ECU EDITH COWAN UNIVERSITY | Exercise Medicine Research Institute

Vario Health Clinic

NEWSLETTER

Programs

Strong Bones for Life

Osteoporosis Program

Coming Soon!

Life Now

Cancer Council WA supported exercise program Commenced Monday 31st March at 1.30pm Mondays and Fridays

Kids Move

Term 2 commences 29th April

Tuesdays 4:00-5:00PM

Welcome to the latest edition of the Vario Health Clinic Newsletter.

In this issue, we'll be sharing:

- **Autumn programs**
- **Client experiences**
- **Important Research findings**
- **Staff stories**

Introducing ‘Strong Bones for Life’ Your Path to Stronger, Healthier Bones

Are you ready to take control of your bone health and embrace a life full of **strength** and **vitality**? Look no further! **"Strong Bones for Life"** is an expertly designed **exercise program** tailored specifically to combat osteoporosis, improve bone density, and boost overall well-being. Led by our expert Clinical Exercise Physiologists.

💪 Why Choose Strong Bones for Life? 🦴

Access to DEXA scan

Trusted practitioners with convenience at the Vario Health Clinic

Bone Density

High-intensity progressive resistance training and impact activities stimulate bone formation and improve bone mineral density.

Reduced Fracture Risk

Enhanced muscle strength, balance, and mobility help minimize the risk of falls, a major cause of fractures.

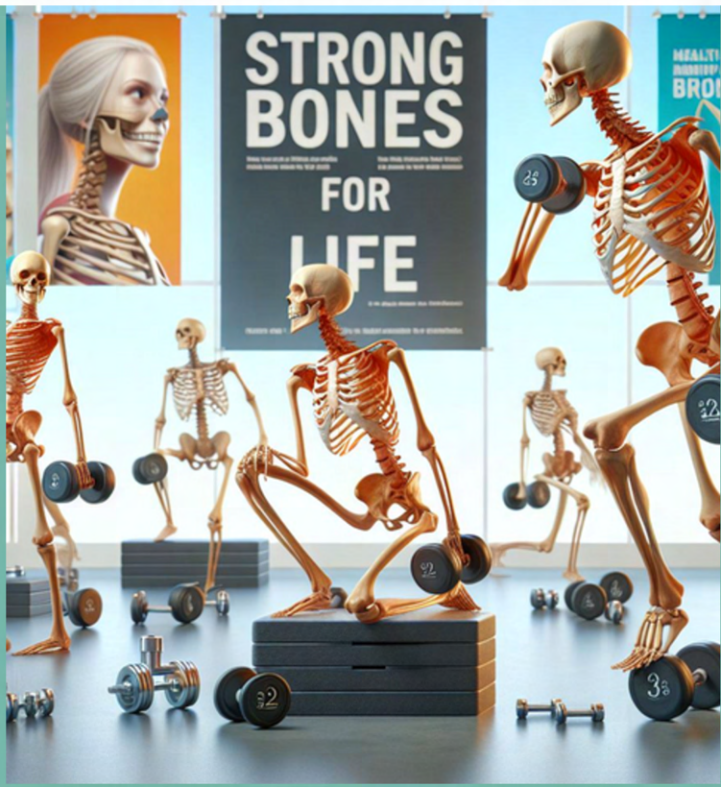
Improved Functional Capacity

Posture, coordination, and overall physical function, which are crucial for maintaining independence.

Safety and Adaptability

Tailored expert guided exercise is safe with osteoporosis or other health conditions.

Coming Soon



DEXA scans - Now Available

PRE-TEST REQUIREMENTS: GP Referral

What is DEXA?

A **DEXA (Dual-Energy X-ray Absorptiometry)** scan is a medical imaging test that measures bone mineral density (BMD) and provides detailed information about your body composition.

- **Purpose:** DEXA scans are primarily used to diagnose and monitor osteoporosis and other conditions that cause bone loss. They can also assess the risk of fractures.
- **Procedure:** The scan involves lying on a table while a machine passes over your body, emitting low-dose X-rays. The test is quick, non-invasive, and painless, typically taking about 30 min.
- **Bone Density Measurement:** DEXA scans measure the density of bones in the spine, hip, and sometimes the forearm. The results help determine if you have normal bone density, osteopenia (low bone density), or osteoporosis.
- **Body Composition:** DEXA scans can also provide detailed information about body composition, including fat mass and lean muscle mass.
- **Safety:** The radiation exposure from a DEXA scan is very low.
- **Frequency:** The frequency of DEXA scans depends on individual risk factors and medical history. Generally, women over 65 and men over 70 are recommended to have regular scans

Why Choose DEXA Scanning?

