

Health Central Headlines



You May Have To Fight A Battle More Than Once To Win It !!!
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A Personal Perspective on Occupational Therapy and Soft Tissue Treatment

Occupational Therapy Week, which will run from 23–27 October, represents a celebration of the OT Profession and aims to highlight its value and the developments that have been made in the last 60 years. During this week the innovative services offered by Occupational Therapists, both in the public and private sectors, will be promoted.

These developments have seen the profession diversify – with therapists specialising and moving into specific areas, for example, the increasing interest and presence of

Occupational Therapy services that offer Soft Tissue therapy

Fundamentally OT works to improve a person's abilities through linking the mind, the body and the individual's motivation to improve their health to achieve their goals. However, no system works in isolation, and by working with our clients from multiple directions we are able to increase our therapeutic input making our treatments more effective and efficient.

Although Soft Tissue initially appears to work primarily on the physical body, the

impact of the client's motivation and emotional influences in healing becomes increasingly apparent. As a person experiences improvements during treatment the influences from other factors, such as stress, or other emotional blockers, which can inhibit healing, are identified and skillfully and professionally addressed.

We believe the unique perspective of Occupational Therapy allows therapists to collaboratively create client-centred solutions to a wide range of individuals.

Up and Coming Events

- 20 October – National Babies Day
- 23 October – Pink Ribbon Day
- 23–27 October – Occupational Therapy Week
- 27 October – CanTeen National Bandanna Day
- 14 November – World Diabetes Day

Laurie's Movements

Met with Head of Tantok Hopsital in Singapore on leading Health Care Issues.

Just returned

Speaking at an International Health Care Conference in Malaysia

1-6 November

Welcome To Jessica

Health Central OTI Ardross would like to extend a very warm welcome to Jessica from the Mount Hawthorn clinic.

Jessica has agreed to divide her time between the two clinics, and is currently working at the front counter on Wednesday mornings.

Jessica brings another bright smile into the clinic which continues to help make it a friendly and welcoming place for everyone.

We sincerely hope you enjoy your time with us, Jess.





Farewell To A Friend



Sue and some of her clients at the picnic

Practitioner (and Friend) Sue officially had her last day at Health Central on Saturday 7th October.

Sue was an integral part of Health Central OTI Ardross, not only in helping build awareness of the new clinic but also in providing many people with solutions and a smiling face.

Sue had decided that the Northern Hemisphere was calling, and so she has left Health Central to go and travel through the United Kingdom and Europe.

As a last gesture to say farewell to the many people that had become such a large part of her life, Sue organized a final farewell picnic. Both clients and staff from Health Central attended and it was enjoyed by all.

There was food, good company, and fun activities organized to keep everyone entertained.

While she will definitely be missed and irreplaceable we all wish her the very best with her travels.

THANKS FOR EVERYTHING SUE!



Why We Should All Drink More Water

We all get told we need to drink 8 glasses of water a day, here are the reasons why:

- The human body is made up of 55-75% water and every cell needs water to function properly.
- Your lungs expel 2-4 cups of water every day through normal breathing, each trip to the toilet loses another cup per trip and if you sweat (non-exercise induced) you lose another 2 cups of water. Its no wonder athletes need to drink more than the average 8 glasses per day!
- As little as 2% body weight loss in fluids can affect athletic performance, cause tiredness and reduce critical thinking abilities.
- Adequate water intake reduces the chance of kidney stones, lubricates joints, helps immunity against colds and flu and helps prevent constipation.
- If your urine is intense yellow or gold you are not hydrated enough and need to drink more water.
- Soft drinks, fruit juices, sports drinks, coffee and cordial do not count as drinking the same amount of water they also contain approx. 100 calories more per serving and the sugar contents slow the absorption of fluid into the body.
- You can also get water from foods such as juicy fruits like oranges, grapes, watermelon and apples as well as carrots, tomatoes, tuna, yogurt, cottage cheese, soups, rice and pasta.
- A well hydrated body responds better to treatments and lessens possible reactions from bodywork as it hydrates the cells in muscle tissue and eliminates toxins chemicals like lactic acid that can cause muscle fatigue.
- Aids weight loss as water metabolises stored fat and flushes out excess waste from the body, alleviates fluid retention and suppresses the appetite.

Water is readily available, inexpensive, not unpleasant tasting, and has no harmful side effects with reasonable doses. If a person who has a daily intake of water of 2-3 litres a day can potentially experience increased alertness, better digestion, younger looking skin, better organ function and perhaps weight loss then what is stopping you getting your proper daily intake?

Works to keep muscles and skin toned

Aids in weight loss

Transports oxygen & nutrients to cells

Eliminates toxins & waste from the body

Regulates body temperature

Do you know the term: **pneumonoultramicroscopicsilicovolcanokoniosis**
It is an infection in the lungs caused by inhaling fine silicate or quartz dust
It is the longest word in the English Dictionary, using 45 Letters