

# Live Your Life!



March—May 2008

Autumn Edition 2008

## Welcome Rebecca!

MedExAus would like to welcome our newest Accredited Exercise Physiologist, **Rebecca Cook**. Rebecca joins us after having worked in exercise rehabilitation, and aged care.

Rebecca is looking forward to getting to know you all and working with you to achieve positive, healthy outcomes!

If you haven't already met Rebecca, you'll soon see her in our Vic Park and Bunbury clinics.

## Vic Park Independent Group Session Times - ADDITIONAL CLASSES

Commencing Monday March 17, Independent Group Sessions will be held on **MONDAYS & WEDNESDAYS** from 4pm—6pm at the Vic Park clinic.

### Special points of interest:

- Meet our new AEP
- MedExAus Memberships
- Minute with a MedExAus Member
- The facts about Coeliac Disease
- Wheat and Gluten Free Anzac Biscuits

## MedExAus Memberships

MedExAus is implementing a membership system. Patients with existing punch cards will be able to continue to use them, however they will no longer be issued. Membership prices are as follows;

- |                      |                       |
|----------------------|-----------------------|
| - 1 month: \$61.60   | - 6 months: \$360.00  |
| - 3 months: \$175.55 | - 12 months: \$591.35 |

## Goodbye and Goodluck!

MedExAus says a sad farewell to Donna Patrick and Emma Hatch in March. Good luck to Donna in her new career, and best wishes to Emma & her soon to be born bubba!

## Massage Therapy

Therapeutic - Relaxation - Lymphatic  
Deep tissue - Trigger point therapy  
Sports injury

Massage therapy is available at the  
Vic Park Clinic.

**Call 9472 1904**

to make an appointment today!

## Summer Voucher Winner

Congratulations to Ros Anderson, the winner of the Summer \$20 MedExAus voucher!!



1. What is your name? [Desleigh May](#)
2. What suburb do you live in? [Beckenham](#)
3. D.O.B.? [22/10/1947](#)
4. Which Clinic do you exercise in? [Victoria Park](#)
5. Past/Present occupation? [Past: Nurse, Present: Homemaker & Carer](#)
6. Where have you lived most of your life? [W.A](#)
7. Who is your hero or person most admired? [My mother](#)
8. What are your favourite pastimes? [Reading and the gym](#)
9. What has been your greatest achievement? [Mother of 5 children](#)
10. What do you think is the most important thing in life? [Being a Christian](#)
11. What words of wisdom would you like to share with others? [Be yourself](#)

## Facts about Coeliac Disease

Coeliac Disease affects 1 in 100 Australians. People who have Coeliac disease react abnormally to gluten in foods, which results in inflammation of the bowel. Sources of gluten include wheat, rye, barely, oats and malt.

Symptoms may vary according to the sufferers' sensitivity to gluten, but can include weight loss, abdominal cramping, diarrhea, bloating, flatulence, nausea, vomiting and malabsorption of nutrients. Some people can remain asymptomatic until

adulthood. Symptoms may be confused with irritable bowel syndrome or food intolerances.

Coeliac disease cannot be cured, however symptoms may disappear if sufferers stick to a gluten free diet. Left untreated, Coeliac disease can increase the risk of bowel cancer and osteoporosis.

While people are born with a genetic predisposition to developing Coeliac disease, the environment also is a factor.

***“Left untreated, Coeliac disease can increase the risk of bowel disease or osteoporosis”***

## Wheat and Gluten Free Anzac Biscuits (makes 40)

2 cups (60g / 2oz) gluten-free cornflakes  
 ¾ cup (70g / 2¼ oz) desiccated coconut  
 1 cup (250g / 6 oz) gluten-free plain flour pre-mix  
 125 g (4 oz) butter  
 1 tablespoon golden syrup or corn syrup  
 1½ teaspoons bicarbonate of soda (baking soda)  
 2 tablespoons boiling water

### METHOD

1. Preheat oven to 150°C (300°F) and line 2 baking trays with baking paper
2. Combine the cornflakes, coconut, sugar and flour in a bowl
3. Melt the butter and golden syrup in a small pan over low heat. Stir the bicarbonate of soda into the boiling water until completely dissolved. Add to the butter mixture, pour into the dry ingredients and mix to combine.
4. Roll teaspoons of the mixture into balls and place on the prepared trays, allowing room for spreading. Flatten slightly with a fork and bake for 20 minutes or until golden brown. Cool slightly on the trays, then transfer to a wire rack to cool completely