- Reliable detection of **bone density changes** and osteoporosis risk.
- **Advanced imaging** for precise results you can trust.
- Safe, non-invasive procedure that's **quick and comfortable**.
- **Expert guidance** and recommendations tailored to your health needs.

Available in conjunction with
Strong Bones for Life Program - Coming Soon

Falls Prevention at Vario Health Clinic

STAY ON YOUR FEET®

Move Improve Remove

Did you know....?

> Falling is not a normal part of ageing. Falls are preventable!
> Only a small proportion of falls are caused by tripping, slipping or "not being careful" – most are the result of health or lifestyle factors.
> One in four people aged 60 or over fall at least once a year.

COMPLETE THIS CHECKLIST TO DETERMINE YOUR RISK OF FALLING

Yes

Have you had a fall in the last year? ☐
Having previously fallen increases your chance of falling again.

Do you do less than 30 minutes of physical activity a day? ☐
Are you unsteady on your feet, do you find it difficult to get up from a chair or do you have trouble walking? ☐
Many falls are the result of muscle weakness and/or impaired balance.

Are you taking three or more medicines? ☐
Are you taking sleeping tablets, tranquillisers or anti-depressants? ☐
Has it been more than 12 months since your GP reviewed your medicines? ☐
Some side effects and combinations of medicines can increase your risk of a fall.

Do you have diabetes, arthritis or Parkinson's Disease? ☐
Have you had a stroke or do you have problems with your heart or circulation? ☐
Has it been more than 12 months since your eyes were tested or your glasses checked? ☐
Do you experience dizziness, light headedness, unsteadiness, drowsiness, blurred or double vision or have difficulty thinking clearly? ☐
Many health conditions can increase your risk of falling.

If you answered "yes" to one or more of these questions you are at risk of falling.
The good news is that there are steps you can take now to reduce your risk.

If you answered "no" to all of these questions, but are aged 60 or over, you should still take falls seriously and take action to stay mobile and independent.

To learn how you can prevent slips, trips and falls visit www.stayonyourfeet.com.au or call 1300 30 35 40.

Partner: Department of Health

Stay On Your Feet WA

injury matters

Stay On Your Feet® is provided by Injury Matters and funded by the Western Australian Department of Health.

Look out for April Falls Challenges

We have provided a series of activities to develop your balance and recovery strategies in the event of a fall. Review your exercise program to make sure that you are targeting to develop strength power and endurance to help you reduce the risk of falling and assist your recovery if you do suffer a fall.

YOU ARE INVITED TO OUR BIGGEST MORNING TEA.
LET'S GET TOGETHER AND ENJOY A CUPPA SO WE CAN SUPPORT THOSE IMPACTED BY CANCER.

Australia's Biggest Morning tea

FRIDAY 23RD MAY
11:30AM-1:30PM

Join us in front of Vario Health Clinic.
Please bring a gold coin donation with all funds going to the Cancer Council WA .
Tea and coffee provided.
Feel free to bring a plate to share.

Student Practicum Placements

We are delighted to host Final Year Exercise Rehabilitation Students as they prepare to embark on their Exercise Physiology Careers. Students from all the Perth universities and interstate will attend in 2025/26 as they complete their Exercise Physiology practicum placement. Offering additional support to our clients under the guidance of our experienced team. You will easily spot the students by their distinctive University Practicum shirts.

The students are an invaluable asset to the clinic, boasting diverse practical experience in addition to their academic knowledge. We have observed a significant increase in their understanding and knowledge base this year, along with a keen focus on bringing the latest evidence for exercise interventions and research studies.

If you have any questions, please feel free to reach out to Kate Managno, who coordinates the student placements.

