

body+soul DAILY

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What's trending on
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1. How 10 successful women start their day
2. Four things women wish men knew
3. Celebrities reveal the truth behind their A-list bodies
4. How to lose tummy fat in one hour a week
5. What happens to your body after two weeks of no exercise



From left:
Strathfield
Private
orthopaedic
surgeons
Dr Alex Woo,
Dr Daniel
Rahme,
Dr Jonathan
Herald,
Dr George
Konidaris,
Dr Kwan Yeoh.
Picture:
Grant Turner.

HEALTHY HABITS

Dr Cris Beer
B+S HOLISTIC GP

Q: It's been a long year and I fear that as soon as I go on holidays I will get sick. What can I do to avoid this and boost my immunity?

A: Often when we finally relax we become unwell. This is because the stress hormone cortisol can hold infections at bay so when we relax and cortisol levels wane we succumb to any lingering infections. Try these tips so you can enjoy your time off:

Stay rested

Holidays are a great time to catch up on sleep and rest. Avoid the temptation to clean out the spare room and instead take the time to restore and recover. If you have been working long hours and approaching burnout you may find you are exhausted. This will pass if you give your body the time it needs to rest.

Stay hydrated

Keeping hydrated will provide your liver and kidneys with the fluid needed to detox your body from party season indulgences as well as stress chemical build-up. Limit dehydrating substances such as caffeine and alcohol.

Plan light activity

Do some exercise which boosts immune cell function.

Avoid sugar

Too much sugary food hinders immune function so limit yourself to the occasional treat.

Take supplements

Those found to help boost immunity include echinacea, vitamin C and zinc, probiotics and astragalus which can be found at health food stores.

Send questions to
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The top five kids' mishaps explained... by doctor dads

Daniela Ongaro

It's the start of the summer holidays and kids across the state are playing with their new bikes, bats and balls from Santa.

It's probably inevitable that the odd fall, trip or mishap will happen. So how do you avoid them and what should you do when they have an accident?

These doctor dads — all Strathfield Private orthopaedic surgeons — have put together a guide so you can confidently deal with just about every common catastrophe.

1 How should I teach my child to take a fall?

Dr Daniel Rahme, father of Leila, 12, Maroun, 11 and Amelia, 9
"When participating in ball sports like netball, basketball, volleyball and soccer it's good to teach your kids to tuck and roll, rather than fall on an outstretched arm or slap the ground with their entire palm and forearm — which can potentially cause a wrist break. For young cyclists teach them to maintain their hold on the handlebars if they feel they are about to fall and to let go at the last second, where possible. This way, the whole body absorbs the impact, avoiding any one limb taking the brunt."

2 How can I tell if an ankle is strained or broken?

Dr George Konidaris, father of Annaliese, 13, Spyridon, 11, and Leon, 4
"With a mild ankle sprain, there is likely to be mild or no swelling, tenderness to the touch but no severe pain. You'll probably be able to walk on the ankle straight after the injury and a few hours after. A break will make it very hard to walk. Some of the tender spots that may indicate a break include the tibia bone (the knotty bone on the inside of the ankle and 6cm upwards of the tibia). Press for tenderness of the fibula (the slightly smaller knot on the outside of the ankle and 6cm upwards).

Fifth metatarsal tenderness (the furthest long bone in your foot that attaches to the little toe) is another indicator of a break. For a suspected break, stay off the foot, ice 20 minutes on/off a few times a day and get to a doctor for imaging as soon as possible. Clearly, if a bone is piercing the skin or there is extreme pain get to the ER immediately."

3 What the best way to reduce knee injuries while playing footy?

Dr Jonathan Herald, father of Oliver, 8, and Charlotte, 6
"The best way to minimise injuries and swelling is to warm up the muscles beforehand — think squats, lunges, balancing and jumping exercises.

Recent studies tell us that a 15 minute warm-up can reduce knee and ankle injuries by as much as 50 per cent.

Warming up the small muscles will be stimulating the mind-to-muscle connection so it's not just the big muscles engaging in the action. The most serious sign of a knee injury is swelling, which usually means there is a problem on the inside of a knee (cruciate ligament injury or meniscal tear). At any sign of swelling you should get off the field and get to a GP.

Learning to land properly after jumping can also help protect knees and ankles. Landing on two feet, about 30cm apart helps ensure even distribution of weight."

4 What's the best, safest way to catch a ball?

Dr Kwan Yeoh, father of Sam, 6
"Be sure to limit the time your child spends on any one activity (eg bowling practice) to avoid injury from overusing certain muscle groups. Catching a ball

should be done in a way to protect the fingers. Make sure their hands are softly spooned rather than spread out hard. Start reinforcing correct technique from an early age to minimise injury, as it's much easier to get the basics right from the start than to correct a problem later on. And of course, ensure that adequate protective gear is used at all time."

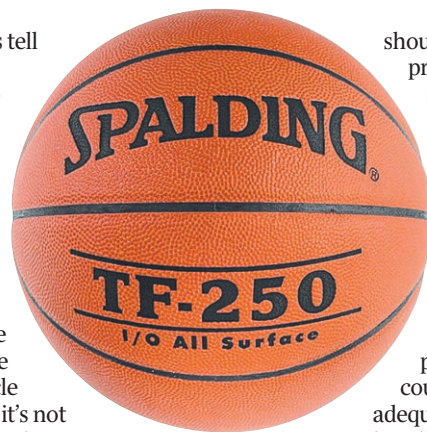
5 When is an accidental bump to the head cause for concern?

Dr Alex Woo, father of Alan, 26
"Childhood bumps to the head are common but should always be taken seriously, as the signs of concussion can be subtle or delayed. Some symptoms show up right away, others take hours or a couple of days to appear.

Any loss of consciousness, vomiting, excessive irritability, more-than-usual teariness, worsening headaches or excessive sleepiness are red flags you need to get to an ER immediately.

Bottom line is, if in doubt, check it out, as any injury that can cause the head to shake can injure the brain."

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Fiona's tips

Acting Ed, body + soul

CRACK AWAY
UNIVERSITY of California researchers used ultrasound machines to see whether any damage was done when a person cracked their knuckles. They found no difference between habitual knuckle-crackers and those who didn't pop their joints.