



Nutrition

Olive and coriander lamb patties w. cumin



Serves 6

- 750g lean minced lamb
- 1/3 cup freshly squeezed lemon juice
- Oil spray + 1 tblspn extra virgin olive oil
- 1 small onion, quartered
- 2 cloves garlic, peeled
- 8 stoned green olives
- 1/4 cup chopped fresh coriander
- 2 tablespoons chopped flat-leaf parsley
- 1 tablespoon ground cumin
- 12 thin slices wholemeal bread, toasted

1. Combine lamb and lemon juice in a bowl, mix well and refrigerate 1 hour.
2. Preheat barbecue to moderately high.
3. Drain meat in a colander and squeeze to remove excess moisture. Combine onion, garlic and olives in a processor and pulse until coarsely chopped. Add to the meat, together with oil, coriander, parsley and cumin. Season with pepper and knead gently until all ingredients are evenly distributed. Shape mixture into 12 patties, about 2 tablespoons each.
4. Spray barbecue rack with cooking spray and cook patties until browned and cooked through, about 8 minutes.
5. Serve with wholemeal bread.

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Eye drops. What you should know.

There are many traps in the correct use of eye drops. Here are the key facts.

How to use eye drops

- Always check the label before use.
- Wash your hands.
- Some eye drops need to be shaken first.
- Remove the cap and avoid touching the tip of the bottle.
- Tilt your head back and look up.
- Pull down the lower lid to form a pouch.
- Hold the bottle vertically and release one drop onto the inside of the lower lid. Do not touch the eye with the tip of the bottle.
- Close your eye.

Practice with artificial tears until you get it right or ask someone else to do it for you.

How many drops?

Only use one drop at a time. The eye can only hold one drop and the rest are wasted. If using another eye medication, wait 5 minutes so the second one does not wash out the first.

Blocking the tear duct

Eye drops drain down a small canal (tear duct) into the nose and can cause side-effects in some cases. Your doctor may advise you to prevent this by placing the finger against the



inner corner of the eye and pressing for 1-2 mins.

Storage issues

Store eye drops in a cool, dry place, never in the glove box of the car! Some drops need to be kept in the fridge.

When to throw away the bottle

Once eye drops are open, the traditional advice is to discard the bottle after 28 days. However, some drops may be used for longer - check with your doctor and the packaging. Always discard the bottle after the **printed** expiry date.

Allergy to eye drops

If you are getting itching, soreness or burning, you may be developing an allergy to the drug or a preservative. Your doctor may prescribe an alternative drug or preservative-free eye drops.

Dementia. Can you reduce your risk?

Over 1,100 Australians develop dementia each week. While there is no cure, there is now good evidence that certain health and lifestyle strategies can reduce your risk or delay the onset. It is best to start these in middle age **before** symptoms develop.

Dementia is a progressive decline in memory, thinking, social skills and emotional reactions which affects over 5% of people over 65 years. Alzheimer's disease and vascular dementia are the most common types of dementia.

Lifestyle factors

Factors which increase your risk of dementia:

- Smoking and obesity.

Factors which may decrease your risk:

- Alcohol. Moderate intake may reduce risk.
- Physical exercise reduces the risk.
- Social and leisure activities are associated with a lower risk e.g. conversation with friends, belonging to a club.
- Mentally challenging activities e.g. taking a course, learning a language.

Medical conditions

These conditions increase the chance of Alzheimer's disease and vascular dementia:



Alzheimer's
Australia
Living with dementia

- High blood pressure.
- Diabetes.
- Raised cholesterol.

Possibly beneficial factors

'Mediterranean' diet, omega-3 fats, fish and fish oil capsules and folic acid **may** be beneficial but are unproven.

Proven to be ineffective

There is **no** benefit from ginkgo biloba, vitamin E or anti-inflammatory tablets.

The bottom line

It is no surprise that the key to reducing your dementia risk is a healthy lifestyle. Exercise daily, don't smoke, eat a healthy diet, watch your weight, keep mentally and socially active and drink in moderation.

If you have diabetes, high blood pressure or raised cholesterol, see your GP regularly.

For more information: www.alzheimers.org.au
National Dementia Helpline: 1800 100 500.