



healthy living

ADVERTISING FEATURE

health options
for the mature west
australian

Study shows the benefits of physiotherapy are a lot more than just Pilates...



German physical trainer Joseph Pilates in the early 1920s, focussed specifically on control when undertaking a movement or exercise.

Sport Australia recently found nearly 600,000 Australians over the age

of 15, participate in Pilates every year. It is very difficult to find a physiotherapist in Australia that does not use Pilates in some form as part of their treatment and management.

The popularity of Pilates has gained momentum over the last decade, however this was curtailed in 2015 when the Australian Government's Department of Health conducted a study looking into 17 alternative therapies, to see if they were eligible for a private

health rebate.

Science-Based Medicine, which conducted the study, concluded that the effectiveness of Pilates is uncertain. As a result, in 2017 the Australian Government decided that Pilates would be no longer eligible to receive a private health rebate.

A paper in the peer-reviewed *Journal of Orthopaedic and Sports Physical Therapy*, concluded that "for the treatment of lower back pain, low quality evidence suggests that while Pilates

is better than doing nothing, it is no more effective than other forms of physical exercise".

The take away message from this is although Pilates can be used for helping with lower back pain, other forms of exercise may be just as effective in reducing pain. Activity is the key. Therefore, find an exercise that speaks to you, whether it is weight lifting, swimming, Tai Chi or an exercise class and you'll be well on your way to helping manage your pain.

A physiotherapist can assist you with finding you exercises for treatment of neck pain; back pain; sporting injuries; jaw pain; vertigo; muscle sprains; arthritis; joint injuries; plantar fasciitis; tennis elbow; neurological conditions and cardiac rehabilitation.

To see how evidence-based physiotherapy can assist and to find the right type of exercise for you, phone 9203 7771 or visit www.ngp.net.au to make an appointment with Robert and Jeff today.

Exercise and activity are key to effectively reduce pain

by Robert Vander Kraats and Jeff Wong

PILATES, a mind-body exercise, developed by

Stem cell therapy and arthritis symptom relief

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

The most common form of arthritis is osteoarthritis. This is a degenerative disease and often leads to the need for 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 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.

WA Police celebrate success of Safe & Found initiative



year. Searches for people living with dementia in WA is set to be higher in 2022 than ever before. Risks are high one in four are may die if not located within 24 hours.

Safe & Found WA reduces search times and saves lives.

So, what does a search look like for someone living with dementia? Since launch, 20 Safe & Found members have been returned home safely. Their stories are varied, but all have a common thread. Support from family, carers and community is essential in assisting police.

These are some of their stories...

A Harrisdale gentleman had wandered from home wearing a tracking device that no one knew wasn't actually working until they attempted to use it. A call to police ensured that his up-to-date photo and general description was immediately broadcast on

social media, and a keen-eyed member of the public spotted him in a shopping centre within half an hour of his photo being posted.

Police at the Rockingham Police Station attempted to assist a woman who was reporting a stolen car, and noticed that she was wearing a Safe & Found ID bracelet. A quick call to her family established that she no longer drove or owned a car and that they were unaware that she'd left home at all.

More recently, a Willagee woman made her way to the Royal Fremantle Golf Club, appearing confused and disoriented. A staff member used her Safe & Found bracelet to call police and identify her, ensuring she was returned safely home with minimum fuss.

Safe & Found gives the community the chance to help those that we may not recognise as disoriented or lost. For people living

with dementia, becoming lost can result in a rapid downturn, with health issues, distress and dehydration taking a toll very quickly. People vulnerable to losing their way can be easier to identify with community help via the Safe & Found ID bracelet and police bulletins.

The missing Harrisdale gentleman's wife, Margaret told WA police: "In your mind you kind of think, well I don't know if I really need this because I'm quite independent with him. But I just thought, you know what, all these things are there for a reason and it does make the work for the police easier. I'm just so grateful."

Safe & Found WA stores the type of information police and searchers will rely on for a successful search. This includes a photo, physical description, past history, habits and addresses. When a report is made about a missing person, police save precious hours by accessing this information immediately, narrowing the search field and broadcasting vital details via platforms such as social media or emergency alert to help locate a missing person.

An accompanying Safe & Found ID bracelet is custom-engraved with emergency numbers and acts as a visual cue to the community that this person may be lost or distressed and requires assistance to return safely home.

Join now for \$99 + P&H. The joining bundle includes your secure Safe & Found profile and a complimentary custom engraved Safe & Found ID bracelet.

Ongoing annual membership fee to store information is \$49 - less than \$1 per week. Seniors card discount available. Please ask about funding assistance options.

Are you a current MediAlert member and would like to add Safe & Found membership? Contact them to find out how.

Safe & Found WA is a joint initiative of the Western Australia Police Force and Australia Medic Alert Foundation.

Visit www.safeandfound.org.au or call MediAlert on 1800 88 22 22.

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★★★★★ Catherine J. TIVA User

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