ECU EDITH COWAN UNIVERSITY
Exercise Medicine Research Institute

Coming Up

Join us for Exercise Right Month throughout May

Ask us for a Blood Pressure check in Heart Week 5 -11 May

Pick your Challenge

Plank
Wall Sit
Step Up
Squat
Single Leg Balance

Daily Challenge

10 - 15th
June 2025

JUNE
MEN'S HEALTH
AWARENESS WEEK

Cancer Council WA

Life Now.

Joondalup 12-week exercise course

Are you or someone you care about affected by cancer?

The Cancer Council WA Life Now Program invites you to take part in our free supportive cancer care course.

Regular exercise can help to:

- reduce fatigue
- manage nausea
- manage pain
- improve strength
- improve quality of life
- maintain muscle mass
- improve bone mineral density
- prevent weight gain
- improve sleeping patterns
- improve physical function

Exercise is a recommended part of treatment and recovery. Life Now Exercise is for people currently undergoing treatment or who have completed cancer treatment in the last two years. Primary carers are welcome to attend with the cancer patient.

Life Now Exercise is a 12-week course, facilitated by an accredited exercise physiologist and tailor-made for people affected by cancer. Participants receive an individualised program and experience the benefits in a safe and supportive group environment.

Joondalup 12-week exercise course	
Days	Mondays and Fridays
Time	1.30pm – 2.30pm
Dates	30 June – 19 September 2025
Location	**Vario Health Clinic** Edith Cowan University, Joondalup Dr

Conditions apply. The 12-week course is free. There is a one off fee for your initial assessment with the Exercise Physiologist. The out-of-pocket expense is dependent upon your GP Management Plan or private health care fund. Participants are invited to attend one 12 week course only. Some exclusion criteria applies.

Registrations are essential.

To apply to participate in a course scan the QR code or visit **cancerwa.asn.au** and view the Event Calendar, or call our cancer nurses on **13 11 20** for more information.

Information is correct at time of printing.

Reach your Goals with an Individual Exercise Treatment Program

I first attended the Vario Health Clinic in June 2023 referred for Chronic Back Pain, Rheumatoid Arthritis and Fibromyalgia while awaiting surgery. During my recovery from surgery I had a fall resulting in a fractured ankle, arm and needed a hip replacement.

Returning to Vario Health Clinic for exercise rehabilitation, my personal program was designed for my health conditions and injuries.

I now feel I have a new lease on life and review every 3 to 4 months with my Exercise Physiologist to make sure I stay on track from my goals. With the support and encouragement from the team I have seen remarkable progress in my energy levels, muscle tone, strength and posture.

The Bio Circuit is my favourite part of the exercise program combining aerobic and strength training, specifically programmed for me. I feel it is a very safe and effective improving my energy levels and fitness.

My goals are to stay healthy and strong to have good quality of life.

Gerry O'Leary

Vitality in Action

I am nearly 86 and have enjoyed attending the Vario Clinic for two years feeling much fitter. My daughter is very happy and reassured that I am doing exercise to keep fit.

My doctor introduced me with 5 sessions for an Allied Health Chronic Disease Management Plan. I now pay to go to 2 sessions a week but consider it very good value for money.

The team are always available to help whenever you need them and review your exercise program periodically helping you with any problem you might have. I have no hesitation in asking for help or advice whenever I need it. The fact that they are there is the reason I feel safe using the machines.

Recently I started doing the Bio Circuit which I find challenging because the machines give me a percentage figure of my performance. I have had quite q few 100% 's which is satisfying, and I am working towards getting 7 in one circuit.

My health is good, but I feel the exercises have improved my movements. I have a 100% arthritic knee but get no pain. I think this is because of the exercise I do. Attending the clinic is very satisfying and I am aiming to live as long as my 98-year-old brother!

Marie Macdonald

★ ★ ★ ★ ★

Rod Barrett Completes the Arctic Polar Plunge!

I have been attending Vario for close to 15 years and enjoy attending not only for the body health and fitness benefits it gives but the mateship with other members. Most importantly though, attending Vario Health Clinic helps with my mental health and stress levels.

I first attended as a means of getting my fitness level up and to try and lose a bit of weight (still a struggle)!! My reviews are done every six months with monthly testing checks so I can monitor mt progress. I have a much better level of fitness and wellbeing from attending, although as I get older my endurance levels are harder to maintain. Especially trying to keep up with my wife when walking.

