

MY HEALTH



UP-TO-DATE MEDICAL NEWS FROM WWW.MYCLINIC.COM.AU

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JANUARY 2020
Quarterly Practice
Information Handout

Dr. Mrs. Y. Arambepola
MBBS, FRACGP, CSCT
General Practitioner

Dr. S. Habibian
MD, FRACGP
General Practitioner

Dr. Mrs. M. Dhaliwal
MBBS, FRACGP
General Practitioner

Dr. Mrs. S. Shome
MBBS, FRACGP
General Practitioner

Shedden Fernando
Practice Manager

Ms. Lisa Kerr-Jackson
Practice Nurse

Mr. Jacque Elcheikh
Podiatrist

Mr. Wilfred Kwok
Physiotherapist

Nicole Grapsas
Psychologist

Karim Fawzi
Diabetic Educator

Private Billing:

If you do not have a valid Medicare card you will be charged*
-Standard consultation \$60*
-Long consultation \$90*
-Home visit fee \$150

Other Services

Pathology

ECG

Travel Vaccinations

Pharmacy

Managing Health Impacts of a Heat Wave for Variable People in the Community

Extended exposure to high temperatures, possible power outages on food safety and smoke from bushfires has the potential to have significant health impacts on vulnerable people in the community.

The following practical advice can help to prevent heat-related illnesses:

- Check on older, sick and frail people who may need help coping with the heat.
- Never leave anyone in a closed parked car;
- Drink plenty of water and fluids (non-alcoholic) (Note: If your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink while the weather is hot);
- Limit or avoid alcoholic drinks
- Stay indoors, if possible in air-conditioning or in the shade;
- Take a cool shower or bath;
- Wear lightweight, loose-fitting clothing;
- Reduce physical activity;
- Don't rely on fans unless there is adequate ventilation;
- Know the signs and symptoms of excessive heat exposure and know how to respond.
- Use mask if required and always keep your Ventolin puffer with you.

Those most at risk are people over 65 years, particularly those living alone without air conditioning, infants, pregnant women and nursing mothers, people who are unwell, especially with heart disease or high blood pressure and people on medications for mental illness.

**LONGER CONSULTATIONS &
HOME VISITS ARE AVAILABLE**

BUNDOORA FAMILY CLINIC

**USES THE SMART RECALL SYSTEM (SRS) TO PROVIDE
PREVENTATIVE LIFESTYLE CARE FOR YOU AND YOUR FAMILY.**

MY HEALTH

The doctors will endeavor to return all your phone calls on the day they are received, however this may not always be possible.

Results are not given over the phone. To obtain your results an appointment is required.

If you have any complaints please contact the Practice Manager or email us on manager@myclinic.com.au

Phone number for after hours Locum service :

94295677

Our clinic uses the following registers:

- Victorian Cytology Register
- Australian Childhood Immunisation Register



Our state of the art Medical, Dental & Cosmetic clinics provide preventative medical care for you & your family.

We are starting Yoga and Meditation classes soon. If you are interested, please register your interest now.

You can book your next online appointment at www.myclinic.com.au

VACCINES

Parents and grandparents can protect their newborn baby from whooping cough by protecting themselves through immunisation. Please discuss this with your doctor or Practice Nurse.

If you plan on travelling overseas and require travel vaccinations, please make sure these are done at least 4 weeks before travelling

This clinic uses the latest recall technology to provide preventative lifestyle care for you and your family.

Our New Services: Cosmetic, Dental, Spa, Allied, Yoga, Meditation On-site Pathology & Pharmacy.