



# Holistic Medical Centre

Dr Helen Smith, Dr Jackie Mills, Dr Inga Schader, Dr Fiona Gordon,  
Dr Glenn Twentyman  
Naturopaths: Rebecca Jones & Nelly Graham-Stewart  
[www.holisticmedicalcentre.co.nz](http://www.holisticmedicalcentre.co.nz)

103 Pt Chevalier Rd  
Pt Chevalier  
Ph 09 815 0567

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## WOF Checks

Someone near and dear to us recently found a very small and very operable cancerous breast lump under routine screening. This was detected so early that the process for her has been remarkably positive. This is in contrast to another patient who came to us in the later stages of cancer and his experience has been, predictably, very different. This was a bit of a wake up call for us as we began wondering what more we could be doing for you all, in terms of preventative strategies. Most of you go to the doctor only when you are already feeling unwell in some way so the consultation is focused around the presenting complaint. We set aside 20-30 minutes for our adult consultations because holistic medicine takes longer as many of you are aware. Within these consultations we don't have the time to check out everything else but we are, however, very committed to preventative healthcare. In addition to this, several people have come to us recently asking for an annual WOF check. From our point of

view, this is marvellous! These people are already well but would like to stay well or feel just a little better in some areas. In light of all this we have developed an annual warrant of fitness check for adult men and women. This check is designed to detect any illness, condition, nutritional deficiency or hormonal imbalance at the earliest stage possible. Our aim with this is to keep you well, decrease doctor and specialist visits and treat any condition at the earliest possible stages and most importantly to have you feeling your best. We do encourage you to make use of this WOF check because through this, we feel that we will be truly looking after you to the best of our ability. The WOF we have designed will take 40 minutes with the doctor only. This will include a comprehensive list of questions based on such things as your current health concerns, cardiovascular, respiratory, neurological, skin and reproductive health, food intake,

emotional wellbeing, energy levels and much more. It will also involve some examinations such as a blood pressure check, reflex checks and breast exam if appropriate. We will also be doing a vision test and hearing test. There will be a comprehensive set of blood tests that will need to be done as well. The doctor may refer you for other tests such as an ultrasound, bone density scan or to a specialist or other healthcare provider if appropriate. When the blood results are all back, the doctor and naturopath will discuss these and work out the next steps. You will then be contacted for a follow up appointment to discuss what needs to be done next. Most often the follow up consultation will be with the Naturopath only but if more medical input is needed at the next visit then your visit will be with both the doctor and the naturopath. The follow up consultation will be 30-40 minutes depending on how many things need to be addressed in the consultation.

## Our favourite quote

"Be true to your work, your word, and your friend."  
Henry David Thoreau

## Health tips

Our tip for this month is...**help us to help you.** What we mean is, we want you to tell us what you would like to read in this newsletter. What information is important or useful to you or your family. After all this newsletter is designed to help you to be more informed about achieving and maintaining your health. Please do keep the feedback coming. What you like as well as areas for improvement.

## Happy Patient file

From a letter received recently..."Many thanks for your expert care and common sense. I am taking the vitamins you recommended and am feeling stronger. Thanks too for that wonderfully powerful phrase...you are healing well- which you gave when I enquired about my blood test results. It's so reassuring to discuss things with you both and know that I'm in very good hands".

## Why are there so many hormone related problems?

Good question right? Because we are committed to treating the *cause* of illness, we think this is a crucial question to ask. Hormonal imbalances that cause PMS and abnormal cell changes in the breast and cervix and conditions such as endometriosis, cystic ovaries & prostate problems have all been associated with estrogen. Not all estrogen is bad but we are particularly concerned about synthetic estrogens. Most of us know about the synthetic estrogens in the contraceptive pill and hormone replacement therapy (HRT) but this does not apply to us all, most especially

the men! Where on earth (you might ask) do these estrogens come from? Synthetic estrogens, otherwise known as Xenoestrogens (pronounced zenoestrogens) come from our environment. Because they imitate or enhance the effect of estrogens and hang around for a very long time, they accumulate over the years creating an effect on our endocrine (hormonal) system.. These xenoestrogens are found in: plastics (including glad wrap), red dye #3, preservative 320 (BHA), paints, pesticides, fungicides, hydraulic fluids/lubricants and parabens

(preservatives found in food, cosmetics and sunscreens). Now please do not think this is all doom and gloom because we have some simple tips to help you avoid these chemicals in your life. First take a trip to the health food shop and buy natural creams & lotions including sunscreen. Living Nature is a good NZ brand but there are many other good ones. Ladies this does include a change in cosmetics when you can. ORGANIC or spray free is great when possible. Try your local weekend markets and community gardens. NEVER microwave in

plastic or glad wrap. Use crockery containers. Milk in cardboard rather than plastic. Avoid numbers in food especially the aforementioned. Paint in well ventilated rooms and avoid paint fumes when possible. If you work in the automotive or associated industries, avoid direct contact with chemicals (especially lubricants) and wash them off as soon as possible. The last and for some possibly annoying tip: glass water containers for drinking water instead of plastic. Maybe buy one and keep refilling it from a good water source.