in your blood has dropped and oxygen can reach your heart and muscles more easily.
- Your fingertips become warmer and your hands steadier.

Within a week

- Your sense of taste and smell may improve.
- You have higher blood levels of protective antioxidants such as vitamin C.

Within 3 months

- You're coughing and wheezing less.
- Your lungs' natural cleaning system is recovering, becoming better at removing mucus, tar and dust from your lungs (exercise helps to clear out your lungs).
- Your immune system is beginning its recovery so your body is better at fighting off infection.
- Your **blood is less thick and sticky** and blood flow to your hands and feet has improved.

Within 6 months

- You are less likely to be coughing up phlegm.
- You're likely to feel less stressed than when you were smoking.

After 1 year

- Your lungs are now healthier and you'll be breathing easier than if you'd kept smoking.

Within 5 years

- There is a large drop in your risk of stroke and this risk will continue to gradually decrease over time.
- For women, the risk of cervical cancer is the same as someone who has never smoked.

After 10 to 15 years

- Your risk of lung cancer is half that of someone your age who still smokes (provided the disease was not already present when you quit).

After 20 years

- Your risk of heart attack and stroke is close to that of a person who has never smoked.

Over time, your risk of cancer, lung disease, and many other serious diseases will be much lower than if you keep smoking.

How fast and how well your body recovers can depend on the number of cigarettes you normally smoke and how long you've been smoking, and whether you already have a smoking-related disease.

Quitline can help you

The sooner you quit the sooner your body can start to repair itself. Quitline counsellors are experts in the skills that can help you break free from smoking or vaping, or both. We will help you build and keep up your motivation to quit and help you create a quit plan that works for you. We listen carefully and answer your questions without judgement and can support you throughout your quit journey. Quitline counsellors can also support you if you using vapes to stop smoking. Quitline is free and confidential.

There are multiple ways to contact Quitline, including by phone on 13 7848

<https://www.quit.org.au/articles/the-health-benefits-of-quitting-smoking>

