



Hey there

Kia ora koutou - a warm welcome to the Millhouse community and other readers.

In the September 2023 newsletter, I expressed hope that 'cross-party' planning would be a priority for the incoming government, especially in the areas of health, education and social welfare. I am particularly interested in initiatives that improve patient care in General Practice.

The average age of a NZ GP is 50 and 75% of us plan to retire in the next 10 years. We have had to rely on overseas-trained doctors who currently comprise 38% of general practitioners. Increasing medical student training positions is a priority and hopefully a new university teaching school will be established; this is not a quick fix, as it takes nearly 10 years to train a GP. In the meantime, we could encourage graduating doctors to stay in NZ by reimbursing their university fees,

In this month's newsletter

- Congratulations to the team for achieving our Foundation Accreditation (RNZCGP)
- Hopes for incoming government's Health priorities - more GPs and nurse practitioners are needed
- Covid is in its fifth wave but for most is milder than this winter's influenza. Nose and mouthwashes can help.
- Introduction of self-administered Cervical Swabbing for early cancer detection
- Remember Pam Chapman, our new Health Coach.
- Nurse Practitioner Gabriella can be your preferred provider
- Mask-wearing is still required for people with respiratory infections
- We are still accepting new patients.

*and Dr Ric continues the series on Changes towards
a Positive Lifestyle - this month
the Mighty Mitochondria and Vitamin B3*

if they commit to remaining here
for at least 5 years.

Another way forward is to increase the number of Nurse Practitioners (NP) working in primary care, and for Government to provide another 200 NP training positions as requested by the NZ Nurses Organisation. Millhouse is fortunate in having Gabriella, a highly skilled NP who can assess acute and chronic medical problems. Patients can register directly with Gabriella as their preferred provider.

Health is a 'wicked problem' where many interconnected factors make it difficult to solve; it is a very challenging task to integrate delivery of equitable services, maximise efficiency by NZ's largest employer (numbering 90,000 in this complex work force) respond to acute emergencies, relieve chronic conditions, prevent disease and ensure public safety. I hope the new coalition government encourages innovative thinking and long-term planning to improve health outcomes for all New Zealanders.

COVID-19 is now in the fifth wave but is less severe than the current influenza infection. If you are older with chronic illnesses, you are at greatest risk, so remain vigilant by washing hands, and avoid highly populated where you might be in contact with infected people. If you develop COVID symptoms use the [simple strategies](#) I have often spoken about. A [recent controlled study](#) found those using saltwater, in either high or low concentration, as a mouthwash and nasal rinse four times daily were three times less likely to be admitted to hospital. Nasal and mouth rinsing with iodine (Betadine gargle or dilute 1 in 20 Betadine solution) and xylose (X-Clear Nasal Spray available at Millhouse Pharmacy) will also lower the viral load in the nose and throat, delaying spread to the lungs. Disturbed sleep, stress, highly processed diets, high sugar drinks, alcohol and smoking all weaken the immune response and increase the risk of illness. Use immune-boosting supplements, including vitamin D; I have written of these strategies in past newsletters found in the [website archives](#).

Millhouse News

FOUNDATION STANDARD ACCREDITATION was recently achieved by the Millhouse Integrative Medical Centre demonstrating it fulfills legislative and regulative standards as well as the clinical requirements needed to deliver safe and quality care. Thanks to Practice Manager Lisa and her team who have worked hard over recent months to ensure we completed this RNZCGP standard.

CHRISTMAS - NEW YEAR PUBLIC HOLIDAYS will soon be here, but please note that between public holidays we will only have two doctors consulting each day, with nursing and reception support. See [website](#).

Millhouse's new **HEALTH COACH** can journey with you to improve your health and wellbeing. Pam offers skills and encouragement to help you adopt a healthy, less-stressful lifestyle, guide you in weight-loss, and assist improvement of your diabetes, cholesterol, and blood pressure. Pam's service is FREE, and she is available each weekday morning and all Tuesday. Ring Reception to arrange a 20-minute appointment.

Masks are to be worn at Millhouse if you have a COUGH, COLD, or COVID. When you arrive, please wait in your car or outside the surgery and phone Reception. You will be invited to enter when your doctor is free, and required to wear a mask, which are available in Reception. Mask-wearing will lessen the risk of giving infection to our vulnerable patients.

