

CIAP news

But It's Only a Little Bit of Cancer...

Health screening ensures that we don't miss early signs of cancer and disease, which we can all agree is a good thing, right? Well, in 2016, "researchers estimated that over 500,000 people may have been over-diagnosed with thyroid cancer across 12 nations over two decades."



A recent health article in the [Medical Journal of Australia \(MJA\)](#) discusses the emerging health challenge of overdiagnosis and what is being done to overcome the issue in Australia. In an interview with [the ABC](#), contributing author, Ray Moynihan PhD states that, "Surgery can have its own risks, unnecessarily labelling people can lead to anxiety, overdiagnosis threatens the sustainability of the healthcare system, and there's the possibility of side effects and complications from treatments."

In the MJA article, Dr Moynihan and his co-authors write that the evidence base around overdiagnosis and related overuse is relatively recent, and the implications of this evidence for clinicians, consumers and the health system remain unclear.

[Read the full article.](#)

Opinion Poll

Which of the below is the biggest contributing factor to our growing obesity crisis?

**Poor Nutrition
Literacy**

**Poor Food
Decisions**

**Sedentary
Lifestyle**



Cast your vote from the CIAP News Email.

Look out for next months' CIAP news email for the Poll results.



Why You *Should* Put Another Shrimp on the Barbie

A recent study published in the BMJ has found that in older adults, higher levels of circulating omega 3 polyunsaturated fatty acid (n3-PUFA) is associated with a higher likelihood of healthy ageing.

[Read the full article.](#)

What Is The Diagnosis?

A 30 year old male presents with lesions on his tongue and complains of a burning sensation when eating spicy foods. [Click here for the diagnosis.](#)

This image was found in [Access Medicine](#).



Predatory Monetisation in Video Games

Some of you may remember the [story](#) of the children who racked up a £3,200 phone bill by making in-app purchases on their father's iPhone back in 2013. Well, a paper published in the [Addiction](#) journal has highlighted how the billion-dollar gaming industry is using sophisticated 'predatory monetization schemes' to get users to spend.

The paper advises that more research is needed to understand the financial aspects of on-line games and their relationship to persistent play and the onset of problematic gaming.

[Read the full article.](#)

FREE: Live Online CIAP Training

The number of resources on CIAP can be quite overwhelming. Why not attend one of our live online training sessions next month and learn how you can most effectively use the site?

We can do a live demonstration of the CIAP site and show you how to use some of the clinical resources as well as answer any questions you might have.



[Register now](#) for the session on Wednesday 7 November.

We'd love to hear from you...

[Tell us](#) what we should discuss in the upcoming CIAP newsletters.

Upcoming CIAP Events

Live Online Training

7 November | 14:30 - 15:30
CIAP Essentials

14 November | 11:00 - 12:00
Introduction to Ovid

[Register Here](#)

Workshops

13 November | Evidence-Based Practice
Hunter Medical Research Institute

4 December | Nursing & Midwifery
Wollongong Hospital

[Register Here](#)

In-Services

CIAP Essentials at:

26 Nov | Glen Innes
27 Nov | Armidale
28 Nov | Tamworth
29 Nov | Gunnedah

[View Here](#)

Need help with CIAP?

Contact the [CIAP helpdesk](#) 24 hours, 7 days a week.

1800 824 279

or click on [Support & Contact](#) from the top menu on CIAP.



eHealth