

TMP News

Winter 2016

Why choose us?

Our Patients are our priority. We are proud to provide a high level comprehensive service to our Patients. From reception staff to the practice manager; from the practice nurses to the doctors; there is an entire team of people working together to ensure you get the best quality health care. We always stay informed about current quality health care and your records are checked and maintained by the appropriate clinical team members.

Continuous Improvement

At TMP we continually look at ways to improve our Practice, however we also value all feedback and would love to hear from you.

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 like to hear if you think we are doing a great job so 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*

Are you looking after your eyes?

Have regular eye check-ups

For patients without eye diseases or specific risk factors, examinations with a registered eye care practitioner are recommended every 2nd year.

Protect your eyes from UV light

- Protect your eyes by wearing sunglasses with good UV protection and a hat to reduce UV exposure,
- Most prescription spectacle lenses have good UV protection; speak to your optometrist about whether additional UV protection is required for you.

Maintain a healthy lifestyle

- Diets high in anti-oxidants (e.g. from green leafy vegetables), Omega 3 fatty acids (e.g. fish, linseeds), various vitamins (including Vitamins E and C) and minerals (including Zinc and Selenium) can help prevent or slow progression of macular degeneration in some people.
- Good eating habits combined with exercise help prevent diabetes, which is a significant cause of vision loss in Australia.
- Don't smoke. Smoking has been linked to macular degeneration and is also a cause of cardiovascular disease, which may impact the eyes and vision.

Protect your eyes from hazards

- When working outside when there is a risk of eye injury (mowing lawn etc) and at work, protect your eyes with safety glasses.
- 60% of eye injuries happen at work, most incidents are preventable. When at work, follow directions to lower shields on machinery and wear safety glasses.

Arrange eye examinations and reviews for family and friends at risk

- Children are often unaware or unable to express the fact that their vision is blurry. 60% of children identified as "problem learners" suffer from poor vision.
- Studies have found that 62% of vision impairment is due to uncorrected refractive error. That is, 62% of people with "poor vision" need only spectacles to improve both their vision and quality of life.
- A link has been made between poor vision and falls in older Australians.

Muscle up and look after the best tool in your toolbox, **YOU!**

If you take out suicide and reckless death - **5 men die every hour** in Australia - from a disease that could have been prevented through early detection.

Although men are getting much better at accessing health services today there is still a generation that thinks that to be male, you wait until an arm or a leg drops off before you go and get medical care.

So this year don't wait - make a DATE with your GP for a General Health Check.

HEALTHY HABITS FOR MEN

LIFT YOUR GAME TO
MAINTAIN A HEALTHY
LIFESTYLE:

- Maintain a healthy diet and weight
- Exercise regularly
- Drink alcohol in moderation
- Avoid smoking
- Protect your skin
- Avoid risky behaviour
(such as dangerous driving)

Overdue for a service? Here are some **regular checks** to ask your GP about on your next visit.

Aged
18 - 39

- Blood pressure check
- Cholesterol Screening & heart disease prevention
- Screening for Depression
- Skin Cancer Check
- Sexual Health Check

Aged
40's – 50's

- Blood pressure check
- Cholesterol Screening & heart disease prevention
- Screening for Depression
- Osteoporosis
- Prostate Cancer Test
- Skin Cancer Check
- Diabetes
- Cholesterol Check
- Cardiovascular Risk
- Colon Cancer Screen

Aged
60's – 70's

- Blood pressure check
- Screening for Depression
- Osteoporosis
- Prostate Cancer Test
- Hearing Test
- Skin Cancer Check
- Diabetes
- Cholesterol Check
- Cardiovascular Risk
- Colon Cancer Screen

Doctor Availability

Here is a guide to the availability of our Doctors. 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			✓	✓			✓	✓			

Saturday coverage is rotational. Reception can confirm Doctor on Duty

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

If you are interested in contraception alternatives such as Mirena or Implanon, please make an appointment to discuss these options with your Doctor.

After Hours

After hours services are provided by Radio Doctor Illawarra, 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.



Your visit to our Practice

Our GP's want you to get the most out of your visit to our practice so you leave with all your questions answered.

Use these tips to make your visit a success.

- Present a list of all the things you want to ask your GP about at the beginning of your consultation, so you don't forget anything
- Be open and honest. Everything you tell your GP is kept confidential
- Don't be afraid to ask embarrassing questions, your GP is trained to answer them!
- If you've done some of your own research on the internet before seeing your GP and you're worried about what it says, print it off and show your GP
- If you have lots of items you wish to discuss with your GP in one visit, book a longer appointment so neither of you feel rushed
- If your GP isn't familiar with your medical history, ensure you let them know about any prior illnesses or family history that may be relevant to your visit.

Thank you.....

...to our patients who have embraced our online appointment booking system. Your positive and generous feedback has placed us in the **top 100** General Practices using Health Engine.



Gluten-Free Fruit and Nut Loaves with Sugar Topping

Ingredients

1 Cup Brown Sugar, firmly packed	250g Natural Yoghurt
3 eggs, separated	2 Tbs Vegetable Oil
1 ½ tsp GF Baking Powder	½ tsp Bicarb Soda
1 cup Almond Meal	1 cup Rice Flour
1 cup Mixed dried fruit and nuts, roughly chopped	

Sugared Topping

50g white sugar	1 egg white, mixed til frothy
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Method

1. Preheat oven to 175°C.
2. Grease and line base and 2 long sides of an 8-hole mini loaf pan with baking paper.
3. Beat sugar, yoghurt, egg yolks and oil in a bowl with a wooden spoon until smooth. Stir in baking powder, soda, almond meal, rice flour, nut mix and a pinch of salt.
4. In a separate bowl, whisk egg whites to firm peaks, then fold into batter. Spoon into holes almost to the top. Bake for 18-20 minutes until golden and risen.
5. For topping, place cubes in a zip-lock bag and crush with a rolling pin.
6. Brush tops with egg white. Sprinkle with sugar. Bake for 5-6 minutes until sugar slightly melts and a skewer inserted comes out clean. Cool for 20 minutes in pan. Lift out onto a wire rack to cool completely.



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

Save time, book **ONLINE**



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