

# TMP News

Autumn 2015

## Why choose us?

Our Patients are our priority. We are proud to provide a high level comprehensive service to our Patients. We have a large comfortable waiting area, 7 consulting rooms, a Nurses consulting room and a twin bed treatment room. Our treatment room is stocked with high quality products and equipment including an ECG machine. We are very lucky to have a team of loyal highly trained support staff including 3 Registered Nurses.

## Continuous Improvement

At TMP we value all feedback and would love to hear from you.

We have a patient feedback questionnaire available at reception if you would like to complete one. Also, if you have any concerns about the care you receive at TMP or have any suggestions for our practice, please speak to your Doctor or our Practice Manager and we will do our best to help you. Alternatively, you can send an email to [admin@thirroulmedical.com.au](mailto:admin@thirroulmedical.com.au)

We also value positive feedback so if you think we are doing a great job, please feel free to let us know.

## Opening Hours

Mon – Tues	7.30am – 7.20pm
Wed	8.00am – 7.15pm
Thurs	8.00am – 6.30pm
Fri	7.30am – 5.30pm
Sat	9.00am – 11.30am

Disabled Parking  
available Onsite

## Community Ties

TMP is staffed by locals and we take pride in the fact that we have been serving the northern suburbs of the Illawarra for over 60 years. Our Front Desk Supervisor, **Stella**, is born and bred in Thirroul and has been with TMP for 20 years. Her father was the famous Buck Hamblin who supplied shoes to the area for many years. Stella has many stories from her years at TMP...."Years ago, one of the Doctors needed his appendix out, he wanted to ensure the job was done correctly so two of the Doctors operated on him in the surgery under a local anaesthetic!!"



Stella – Front Desk Supervisor



## Have you had a skin cancer check recently?

Did you know that Australia has among the highest rate of skin cancer in the world? About 2 in 3 Australians will be diagnosed with some form of skin cancer before they turn 70!

Not all skin cancers look the same, some things to look out for are

- a spot that looks different to others on the skin
- a spot, mole or freckle that has changed shape, size or colour
- a sore that doesn't heal
- a spot that bleeds

*Cancer Council NSW*

**At TMP all of our Doctors are qualified to perform skin checks and are trained in the use of Dermascope, Cryotherapy and Diathermy which all reduce the need for biopsies. If required, excision of minor lumps and bumps are offered in our treatment room.**

**These checks should be done annually.  
Please call reception to book an appointment.**

## Doctor Availability

Here is a guide to our Doctors availability. This is subject to change, please confirm with reception when making your appointment. All of our Doctors offer high quality medical care in our modern purpose built surgery. For more information, please visit our website.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM #
Assc Prof Ellacott	x	x	x	x		x			x	x	
Dr Vickers	x	x	x	x	X		x	x	x	x	
Dr French	x	x	x	x			x	x	x	x	
Dr Momsen	x	x			x		x		x	x	
Dr Williams	x	x					x	x			
Dr McDevitt	x	x	x	x	x	x	x	x	x		
Dr Brown			x			x	x			x	
Dr Hashemi			x	x	x						
Dr Wang	x	x	x	x	x	x	x	x			

# Saturday coverage is rotational. Reception can confirm Doctor on Duty.

## Mens Health - Depression and Anxiety

On average, one in eight men will have depression and one in five men will experience anxiety at some time in their lives. Many of these men will not seek treatment, often because they think they are supposed to be tough, self-reliant and able to manage pain. You don't have to suffer in silence, your GP can help you.

While depression is often associated with sadness and hopelessness, it often manifests itself in fits of rage, unnecessary risk taking, and alcohol or drug abuse in men. Anxiety is more than having sweaty palms and butterflies in your stomach. Symptoms of anxiety can include feelings of worry, stress, fear and impending doom so severe they interfere with your ability to work, maintain relationships and get a decent night's sleep.

Your doctor is a good source of information and can assess if what you are feeling is anxiety or depression. If you are diagnosed with either of these conditions, together you can work out an action plan. This can include exercise, stress management and how to improve your sleep. It doesn't always mean medication.

Contact reception to make an appointment to discuss options with your doctor if you are having any of the following:

- pounding heart
- excessive sweating
- choking sensations
- dizziness and vertigo
- shortness of breath
- insomnia and exhaustion
- panic attacks
- loss of energy
- loss of sex drive
- changes in appetite
- alcohol or drug abuse
- feelings of dread
- concentration problems
- inner tension and nervousness
- catastrophic thinking
- irritability or edginess
- hyper vigilance toward danger
- absentmindedness
- fear of losing control
- feeling guilty
- feeling angry or violent
- losing interest in hobbies
- feeling apathetic
- feeling sad or nervous
- feeling alone
- thinking about death or suicide

*Beyond Blue offer a website to review these symptoms.*

## Support and Assistance

Our Doctors are supported by a team of friendly, experienced and professional nursing and administrative staff. They are also here to assist you with any queries and inquiries.



