

melbourne heart care

## WINTER EDITION

*June—August 2016*

### WELCOME DR LIAM MCCORMICK



The Directors and staff at Melbourne Heart Care are pleased to introduce our newest doctor to the team Dr Liam McCormick.

Liam is an Interventional Cardiologist and staff specialist at MonashHeart. His clinical practice includes the management of all general cardiac conditions including valvular heart disease, arrhythmias and cardiomyopathies.

He also has a particular interest in all aspects of coronary intervention and the percutaneous management of structural heart disease. Liam has a keen interest in cardiovascular research and has published widely.

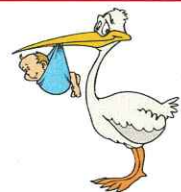
Outside work, Liam enjoys travelling, reading and keeping fit. He is an avid sports fan and is a passionate supporter of the West Coast Eagles.

### WELCOME NEW STAFF MEMBERS

The Directors and staff at Melbourne Heart Care are pleased to introduce the newest staff members at our Brighton and Warragul rooms - Jennifer, Catherine, Gabrielle, Sarah, Felicity, Jacqueline, Imogene and Alexandra.

We wish them all the very best and hope that they enjoy their new and challenging roles. We are sure they will provide excellent service and support to our patients.

### IT'S A BOY



Congratulations to Emma, who has been part of our reception and nursing team since 2012. Emma and her husband Victor are expecting their first child in September. We wish them all the very best in their new roles as proud parents.



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## MELBOURNE HEART CARE WARRAGUL



Melbourne Heart Care are pleased to announce the greatly anticipated opening of our newest facility based in Warragul. The rooms will currently be serviced by twelve of our esteemed cardiologists with clinical expertise in paediatric cardiology, interventional cardiology, electrophysiology and general clinical cardiology.

All of the Warragul Heart Care team practice at MonashHeart within Monash Health—Victoria's largest health network—insuring access to World's Best Practice and continuity of care. Our doctors can provide inpatient care for both public and privately insured patients.

The newly refurbished rooms located at **Suite 2, 71 Victoria Street** will provide service to all ages, offering private consultations, echocardiography, stress echocardiography and Holter & blood pressure monitoring.

Our friendly Warragul receptionists, Jennifer and Joy, have been actively involved in the development and set up of the new rooms and are very eager to assist all new & existing patients with any appointments or enquiries.

**You can contact Jennifer or Joy between 9am-5pm, Monday-Friday on  
(03) 5622 3244**





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## MEET THE WARRAGUL TEAM

### OUR DOCTORS

Dr David Adam



Dr Jeffrey Alison



Dr Timothy Barton



Dr Ben Dundon



Dr Robert Gooley



Dr Stewart Healy



A/Prof Sarah Hope



Dr Jonathan Lipshutz



Dr Liam McCormick



Dr Stuart Moir



Dr Nitesh Nerlekar



Dr Anthony White



### OUR RECEPTIONISTS



The Melbourne Heart Care Directors and staff welcome Jennifer and Joy to the ever expanding team. We wish them both the very best and look forward to assisting them in their new roles.





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### WEIGHT MANAGEMENT TIPS FROM OUR PRACTICE NURSE CATHY

In Australia, 1 in 4 children and 2 in 3 adults are now considered to be overweight or obese. Making a commitment to maintaining a healthy weight is one of the best things you can do for your health and wellbeing. Increased body fat increases your risk of conditions such as heart disease, diabetes, arthritis, arrhythmia, sleep apnoea, hypertension and some cancers. Another interesting fact is that weight loss combined with close management of hypertension, results in a decrease in frequency and burden of symptoms in atrial fibrillation, the most common arrhythmia we treat.

Where BMI and waist measurements are good tools for managing your weight, regular physical activity and healthy eating are the key to achieving and maintaining healthy weight. The Heart Foundation website [www.heartfoundation.org.au](http://www.heartfoundation.org.au) has lots of useful information regarding food and nutrition, understanding food labels and what to look for, healthy eating tips and delicious recipes.

Also, have a look at the healthy recipes on our website at [www.melbourneheartcare.com.au](http://www.melbourneheartcare.com.au).

Key points to remember when trying to achieve a healthy diet are:

- ♦ Reduce your intake of processed foods and sugars.
- ♦ Include lots of healthy vegetables, wholegrains and legumes.
- ♦ Make 'good' fat choices such as nuts, avocado, seeds and olives and consider using their oils when cooking.
- ♦ Try and consume fish/seafood 3 times per week.
- ♦ Use fresh herbs and spices to flavour your food instead of using salt.
- ♦ Drink plenty of water especially in the warmer months.

I am more than happy to speak with you to help you reach your goal.

Regards,  
Cathy



### Chilli Con Carne — From The Healthy Chef Teresa Cutter

This anti-diabetes recipe from my 80/20 Diet cookbook is simple and delicious. Using red kidney beans which contain fibre, protein and complex carbohydrates it makes an ideal food for stabilising blood sugar levels – great for people with insulin resistance, hypoglycemia or diabetes. When the blood sugar levels are stable, less insulin is released by the pancreas. One of the tasks of insulin is to promote fat storage in the body, so keeping insulin levels low can help you achieve healthy weight loss.



1 onion, finely diced	400 g tomato puree
1 teaspoon ground cumin	400 g cooked red kidney or adzuki beans, drained
1 teaspoon smoked paprika	125 g cherry tomato, halved
1 large grated carrot	100 g baby spinach leaves
2 sticks sliced celery	1 avocado, chopped
250 g lean mince (beef, chicken, game meat are all great)	1 bunch coriander, chopped
1 red capsicum, chopped	1 lime
2 tablespoons tomato	Chopped red chilli to taste.

#### METHOD

Sauté the onion, carrot and celery for 3 minutes until softened.

Add the spices and mince and cook through for 5 minutes until the mince is browned.

Add the capsicum, tomato paste, tomato puree and beans.

Pour over 2 cups of water.

Simmer over a low – medium heat for 30 minutes until thick.

Season with ground pepper and a little salt and add cherry tomatoes.

Fold in the spinach and coriander just before serving.

Spoon into bowls, top with avocado, a squeeze of lime and chilli to taste.