I enjoy the Bio Circuit, but lately, I have tried a mix of resistance strength work with a cardio burst. I'm finding both a nice challenge to do and if I have got a good sweat up, I know I've done well!

My goals are to keep up a reasonable level of fitness and control my weight, and to live as long as Kevin!!! Having knowledgeable Vario staff on hand to help out with any exercise questions is a great bonus. I know without your staff I wouldn't be where I am. No one is too busy to stop, help and give friendly advice.

★ ★ ★ ★ ★

EMRI Research Findings

We are excited to see our latest clinical trial published in JAMA Network Open on exercise and sexual function in prostate cancer funded by the National Health and Medical Research Council (NHMRC). We found that for men with prostate cancer concerned about sexual dysfunction, exercise is an effective intervention to improve sexual function and should be considered as an integral part of treatment.

EMRI PHD Candidate Francesco Bettariga shares how exercise can improve outcomes and reduce the side effects of cancer treatment, as seen on 9news.com

Scan here to see

Dietitian services

Dr Analise Nicholl

Dr Analise helps clients explore how their diet and health are related. She works with a range of metabolic conditions that can affect heart, liver, bone health, blood sugar balance, kidney health and gut health, including how food intolerances can affect the gut-brain axis.

Dr Analise's qualifications include both an undergraduate and a postgraduate degree in Chemistry, and a master's degree in Nutrition & Dietetics. Her PhD explored the health implications of reducing dairy fat intake in young children.

Dr Analise has a passion for sharing recipes, new cuisines and places to eat, she looks forward to discussing many new exciting options with you.

Contact Vario Health Clinic to book an appointment which are available Wednesdays & Fridays.

Physiotherapy

Krunali Patel

Vario Health Clinic is here to support you in achieving optimal outcomes for physical activity, whilst enhancing your well being.

If you are dealing with a chronic condition or have sustained an acute injury, our physiotherapist can diagnose and treat your pain and movement challenges. Treatments are designed to help you:

- Repair damage
- Reduce stiffness
- Increase mobility
- Develop strategies for preventing future injuries

Krunali holds a Bachelors Degree in Physiotherapy and a Masters in Exercise Rehabilitation. She also completed a fellowship program in traumatic injuries rehabilitation, cardio-pulmonary physiotherapy in emergency departments, ICU and post surgical orthopaedic units.

Krunali is experienced in musculoskeletal condition treatments ranging from cervicogenic headaches, lower back pain, frozen shoulder, muscle tears, ligament injuries and knee pain. She is skilled in manual therapy with additional certified training in dry needling, taping and neural release techniques.

Contact Vario Health Clinic to book an appointment which are available Tuesdays.

More about Ross!

Accredited Exercise Physiologist

I have been playing soccer since I was 4 years old and still love the game. I have played semi-professional level for teams in Greece, England and Australia.

My main position is striker or attacking midfielder; I love providing assists to my teammates and scoring goals. I currently train five days a week, mostly running to keep fit and weekly training with my soccer club.

Scoring 25 goals in 22 games has been my best season and I am aiming for 20+ goals this year and most importantly play 90 minutes to help my team win.

My favourite soccer team is Olympiakos (Greece) and Liverpool (England), who I have followed since being a child. I have been lucky enough to watch Olympiakos at their stadium; the atmosphere was electric. My ambition is to see Liverpool play at Anfield! My favourite Liverpool player was Steven Gerrard; he could do everything on the pitch, shoot from long distances and score a screamer!

In 2016 I was grateful for the opportunity to be selected to trial for Italian soccer clubs Juventus and Frosinone. It was a great experience making me a better player and I got to travel all over Europe as a bonus.

Do you know about Car Park 14?

Carpark 14 provides additional spaces and cashless payment alternatives. Head towards carpark 14's green bays, walk through the underpass, and loop around to reach the clinic without encountering any stairs. The security and parking staff are monitoring parking permits closely for Vario Health Clinic clients in carpark 13. Remember to display your permit next to your parking ticket. Ask your exercise physiologist or our administrative team for replacement permits.