*Kim, Meagan and Jann*



*Back row – Stella, Lynda, Jen, Helen, Clare, Kerrie Ann,  
Front row - Bec, Alisha, Kelly, Kerri*

### In the Spotlight

#### Dr Mitra Hashemi

*How long have you been studying medicine?*



I graduated from the University of WA in 2007 with a Bachelor of Medicine, Bachelor of Surgery degree. I completed my internship at SCGH in Perth and worked as a resident Medical Officer in Wollongong Hospital before enrolling in GP training in 2009. I am awaiting my RACGP Fellowship Award.

*How long have you been working at TMP?*

I have been with TMP for 3 Years

*Why did you choose General Practice?*

I love the diversity of general practice and the continuity of care. General Practice provides a unique opportunity for doctors to form a bond with their patients by providing comprehensive lifetime health care.

*What do you like to do on your days off?*

I have 2 young boys, 2<sup>1</sup>/<sub>2</sub> and 4, who keep me very busy on my days off. We spend our time playing in the park, swimming and general family time.

## Allied Health Services – Health and Wellbeing



#### Janelle Collins – Diabetes Educator

Janelle is a Credentialed Diabetes Educator and Registered Nurse who has 14 years experience in working with people of all ages who have Diabetes.

Janelle provides education and support. This enables people with diabetes to gain control over their condition as well as make informed choices about their management.

Janelle also provides practical instruction in diabetes self-management such as blood glucose monitoring, insulin administration and lifestyle change.

Reimbursement for diabetes education services is available through Medicare with an eligible Chronic Disease Management Plan from your G.P.

Please contact TMP reception to make an appointment.

## Farewell and Welcome!

**Dr Sascha Saharov** has left TMP to practise medicine in remote parts of Australia. We wish him luck with his adventures. It is also time to bid a fond farewell to the lovely **Nurse Jann**; she will be sadly missed. We wish Jann and her family all the best with their move to London.



**Sofia Fairbrother** has joined the TMP Team as our new Nurse. Sofia completed her nursing training in Sweden 15 years ago and has been in Australia for 10 years. She has a Postgraduate Diploma in Primary Healthcare. Sofia has worked in Community Nursing and also Travel Medicine. Welcome to the team Sofia

## Teaching & Learning

TMP is a Teaching Practice involving students from the University of Wollongong and Registrars. A General Practice Registrar is a fully qualified medical doctor who has chosen to specialise in General Practice. Thank you to our patients who support and value our teaching - it allows our doctors to share their knowledge and skills. An added benefit is attracting younger General Practitioners to the area.

## Contraception Alternatives

Dr Malcom French, Dr Melissa Brown and Dr Dan Wang are qualified to insert Implanon, Dr French and Dr Brown are also qualified to insert Mirena. Please feel free to book an appointment to discuss these options.

## Did you know?

From 6 July 2015 smoking will be banned from all outdoor commercial dining areas. Speak to your Doctor about quitting today.

From 6 July 2015



## WWW

Have you visited our website recently? It has a new look, some more information and is continually being improved. Have a browse and let us know what you think.

## After Hours

After hours services are provided by Wollongong Radio Doctor, which is a cooperative run by local Illawarra GPs. All visits are bulk billed. For the after-hours medical service, please ring 4228 5522. In an emergency call 000.



## Banana Biscuits – A Healthy Lunch Box Treat!

### Ingredients

3 large ripe bananas, mashed	125g butter
1 1/2 cups self-raising flour	1 cup sugar
1/2 cup coconut	1/2 cup rolled oats

### Method

Preheat oven to 230°C. Line baking tray with baking paper and set aside.

Using an electric mixer, cream the butter and sugar.

Stir in the bananas until combined.

Add the flour, oats and coconut and stir until thoroughly combined.

Place teaspoons of the mixture on the baking tray, leaving room for each biscuit to spread.

Place in the oven and turn it down to 200°C.

Bake for 10 minutes.

## Follow Up Consultations

If the Doctor requests you to have a follow up appointment please be aware that this will not always be Bulk Billed. Each of our Doctors advise the reception staff of the appropriate billing at the end of each consultation. If you have any financial issues please discuss this with your Doctor during your consultation.

## Referred Services

Your Doctor may refer you to a service as part of your treatment. These referred services may include; Pathology, X-Ray, Ultrasound, Specialists and Surgeons, Dieticians, Physiotherapist, Dentist, Diabetic Educator, Podiatrist, Optometrist and others.

If you would like to know the cost of the services you have been referred to please contact the Referred Provider using the details shown on the referral form. If you would like assistance with this please ask OUR reception staff.

## Results

Please call the Practice during normal business hours (Mon to Fri, 9am to 5pm) to obtain results of tests (pathology, x-ray, scans) that your Doctor has ordered.

## Prescriptions and Letters

In selected cases repeat prescriptions and referrals can be written without a consultation for patients who have had a consultation with their Doctor within a 3 month period. Please allow 72 hours for collection. There is a \$5.00 fee for such requests.

## Home Visits

Home Visits are available to regular patients on occasions that the patient may not be able to attend the surgery due to illness or injury. If you require a home visit please contact the practice to arrange a time. We visit patients from Clifton to Woonona.