

## Service the car before holidays? Why not service yourself...

*Christmas and end of year school holidays are often a very busy time for us all. Many of us spring clean the house, or organise the car to be serviced before those long road trips, or get stuck into the garden and really clean it up.*

When was the last time you devoted that much attention and energy to yourself?

Our physical health and well-being is a precious gift – and often we just take it for granted until something happens. That's when we pop in for a "quick" visit to our doctor, fix the problem of the moment, and then forget it!

Our health is something we do need to work on, and not just take for granted. So yes, we occasionally need the "service" also!

Many things impact on our health – including lifestyle factors like diet and exercise, stress, family history and genetics – the list goes on. Which is why we will often take the opportunity to discuss these things when you come in for other acute problems, or our nurses might take the opportunity to undertake some health screening with you while you are waiting.

So while you are busy make preparations for the traditional festive season, take a moment to think about yourself – when was

the last time you had a decent check-up? We value the time we can spend with patients when appointments are made especially for a "service". We can then spend the time to really go through your health and lifestyle with you. Our recommendations for screening tests are based on prevention guidelines, issued by reputable organisations like Diabetes Australia, the Royal Australian college of General Practitioners, BreastScreen Qld etc.

**We've heard it before – but it does need emphasising – prevention is better than cure.**

So when you book the car in for the service, take a minute to think about yourself – maybe you should be booking yourself in as well.

Let me take the opportunity to wish all of our valued patients and their families an enjoyable festive season, and a healthy new year. On a personal note, it was obviously a traumatic Christmas last year for me, and I greatly appreciate the support given to me by our wonderful team at Hope Island Medical Centre, and our fantastically supportive patients.

Dr Andrew Weissenberger

## Christmas Operating Hours New Year Operating Hours

**Hope Island Medical Centre will be closed Saturday 25 December — Tuesday 28 December 2010**

Wednesday 29 December Open 8 am—6 pm  
Thursday 30 December Open 8 am—6 pm  
Friday 31 December Open 8 am—5 pm

**Hope Island Medical Centre will be closed Saturday 1 January — Monday 3 January 2011**

Normal Practice Hours Resume  
Tuesday 4 January Open 8 am—6 pm  
Wednesday 5 January Open 8 am—6 pm

You can see a Doctor at our After Hours Service Location Chevron After Hours  
**125 Nerang St Southport PH 5532 8666**

Home Visits can be arranged and your usual GP can be contacted if necessary

December 10  
January 11

Issue 28



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## Travel

Staying healthy during travel is important and time lost through illness can impact on the enjoyment of travel, not to mention the cost.

Make sure you talk to your doctor before your holiday.



## New Podiatry Services

After 4 years as part of our team, Podiatrist Cindy Pascual has accepted a full time position with Qld Health and we at Hope Island Medical Centre, wish her every success.

We are delighted to welcome the team from **my FootDr podiatry centres** who have taken over the podiatry services at Hope Island Medical Centre. Now visiting every second Tuesday as well as all day Wednesday, the new podiatry team promises to deliver an exceptional new service.

**my FootDr podiatry centres** Podiatrists offer integrated lower limb health care to you, our patients. Podiatry integrates well with General Practice in enhancing the wellbeing of the whole body and **my FootDr** has been working with General Practice in foot and lower limb health for nearly 20 years. If your feet are sore, you are sore all over and this means you are unable to walk, stand for long periods of time or exercise.

**my FootDr** podiatrists see all sorts of problems including:

- Chronic Heel Pain/Plantar Fasciitis
- Bunions
- Ingrown Toenails
- Corns and Calluses
- Knee, Hip and Lower Back Pain
- Rheumatoid and other Arthritic foot conditions
- Achilles Tendonitis
- Pinched Nerve (Neuroma)
- Diabetic Foot Problems

We have access to a range of advanced therapies to assist you with your lower limb care, but our primary difference is in our unique approach to patient care, starting with active listening to get a clear understanding of your condition and history, coupled with state of the art technology to assess your problem scientifically using evidence based medicine.

Patients with a chronic condition or complex care needs, under a GP Management Plan with Team Care Arrangements, can be referred to a

podiatrist when their doctor believes that the patient could benefit from podiatric care. Chronic conditions such as diabetes and arthritis often have associated lower limb problems which can greatly impact your mobility and independence.

