

HALO & WINGS

Edition 2, December 2011

A production of Archangel Gabriel Consultancy Pty Ltd (Archangel)

Welcome to the second edition of *Halo & Wings*. Over the Christmas and New Year holiday season, when most people are away and resources are thin, there may be a time when someone requires support with a health care issue or maybe an advocate in dealing with medical staff. Archangel is available throughout the holiday season to assist, as needed. It is as simple as a phone call to Archangel to determine if you require any assistance.



As *Halo & Wings* can cover many topics, if you would like information on any health issues in particular or if you would like to contribute to future editions, please contact Gabrielle Charlesworth; contact details are on page 2.

Stage One of Archangel's website complete

www.archangelgabriel.net.au

The website has arrived and Stage One is complete. Archangel is excited to have created a website that is informative, user friendly and practical.

When you visit our site you will find useful and practical information, for example:

- What to do if someone has a fall
- What to do in an emergency
- Links to various health related websites.

The website links can be found on our *Health Links* page. We all know there are lots of organisations available to assist with health concerns. However, accessing them usually involves time consuming internet searches. Archangel has made it easier by putting them on the one page. The page is ever evolving and will have more organisations added in the future.

In fact, if there is a website you think is useful to have as a link on the *Health Links* page, please contact Archangel.

Mobility: ways to stay upright

There are many reasons why our mobility may be affected, at any age. Although as we mature, our body requires a little more help. Most of you have heard this information before and it deserves more attention than this space allows. However, the aim is to touch lightly on each aspect and entice you enough to want to investigate more.

There seems to be a repetition of things we are advised do to maintain a healthy, happy body and mind. We hear them over and over again to a point where it is almost a mantra; diet and exercise, diet and exercise. We all know it and most try to do something about it, yet there are national advertising campaigns to try and get our attention to just consider what we are doing or not doing to have a healthy body and mind. The most recent being "swap it don't stop it".

Exercise: does not have to be strenuous. It can be done throughout the day and a good aim is to do 100 minutes over a seven day period, only 10-15 minutes a day! You will feel stronger, motivated, less stressed and happier due to the serotonin which is released by the brain.

Nutrition: eating well and regularly gives you the fuel you need to exercise. We are advised that five serves of vegetables and two serves of fruit is the daily requirement for our nutritional needs. While this seems challenging and a lot of food for some people, please remember that one serve equals half a cup. Just think of a rainbow on your plate, the more colourful the food the better.

Medication: there are medications that can affect balance causing us to be unsteady on our feet. Check with your doctor to find out if you have been prescribed any of these and then discuss ways your mobility can be maintained at an optimum level.

Vitamin D: safe rays to get it

Vitamin D is essential for strong bones, muscles and overall health. Ultraviolet (UV) radiation from the sun is the best natural source of vitamin D but it is also the main cause of skin cancer. A balanced approach to sunlight exposure can help you avoid vitamin D deficiency, which can have significant health effects. (State Government of Victoria, Better Health Channel.)

Avoiding skin cancer versus sun time for Vitamin D has created a problem where we are getting very little Vitamin D. The way to avoid the damaging rays of the sun is to go out in it at safe times of the day. Cover up with hats and sunscreen between 11am and 3pm. Some days will require covering up longer, especially as the heat of summer arrives. To get the safe rays of the sun, all you need is 10 minutes before 11am or after 3pm. Again it can be later in the day. In extreme heat, it is best to stay indoors and keep cool.

Not only is it important to have strong bones, strong muscles also support our bones. Strong leg muscles help maintain our balance and prevent us falling over. This is most important with a decreasing bone density. It is good practice when standing up from sitting down on a chair not to use the arms of the chair. Using your thigh and abdominal muscles to stand will give you strength and improve balance. Of course it will take time and if you are unsteady or get dizzy on standing, then please use the arms support of the chair.

There are times we are not exposed to sunlight or the sunlight is limited, as in winter. Vitamin D comes in the form of a supplement that can be taken orally. However do not assume you need it and ask your doctor about your Vitamin D levels.

Bone density can be measured by a Bone Density Scan and Vitamin D levels can be measured from a blood sample. If you have concerns, check with your doctor.

For more information, go to the Osteoporosis Australia website, www.osteoporosis.org.au

Mobility: when staying upright needs extra help

In maintaining mobility and independence sometimes we need a little extra help with equipment.

Mobility Options at Pennant Hills supply a wide range of products such as:

- cushions and back supports
- electric recliners
- shower chairs
- wheelchairs
- elevators for the home.

Products can be viewed online at www.mobilityoptions.com.au

To order, call **1300 133 505**

**10% discount on products
you purchase when you mention
Halo & Wings**

Or you can visit the store at
Unit 1/340 Pennant Hills Rd, Pennant Hills NSW.

*Archangel wishes you and
your families*



*a happy and holy Christmas and
a safe New Year.*

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