

The Elms Family Medical Centre

Quarterly Newsletter

Keeping you in touch with developments at our Medical Centre

www.theelms.com.au

Autumn 2013

We are pleased that construction of our medical centre expansion is progressing well, with the first stage of moving into the new section anticipated to occur over the Labour Day long weekend in March. As a result, The Elms will be closed for four days (8th -11th March) to allow final detailing work to be completed and the relocation of office and medical equipment. If urgent medical attention is required during this period, please contact the Emergency Department at the Bacchus Marsh Hospital. After that, the second stage of construction will commence, with the creation of new procedure rooms and the renovation of the old areas of the clinic. This expansion is the largest in the history of The Elms and will allow us to provide more services locally, as well as improve the overall ambience of the clinic. We are sure that the noise and inconvenience of building works will be worth it!

Doctor News

In keeping with the theme of growth, The Elms welcomes Dr Anmar Naoum as the latest addition to our General Practice team. Anmar has previously worked in General Practice in Lorne and Aireys Inlet on the Great Ocean Road. She completed her medical training in Baghdad, Iraq, and was a fully qualified obstetrician and gynaecologist prior to working in Australia. She is now pursuing the speciality of General Practice and will commence working full-time in March. This means we will have seven full-time doctors (Drs Rob Hosking, Woody Wu, Manju Nadiger, Nyree O'Connor, Rakhi Basu, Asha Jacob and Anmar Naoum) and one part-time doctor (Dr Chuong Nguyen).

Medical Student News

Patients may have had the opportunity to meet Genevieve Commins, our Deakin University medical student for 2013. She will be attached to The Elms, as well as to the Bacchus Marsh Hospital and Melton Health, for the entire year as part of her third year in a four year course. We would like to thank our patients who have agreed to have Genevieve involved in their care as this is a vital part of training future doctors. She will receive supervision mainly from Dr Rob Hosking and Dr Woody Wu, as well as gaining valuable experience with our practice nurses and with our visiting allied health providers.

Physiotherapy at The Elms

Since January this year, The Elms has had a visiting physiotherapy service. Physiotherapists, Mr Joseph Louka and Mr Michael Rafla, have been holding sessions on Wednesday afternoons and Saturday mornings. Having already established themselves in Melton as "101 Physio", Joseph and Michael aim to provide a more convenient local service for their Bacchus Marsh clients. With the expansion of The Elms, they will eventually extend their availability as demand grows.

Appointments can be made by phoning (03) 9746-6852, with additional information about Joseph and Michael available at their website, www.101physio.com.au

Other Services Available at The Elms

In addition to the physiotherapy service, The Elms also has psychologists, a podiatrist, obstetric and gynaecological (women's) ultrasound, a general surgeon and pathology collection. Some of these services require a referral from your doctor to be eligible for Medicare rebates. Our reception staff can answer your enquiries about the availability of these services and how to access them.

'Flu Immunisation

The immunisation against the 'flu virus is now available for the 2013 strains. This annual injection is provided free to all eligible patients. Those eligible include all who are over 65 years of age, pregnant women at any stage of pregnancy, Indigenous people aged 15 years and over, residents of nursing homes or in long-term care facilities, and anyone over the age of 6 months with a chronic medical condition putting them at risk of influenza such as diabetes, severe asthma and heart disease.

Eligible patients should contact our reception staff for an appointment with our practice nurse to receive the injection. A prescription is not required and the visit with our nurse will be bulk-billed. For non-eligible patients, a prescription from your doctor is required to purchase the injection from a pharmacy prior to administration by our nurses.

Are Your Contact Details Up To Date?

It is crucial that we have up to date contact details for all our patients to allow effective communication of such information as test results, recalls for preventative tests like pap smears, and reminders for appointments. In particular, providing a current mobile phone number means that patients can receive an automatic SMS to confirm appointments.

Please speak with our reception staff to update addresses and contact details.

Bowel Cancer Risk Calculator

Bowel cancer is one of the most common cancers affecting Western populations, causing the death of almost 4000 Australians every year. Screening for bowel cancer is done through testing the stool for the presence of unseen blood, and the diagnosis can be made by a procedure called a colonoscopy. Screening for bowel cancer is recommended for all people over the age of 50 years, although those with a family history or symptoms should be tested earlier.

The Victorian Cancer Council has a very useful online tool for calculating the risk of bowel cancer at www.cancervic.org.au/bowel-cancer-risk-calculator

Please speak with your doctor to discuss whether you would benefit from screening for bowel or other cancers.

Blood Group Testing

It is not considered necessary to carry a blood group card for emergencies as a new cross-match test is performed every time prior to transfusion. Blood group testing is no longer covered by Medicare unless it is in relation to having a transfusion or in pregnancy.

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