Our visiting professionals, Andrew Penhaligon and Sarah Stubbs have long and varied experience in treating the lower limb problems often associated with such chronic conditions so why not speak to your GP about podiatry care today. For an appointment with **my FootDr** at Hope Island Medical Centre, please ask at reception.



## Trying to fall pregnant? We've booked a room for you.



Hope Island Medical Centre is pleased to welcome Monash IVF to deliver specialist gynecological and fertility services.

Dr Kee Ong will be consulting at

Hope Island Medical Centre on Tuesday afternoons. Dr Ong's interests are in all aspects of infertility and reproductive disorders including male factor infertility, recurrent IVF failures, recurrent miscarriages and reproductive surgery such as sterilisation reversal microsurgery, endometriosis and fibroid surgery.

If you and your partner have been trying to fall pregnant, rest assured you are not alone.

Thousands of Australian couples have reaped the benefits of IVF treatment.

For inquiries or to make an appointment phone 55191600 or visit [www.monashivf.com](http://www.monashivf.com) for more information.

A referral is required from your GP.



## Immunisation Update

Due to the increase of whooping cough cases across Australia, the Queensland Immunisation Agency has decided that the normal vaccinations given to babies at 2 months can now be administered at 6 weeks. The following 4 and 6 month immunisations will remain the same.

For the same reason the vaccinations that would be given at 4 years of age can now be given at 3 years and 6 months. This is an option for families and your Doctor may discuss this with you. The full 4 year old check can be done at this time or done at 4 years of age.

Whooping cough (pertussis) is a serious, contagious respiratory infection caused by the bacterium

*Bordetella pertussis*. The disease begins like a cold and then the characteristic cough develops. This cough may last for months, even after antibiotic treatment is completed and the person is no longer infectious. The 'whoop' (which is not always obvious) is due to a deep breath at the end of a bout of coughing. Vomiting after coughing is common.

Whooping cough is particularly dangerous for babies aged less than six months and the elderly. They are affected more seriously by the disease than older children or adults and are more likely to develop complications.

### What is a 4 year old check?

The aim of the Healthy Kids Check is to improve the health and well-being of Australian children. The Healthy Kids Check promotes early detection of lifestyle risk factors, delayed development and illness, and provides the opportunity to introduce guidance for healthy lifestyles.

The Healthy Kids Check is to be delivered in conjunction with the four year old immunisation and is really important before your child attends Prep.

*Immunisation is the best way to prevent whooping cough.*

## Women's Health

### Why being superwoman isn't always super when it comes to your health.

Mother, wife, income earner,,the list goes on. Women fill many roles and they do it all at once. A hectic lifestyle though can still be a healthy life if managed correctly.

Your doctor is your supporter; the person who can help you keep on track and monitor the technical aspects of your health. It's important to consult your doctor for the following checks and any other areas that may be of concern to you.

#### Breast Examinations

#### Regular Pap Smears

#### Skin Checks

#### Bowel checks

#### Blood Pressure and Cholesterol checks

#### Emotional health



Audit your "to do" list. Is everything on your list essential? Replace something more trivial with something really important...such as your overdue Pap smear.

***If you have your Pap smear and other checks at another practice— Please let us know when and where. Also please ask that provider to send us a copy of the test results.***

***That way we'll know we're reminding the right ladies at the right time, to get that women's health check off their "to do" lists.***



### the everlasting CHRISTMAS TO DO LIST

- Women's Health Check
- Get Hubby to the doctor as well
- Kids Health checks
- Enjoy some laughter with loved ones

*Be the healthiest superwoman you can be and speak with our receptionists to arrange your next appointment.*

# Closing the Gap

ARE YOU OF ABORIGINAL OR TORRES STRAIT ISLANDER ORIGIN?

Whether you are Aboriginal, or Torres Strait Islander, both, or neither, your answer to this question is important.

Why? because Governments need good quality information to measure the health of the Australian population and to support the delivery of effective, efficient health services to all Australians,

This question is asked of all patients, regardless of appearance, country of birth, or whether they are personally known to this health service.

Whether you answer "yes," or "no" or "both" you will receive the same high standard of health care that best meets your needs.

Personal information you provide to this service is protected by a strict Privacy Act

Aboriginal and Torres Strait Islander people experience a burden of disease two-and-a-half times that of other Australians. A large part of the burden of disease is due to chronic diseases such as cardiovascular disease, diabetes, cancer, chronic respiratory disease and chronic kidney disease. This can be reduced by earlier identification, and management of risk factors and the disease itself.

