

Health Matters

in McKinlay Shire – June 2020

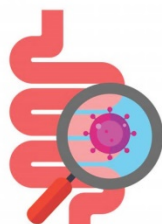
This month we are highlighting the INs and OUTs of Gut Health!

The **INs** include the foods and fluids we eat and drink.

And the **OUTs** are what's left of the INs, once our body has absorbed what it needs.

Sounds pretty simple ... but if the system stops working it can be a real bummer !

About the INs ...



WHAT IS YOUR GUT FEELING?

Meet your '*gut microbiota*,' a diverse community of microorganisms living in the human intestinal tract! Looking after your gut microbiota is especially important for achieving a healthy gut, maintaining immunity and ensuring a well-functioning digestive system.

Diet is key for a healthy gut:

WHAT YOU CAN DO FOR YOUR GUT



Increase probiotics in your diet. These are living bacteria that help to restore good bacteria in the gut. Aim for 1 billion bacteria per day:

- Farmer's Union Probiotic Yoghurt 150g
- Rokeby Farms Probiotic Milk 250mL
- Kefir yoghurt drink 200mL



Choose fibre rich foods. Fibre feeds the good bacteria and helps everything to move through your gut. This keeps you regular.

- Aim for 2 pieces of fruit per day
- Choose wholegrain varieties *e.g. brown rice, multigrain bread*
- Add an extra vegetable to main meals



Stay hydrated! Drink adequate water daily to help with digestion and regular bowel movements. Aim for 2-3L per day.

If drinking water is challenging, try:

- Herbal tea
- Flavouring water with fruit
- Twinings Cold Infuse Tea

For more information, contact Steph at NWRH on 0438 737 818 or 07 4744 7638

About the OUTs ... or as I like to put it ... knowing your poo!

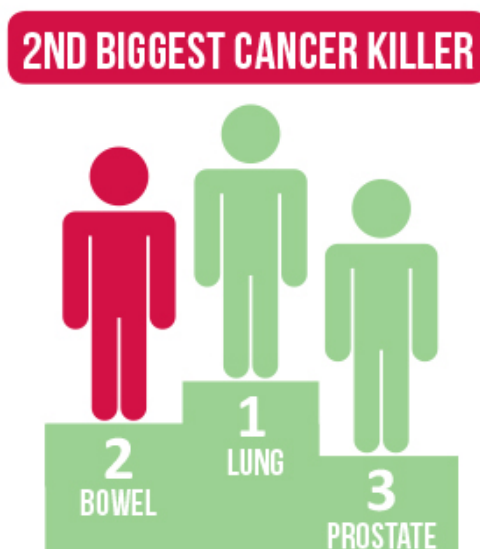
Check out the Bristol Stool Chart to see how your poo rates.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

If you are having trouble with your gut, no matter which end, please talk to your Dr about it.

And while we're at it ...



June is Bowel Cancer Awareness Month.

Early detection of this deadly cancer can save your life.

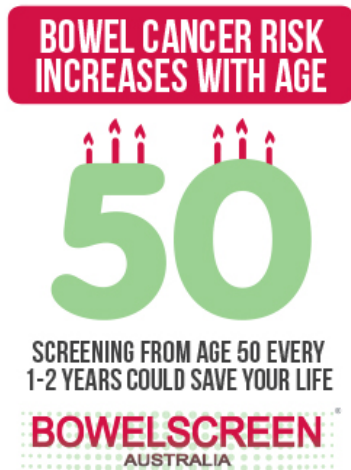
Look for:

- a change in your bowel habits e.g. diarrhoea, constipation, or smaller, more frequent bowel movements
- blood in your stool or on the toilet paper
- a change in the appearance or consistency of your bowel motions (narrower stools or mucus in stools)
- a bloated feeling or pain in your abdomen
- an unintentional weight loss

Risk factors for bowel cancer include:

- older age – most people with bowel cancer are over 50, and the risk increases with age
- known polyps
- bowel disease, such as an inflammatory bowel diseases like Crohn's disease or ulcerative colitis
- lifestyle factors – such as being overweight, eating a diet high in red meat or processed meats, drinking alcohol and smoking
- a strong family history of bowel cancer

(for more information go to www.bowelcanceraustralia.org)



**BOWEL SYMPTOMS?
SEE YOUR GP**

**BLOOD IN THE
BOWEL MOVEMENT**

**UNEXPLAINED
WEIGHT LOSS**

**PERSISTENT CHANGE
IN BOWEL HABIT**

SEVERE ABDOMINAL PAIN



So what can you do?:

- Be aware of what your body might be trying to tell you
- Do the National Bowel Cancer Screening Program's poo test if you're eligible
- talk to your Doctor about any concerns you might have.

And, just in case you missed it, please do the poo test if you're over 50!

It could just save your life 😊

Yours in good health,

Nicole Morris

Community Nurse