New Patients are still being accepted by some of our doctors. Gabriella our Nurse Practitioner can also be registered as your preferred provider.

New Cervical Cancer Prevention

Programme

Cervical cancer is the eighth most common female cancer in NZ, caused in almost every case by the Human Papilloma Virus (HPV). HPV is a family of viruses affecting 4 of 5 sexually-active males and females at some time in their lives. In most it causes only a transient infection but in women exposed to high-risk HPV subtypes, about 160 each year will develop cervical cancer, and 50 will die from the disease. HPV also causes cancer of the vulva, vagina, penis, anal

Mitochondria, Exercise and Vitamin B3

[Recent newsletters](#) have explained the role of the 'mighty mitochondria' and the importance of exercise. We learned that Mitochondria can be rejuvenated by restricting calories and by exercise. This time - Mitochondria and Vitamin B3.

In 1735, the Catalan physician Gaspal Casal described a skin affliction that affected the exposed areas of the hands, neck and feet; this became known as *Asturian Leprosy*. The same illness also created havoc in northern Italy, where Dr Francesco Frapolli of Milan named it **pellagra**, 'pelle' meaning skin and 'agra' sour. Pellagra is known for its 4D's – (sun-exposed) Dermatitis,

canal, and the oral cavity. In my practice, HPV mouth-tonsil-throat cancer is more common than cervical cancer; in NZ about 315 cases are diagnosed each year, predominantly in older men.

Since 1990 the national screening programme has used Pap smears, named after Greek Doctor Papanikolaou who in the 1920's invented this technique to detect cancer by analysing the cervix cells. With the advent of viral DNA technology, researchers have found vaginal swabbing is more sensitive and convenient than Pap smears in identifying cancer. Any person with a cervix or vagina from age 25 to 69, who is or has been sexually-active, can have a HPV screening test, with an option of self-testing using a vaginal swab. If the HPV test result is negative,(ie HPV is not detected) the next screening test should occur in five years, or in three years for those who are immunodeficient. If the test detects HPV high-risk-subtypes, those women will be referred for specialist visual examination of the cervix.

At present General Practice is responsible for the HPV screening and our nurses will arrange a clinic visit to discuss the programme, instruct in self-testing using a vaginal viral swab during the consultation, and if time permits, include a well-woman conversation.

NOTE: [HPV vaccination](#) is the primary prevention strategy for cervical and oral cancer. It is usually given before sexual activity commences but can be done later.

Want to read more on this?

[Download full newsletter.](#)

Noho ora mai - stay well, look after yourself and goodbye for now.
Dr Richard J Coleman

Diarrhoea, Dementia and Death. 200 years later, Professor Conrad Elvehjem showed this condition could be cured by taking Vitamin B3.

Vitamin B3 is a group of foundation molecules (niacin, nicotinamide or niacinamide & more recently recognized nicotinamide mononucleotide and nicotinamide riboside) that are essential in the formation of Nicotinamide Adenine Dinucleotide (NAD). NAD plays a pivotal role in fueling the mitochondria electron-chain energy supply but is also an essential enzyme in DNA repair, cell communication, immune function and the synthesis or breakdown of nearly every molecule in the body. When B3 becomes deficient it affects the whole body and in particular, organs with high energy demand (Brain) and a rapid cell turnover (Gut & Skin).

In the full newsletter, I highlight niacinamide's [usefulness in treating skin conditions](#) and also tell of the work of Dr William Kaufman. He was a pioneering orthomolecular physician, skilled in correcting deficiencies and imbalances based on an individual's unique biochemistry. He used large doses of niacinamide to treat osteoarthritis, with pleasing results. Kaufman's meticulous observations were validated in a small trial in 1996 which found that 'niacinamide improved the global impact of osteoarthritis, improved joint flexibility, reduced inflammation, and allowed for reduction in standard anti-inflammatory medications.'

Kaufman used niacinamide for patients who were stressed, anxious and suffering ADHD. In 1979 drug company Hoffman La-Roche published data confirming that niacinamide did indeed have a benzodiazepine/[valium-like effect on the brain](#).

Want to know more about Vitamin B3?

[Go to the full article on our website....](#)