

TMP News

Summer 2015/2016

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 4 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

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

Phones will be answered from 8am daily

'tis the Season to be Jolly.....but don't be silly

Alcohol is the most widely used social drug in Australia. It affects different people in different ways. Alcohol is responsible for a considerable burden of death, disease and injury. Alcohol-related harm to health is not limited to drinkers but also affects families, bystanders and the broader community - Car accidents, domestic violence, foetal alcohol syndrome.

Heavy drinkers, binge drinkers and very young drinkers are particularly at risk.

The Australian National Guidelines state that "For healthy men and women, drinking no more than two standard drinks on any day with two alcohol free days per week reduces the lifetime risk of harm from alcohol-related disease or injury."

When partying over Summer, please consider these safe drinking tips

- Set limits for yourself and stick to them
- Start with non-alcoholic drinks and alternate with alcoholic drinks
- Drink slowly
- Keep an eye on your drink. Don't leave your drink unattended
- Try drinks with a lower alcohol content
- Eat before or while you are drinking
- If you participate in rounds of drinks try to include some non-alcoholic drinks
- Plan safe transport home



Do you know how much alcohol is in your drink?

We would like to wish our patients and their families a very safe and Happy Christmas. We look forward to seeing you all in 2016!



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	✓	✓	✓	✓		✓			✓	✓	
Dr Vickers	✓	✓	✓	✓	✓		✓	✓	✓	✓	
Dr French	✓	✓	✓				✓	✓	✓	✓	
Dr Momsen	✓	✓			✓	✓			✓	✓	
Dr Williams	✓	✓					✓	✓			
Dr McDevitt	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Dr Brown			✓			✓	✓			✓	
Dr Hashemi			✓	✓	✓						
Dr Wang	✓	✓	✓	✓			✓	✓			
Dr Praeger			✓	✓	✓	✓	✓	✓			
Dr Cook					✓	✓			✓	✓	

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

Blue Bottles and other Summer Stingers!

Bluebottle stings

Bluebottle stings are the most common jellyfish stings in Australia.

If stung wash any remaining tentacles off the skin with seawater, or carefully pick them off the skin (wearing gloves if possible).

Vinegar is no longer the recommended treatment for a bluebottle sting. Instead, immerse the person's sting in hot water (no hotter than can be easily tolerated) for at least 20 minutes. You can even run a hot shower over the affected area if that's easier.

If you can't access hot water, apply an ice pack or cold water to the affected area.

Seek medical attention if the person develops further symptoms such as abdominal pain, nausea and vomiting, or if there is continuing pain, itchiness or blistering at the site.

Never rub sand or pour soft drink over any jellyfish sting, or urinate on the stung area.

Bee stings, wasp stings and ant bites

Bee and wasp stings and Australian Jack Jumper ant bites are the most common triggers of anaphylaxis to insect stings.

Wasps are generally more aggressive than bees and are attracted to food and sugary drinks. Check open food and drink containers when you are outdoors before you eat or drink from them.

Take these steps if you are stung or bitten:

- Bee stings – do not use tweezers to remove the sting. Bees leave behind a sack of venom, and if you try to use tweezers you will release more venom from the sack
- if the stinger is still in the skin, gently try to remove it by scraping it carefully from the side with the edge of a firm object, such as a finger nail or credit card
- when you have removed the sting, wash the affected area with soap and water, and dry the area gently.

If the pain is persistent (ongoing), massage the area around the sting or bite for 10 minutes using an ice-pack. This will only provide temporary pain relief.

Save time, book **ONLINE**



Staff Spotlight

Introducing Team England,



Becky



Clare

How long have you been living in Australia?	7 Years	16 Years
Where in England are you from?	Hull, East Yorkshire	Canterbury, Kent
What was the most challenging thing about moving to a different country?	Leaving family and friends behind, people understanding my accent.	Being away from family and friends
What do you like to do outside of work?	Walking, reading and spending time with family and friends	Spending time with my kids and husband Jim
What English treats do you miss?	Nice n Spicy Nic Naks, Mushy Peas with Fish and Chips, Gammon Steak	Toad in the Hole, Treacle Tart, Pickled Onion Crisps

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.

