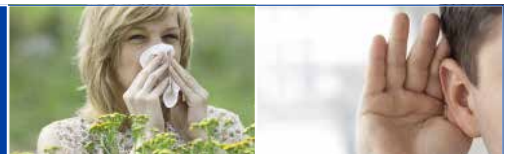


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ADVERTISING FEATURE



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Ninety per cent of people will suffer from lower back pain...



by Robert Vander Kraats,
Sport Physiotherapist



Acute and chronic are two different types of LBP

GLOBAL Burden of Disease defines low back pain (LBP) as: "pain in the area extending from the lowest rib to the top of

the gluteal folds, with or without a referral into the legs, lasting for at least

one day". Lower back pain is a common global problem.

According to the International Association for the Study of Pain it was estimated that 11 per cent of the global population had some form of LBP in 2021.

Monash University reports that Australia spends \$4.8 billion per year on the management of LBP. In addition it reduces Australia's GDP by \$3.2 billion per annum.

LBP is the most common condition keeping Australians (aged 45-64) out of the workforce. Approximately 26 per cent of Australians suffered

from LBP yesterday, and 51 per cent of Australians experienced LBP in the past month.

There are two different types of LBP, namely acute and chronic. In acute LBP the pain only persists for a short time, days or weeks. Chronic LBP is defined as pain that continues for longer than 12 weeks. Up to 21 per cent of people with acute LBP develop chronic LBP with persistent symptoms after one year.

There are many rea-

sons why LBP can occur, including congenital reasons, injuries, degenerative problems, nerve or spinal cord issues and non-spinal sources. Therefore, it is very important to ask a qualified health professional to assess and diagnose your LBP.

Many risk factors contribute to LBP such as: age, fitness level, weight gain, genetics, job-related factors, mental health, smoking and stress.

After a comprehensive assessment and a diag-

nosis is made by Robert and Jeff, treatment can begin. There are many different evidence-based treatment options for LBP.

Many different exercises can be prescribed for your exact needs. Engaging in the wrong type of exercises, or ignoring the pain, can result in prolonged lower back pain.

This is just general information, for a comprehensive assessment and diagnosis, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today.

Get your doctor to listen to your heart...

HEART valve disease is a common, serious condition, but treatable if identified early. It can be diagnosed by doing a simple stethoscope heart check.

Because a stethoscope check is not being included in the Medicare Benefit Schedule (MBS) heart health assessment, it is up to the patient to request one. With so many patients being unaware of this, 90 per cent of those suffering from aortic stenosis currently do not make it to treatment. Signs of heart valve disease are easily identifiable by a clinician doing a physical examination. Heart valve lesions have a characteristic murmur that can be heard with a stethoscope, which is why including this in routine heart health checks is so important.

Aortic stenosis is one of the most serious, yet most common types of heart valve disease in Australia, with one person in eight over 75 years old affected by the disease.

More than half of GPs say they do not check a patient's heart at all unless they ask for it. Of the GPs that are offering heart checks to their pa-

tients, very few are offering a stethoscope check. Some GPs admitted they are not aware of the symptoms associated with heart valve disease, making it more difficult to diagnose and treat.

Professor Tom Marwick, cardiologist at the Baker Heart and Diabetes Institute, said: "Heart valve disease is common, serious and treatable. The first step to diagnosis is recognising that exercise intolerance may not just be due to ageing. If you cannot do what you could do last year, see your doctor, and ask them to listen to your heart."

"Heart checks are currently being under-utilised across the country. With a minor MBS change such as including a stethoscope check, it could be used to support GPs in the diagnosis of many at-risk Australians with heart valve disease, particularly older people, as cardiac risk increases with age."

"GPs are doing their utmost for at-risk patients, and this change to the MBS would enable them to do even more in supporting their patients and diagnosing heart valve disease."

More than half a million Australians were living with heart valve disease in 2021, with an estimated 254,000 people currently living with the disease undiagnosed. Time is the most significant barrier that prevents patients over the age of 65 having routine stethoscope checks of their heart.

Chief executive officer

of hearts4heart, Tanya Hall, said: "We're urging everyone over 60 to become aware of their heart health, and to ask their GP for a simple stethoscope heart check. Early detection is so important for heart valve disease and when identified early, it is a treatable condition."

For more information, go to www.hearts4heart.org.au/

Do you need help to reconnect to the community?

WA Primary Health Alliance is funding a program for older adults (55yrs+ Aboriginal or 65yrs+ non-Aboriginal) to access six to 12 free psychology sessions as well as offering assistance to link into other service providers.

The aim of the program is to connect older adults to appropriate services and support, social networks and to enable early intervention by providing therapies to improve mental health and wellbeing.

Clear Health Psychologists will be providing mental health support for participants registered in the program and will conduct individualised assess-

ments and then link clients to services they require in the community. This may include, linking people with the appropriate health professional (hearing aids, chronic disease management plan, incontinence nurse). Finding suitable community groups for clients experiencing loneliness or social isolation and delivering psychological therapies to clients who are unable to access services through a Mental Health Care Plan.

To register to participate in the program give Clear Health Psychology Aged Care team a call at (08) 63784710 and they will schedule an assessment.

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Stem cell therapy and arthritis symptom relief

ARTHRITIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection and also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to joint replacement surgery.

Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the damaged tissue adult stem cells can become new bone cells, cartilage cells and have been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells - which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

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