Despite improvements in recent years, there are continuing problems with the under-identification of Aboriginal and Torres Strait Islander people in many health-related data collections. A more systematic approach is required to ensure the standard Indigenous status question is asked correctly and consistently of all clients, and that this information is recorded accurately.

Earlier identification and the management of risk factors like smoking, low physical activity, poor nutrition, and alcohol consumption can assist in reducing the burden of disease which currently impacts on many of our peoples Health and Social and Emotional Wellbeing.

**Hope Island Medical Centre is proud to be participating in the Closing the Gap Program and can offer patients all aspects of the PIP Indigenous Health Program including Wellness Checks. For more information, please speak to Nurse Tania.**



## Health Assessments - Have you had yours?

Health Assessments are all about keeping you well. They look at all aspects of your health and well being and help us identify and manage risk factors. There are many specific services but even if you're not eligible for one as listed below, arrange for your annual check up and book your appointment today.

Patients	How Often
A Healthy Kids Check for children aged at least 3 years and less than 5 years of age, who have received or who are receiving their 4 year old immunisation	Once only to an eligible patient
A type 2 diabetes risk evaluation for people aged 40-49 years (inclusive) with a high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool	Once every three years to an eligible patient
A health assessment for people aged 45-49 years (inclusive) who are at risk of developing chronic disease	Once only to an eligible patient
A health assessment for people aged 75 years and older	Provided annually to an eligible patient
A comprehensive medical assessment for permanent residents of residential aged care facilities	Provided annually to an eligible patient
A health assessment for people with an intellectual disability	Provided annually to an eligible patient
A health assessment for refugees and other humanitarian entrants	Once only to an eligible patient
A health assessment for people of Aboriginal or Torres Strait Islander Origin	Provided annually to an eligible patient



## CPR Update

All Hope Island Medical Centre staff and doctors, once again, recently completed their annual CPR training.

Our staff regularly undertake training and education courses so that our patients may benefit from the best practice models of care.

### Do you know CPR?



## Packing and Planning your Medication

With Christmas fast approaching, the time for holidays is upon us again. For those of you traveling or visiting family away, please ensure that you have enough medication to last your holiday. If you can, please make an appointment. Requesting just a prescription will take up to 24 hours at a cost of \$10, but it's usually better if we can see you before you go. Take the stress out of packing by organising yourself in advance, rather than the day before you go away. Have a safe, relaxing and enjoyable Holiday Season with all the best for the coming year.

### Will you recognise a heart attack?

Heart attack warning signs aren't what you think. Symptoms vary and they may not always be severe. Learn the warning signs, because the sooner you recognise your heart attack and get treatment, the better.

If you think you may be having a heart attack, call Triple Zero (000) - the operator will work out if you need an ambulance. Don't risk driving to the doctors and if it's a false alarm, well, that's the best thing that could happen.

**PhysioMaxx** Helping you get back to...

Sport.



Work.



Life.



### The Spine

Over the years all of us would have experienced some sort of back pain whether it be in the neck, between the shoulder blades or lower back.

It has been a mystery to many why it happens or how we fix it.

Some people are lucky their pain may settle quickly, others may have a tougher job of resolving it and getting back into the life "before it all started".

Spine pain presents in many areas and in many forms,

e.g. pain from the neck could radiate into your hands. Lower back pain could refer into your toes.

In a lot of cases the types of pains can be corrected by a 'spine physiotherapist' who has a lot of experience treating these areas.

When you have treatment the physiotherapist will need help from

yourself doing the appropriate exercises and putting into practice, correct postural patterns at home.

There are many things that can go wrong with the spine, including birth deformities, wear and tear, disc bulges, poor postural patterns, shortening of soft tissue structures

around the spine, weakening of the small postural muscles, inflammation of soft tissue structures – so with all these and others it is evident that a good diagnostician is important.

Tools such as x-ray, MRI, CT scan can be incorporated into good thorough assessment.

If you are one of the lucky ones where your pain settles in a few days – don't be fooled

this could be the precursor to a bigger problem.

It is always better to stop an issue before it turns into a big problem.

Physiomax Physiotherapist Mike Paterson attends Hope Island Medical Centre on Monday mornings and Thursday afternoons.

**Phone 5574 4255 to arrange your appointment.**

### SPINE CONDITIONS