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.

The Basic Steps of CPR

- D** – Check for danger
- R** - Check for response
- S** - Send for help
- A** – Open airway
- B** – Check for breathing
- C** – Start CPR
- D** – Attach defibrillator

CPR is most successful when administered as quickly as possible.

It should only be performed when a person shows no signs of life or when they are unconscious, unresponsive or not breathing normally.



Christmas Wreath Pavlova

Ingredients

4 Egg Whites	300 ml Cream
1 cup Caster Sugar	250 g Strawberries
1 tsp Cornflour	125 g Kiwifruit
1 tsp Vanilla Essence	125 g Blueberries

Method

Preheat oven to 120°C or 100°C fan and grease a large oven tray (a round pizza tray works best for this). On a sheet of baking paper the size of the tray, use a plate as a guide to draw a 23cm circle, then a 13cm circle inside it. Place the paper on the tray, pencil-side-down.

Using an electric mixer, beat egg whites until soft peaks form. Add sugar, a spoonful at a time, beating until dissolved between each addition until the mixture is thick and glossy. Add cornflour and vanilla and beat briefly, until just combined.

Using the pencil lines as a guide, scoop large spoonfuls of meringue onto the tray to form a wreath shape. Use the back of a spoon to make an indentation in the top of meringue, all the way around the centre. Bake for 1½ hrs, then turn off the oven, prop the door open slightly and leave to cool completely.

To serve, carefully run a large knife between the pavlova and the paper to loosen it, then slide onto a serving plate. Whip the cream to soft peaks and spoon over the top of Pavlova. Top with Berries or fruit of your choice.



Vitamin D is essential for developing and maintaining strong and healthy bones and muscles. It is made in the body when the skin is exposed to UV radiation.

Where do you get it?

In Australia almost all of our vitamin D comes from the sun's UV rays. We can get a small amount of vitamin D from some foods such as oily fish (e.g. salmon) and eggs. However it is difficult to get enough vitamin D from food alone.

Vitamin D and Sun Protection

Australia has the highest rate of skin cancer in the world so it's very important that the time we spend in the sun for vitamin D doesn't increase our risk of skin damage, melanoma and other skin cancers.

Keep in mind that short periods of exposure to UV radiation are more efficient at producing vitamin D than long or intense periods of exposure. Long periods in the sun do not improve vitamin D levels but increase risk of skin damage and skin cancer.

Are you at risk of not getting enough vitamin D?

- ☼ The elderly, particularly those who don't go outside very often (older people don't produce vitamin D as well as young people)
- ☼ Babies of mothers who have low levels of vitamin D. If you are concerned about your baby's vitamin D levels do not deliberately expose your baby to sunlight. Talk to your GP
- ☼ People with prolonged illnesses who stay indoors.

If you are in an identified risk group, or if you are concerned about vitamin D talk to your GP. A simple blood test can check to see if your vitamin D levels are low and can advise you about sun exposure, diet and vitamin D supplements.

It is important to remember that a healthy diet, regular exercise and safe exposure to UV radiation are all required for strong and healthy bones.



Is there a topic you would like to see featured in upcoming newsletters?

Do you have any feedback regarding the TMP Newsletter or the information TV in the waiting room?

Please email thirroulmedical@thirroulmedical.com.au with all your suggestions, comments and feedback.

A New Look!

Early next year we will be painting the outside of the TMP building. If you have a suggested colour, please place your suggestion in the suggestion box or email thirroulmedical@thirroulmedical.com.au



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.

Policies

If you would like further information on our Billing Policy, Privacy Policy, accessing your results or our policy on complaints, please ask our reception staff for a copy. These can also be found on our website.

Disabled Parking available onsite