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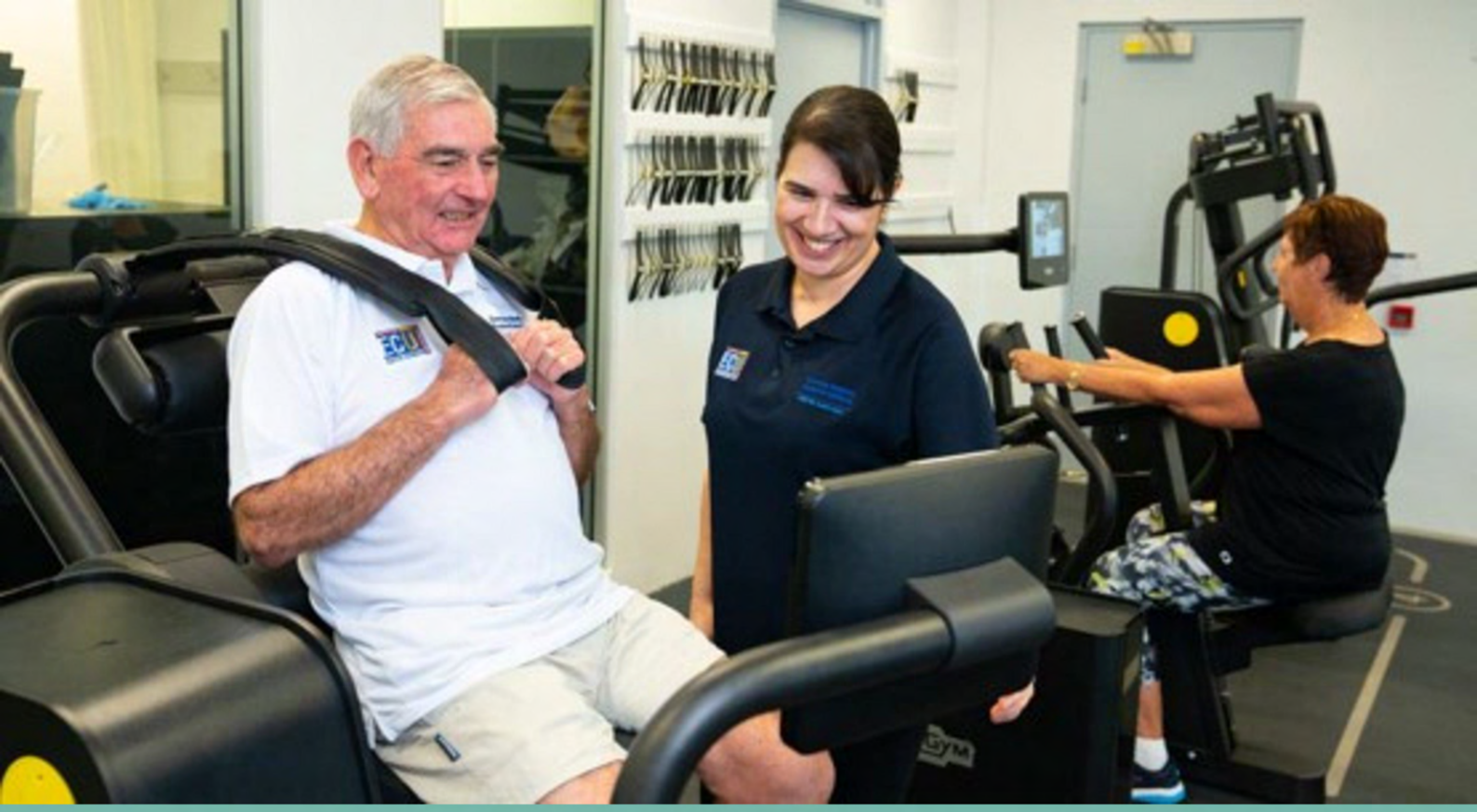

Give back to EMRI and Vario Health Clinic

Together we can make a difference

Your support can help the team at the Exercise Medicine Research Institute to further advance and translate groundbreaking research into life changing exercise medicine, delivered here at Vario Health Clinic.

By making a donation you can help others benefit from our specialised treatment programs and first-in-Australia technologies. A small gift can have a huge impact to the lives of those living with cancer and chronic conditions.

To find out more or make a small contribution, chat to our friendly staff or scan the QR code.