



Winter Newsletter



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Advanced Excellence in both Health Services and Education

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Cessnock Uni-Clinic and the Integrated Primary Health Care Project

Primary health care is defined as health care available to the general public without the need for a referral. In Cessnock there are a number of sources of primary health care, including general practitioners and their staff, community health services and non-governmental organizations.

New South Wales Health is in the process of encouraging general practices and community health services to work more closely together to improve the quality of health care. Improvement is based on increased communication and shared methods of working.

As part of this process, Cessnock Uni-Clinic and Cessnock Kurri Kurri Community Health services are cooperating in a number of ways to improve health care. Improved communication is being fostered by some of the Community Health Care staff working from the Uni-Clinic. These include the foot care clinic staff, psychologist, social worker, and the dietitians doing group counselling.

Working together in this way will help define better ways of working together. We expect that the results of our working together will be used in other general practices in the Lower Hunter area. This should result in our good health care services getting even better.

Breast Cancer Support Group

Meets here 1st Wednesday every month



We are a teaching practice of Newcastle Medical School. You will be asked whether you are willing to have the student present. We hope that you will welcome this opportunity to assist with the education of doctor's in training, but you have an absolute right to request a private consult.

Aged Care Facility Visits

As of May Dr Mo Asad will be operating routine visits to the local aged care facilities.

Smoking Cessation—we are currently screening all patients who smoke or are ex-smokers. Smoking advice & handouts are given. Patients can refer themselves to the Quit Line. GP's can also refer patients to Healthy Heart Beat for counselling.



Cervical Cancer Vaccine

There are many strains of HPV, only some of which can cause cancer. HPV strains 16 and 18 cause around 70 per cent of all cervical cancers.

GARDASIL which has been approved for use in Australia. This vaccine prevents infection from HPV strains 16 and 18 if individuals are vaccinated before they are infected with them.

Targeting women up to and including 26 year olds.

Once vaccinated regular pap tests are still needed to detect changes.

Has commenced in schools and should be available in practices by Mid 2007.

For more information please make an appointment with our Women's Health Nurse Clinic

Final Flu Vaccination Recalls have been sent.

If not eligible for free vaccine please make an appointment with your GP for script and then book in for the Flu Vaccination Clinic. *Patients over 65 are eligible for free vaccine.*

Respiratory Clinic

Under Way targeting COPD

We are planning a program to check and treat people with COPD.

COPD is Chronic Obstructive Pulmonary Disease, a condition that affects about 1 in 10 Australians over 40 years old and often causes cough, breathlessness and increased phlegm production. Chronic bronchitis and emphysema are types of COPD.

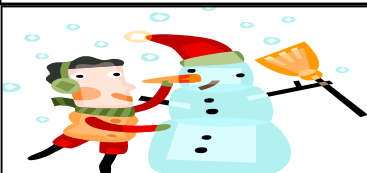
Patients with COPD can have a spirometry test that will help to tell the difference between COPD and asthma (some people have both).

If you answer YES to 3 or more questions, you may have COPD.

- () Do you cough several times most days?
- () Do you bring up phlegm or mucous most days?
- () Do you get out of breath more easily than others your age?
- () Are you over 40 years old?
- () Are you a smoker or ex-smoker?

Reassuringly, there is something you can do about COPD.

For more information, please make an appointment with Nurse Ann for a spirometry test then an appointment



Health Promotion Corner

Our Health Promotion Corner is located near reception. It is changed monthly.

April - Healthy Heart Month

May - Diabetes Month

June - Sudden Infant Death Syndrome(SIDS) Month

July - Women's Health Month

Please take the time to read our preventative information and diseases while waiting. Hand outs are available. An appointment can be made to discuss your concerns/questions with a GP.



SCRIPT NOTICE

As of the 1st of April we will no longer be faxing prescriptions to Pharmacy's.

Instead the pharmacy will need to collect them.

Prescriptions without consultation will incur a fee of \$6.

PRE DIABETES Nearly one in four adults over the age of 25 years has either diabetes or a pre diabetes condition known as impaired glucose metabolism. There are two conditions that fit into this category. One is called Impaired Fasting Glucose (also known as Impaired Fasting Glycaemia or IFG) and the other is Impaired Glucose Tolerance or IGT.

There is still a lot more to be learned about pre diabetes. Without treatment, most people with Impaired Fasting Glucose (Glycaemia) will progress to Type 2 diabetes. Likewise, most people with Impaired Glucose Tolerance will progress to Type 2 diabetes.

So what is the difference?

Impaired Fasting Glucose-Impaired Fasting Glucose is diagnosed when the fasting* blood glucose level is higher than normal or non diabetic range, but does not rise abnormally after having a sweet glucose drink.

Impaired Glucose Tolerance-Impaired Glucose Tolerance is diagnosed when the fasting* blood glucose level is higher than the normal or non diabetic range, but does rise abnormally after having a sweet glucose drink.

* 'Fasting' means having nothing to eat for 8 hours before the test.

Can pre diabetes conditions be prevented? Yes. Recent studies have found that if people make changes to their lifestyle by taking regular physical activity and eating healthily – and sticking to it – they can reduce their risk and even prevent getting a pre diabetes condition. They will also be reducing their risk of developing Type 2 diabetes and heart disease such as heart attack and stroke.

How do I make these lifestyle changes? Whether you have a pre diabetes condition or want to prevent it, the changes you need to make are the same – healthy eating and regular physical activity.

Healthy eating -to eat healthily, your meals need to be: Balanced, low fat, high fibre with a combination of different fruit and vegetables, cereals and grains, fish and meat. It is also important to drink 6-8 glasses of water each day

Regular physical activity-physical activity helps your body to use insulin better. **Aim for at least 30 minutes of physical activity on most, if not all, days of the week. This can be done in batches, such as 2 lots of 15 minutes or even 3 lots of 10 minutes.**

For more information please make an appointment with a GP or Richelle our Diabetes Resource Nurse.

Reminder:

You are welcome to call ahead of your appointment to check if your clinician is on time

PLEASE NOTIFY STAFF IF YOUR DETAILS HAVE CHANGED

We sell vaccines, Save \$\$

Please ask our friendly Patient Support Officers for details in price. We only accept cash or cheque

Common Colds Need Common Sense



Antibiotics won't help a common cold. Common sense will!

Symptoms– runny/blocked nose, sneezing, mild fever, minor throat irritation, feeling ears are blocked.

- Take it easy ... plenty of rest, avoid smoking
- Drink plenty of fluids... such as juice or water to replace lost fluids
 - Stop the spread... By practicing good hygiene
- Treat the symptoms... to help you feel better while your body fights the infection. Speak to you pharmacist or GP about medicines that may help.

Free Meningococcal C Vaccine

Funding will be provided for patients who were aged 1-19 years old in 2003 and will continue until June 2007.

Please make an appointment with our practice nurse for this vaccination.

Clinic News ** Victor leaves 16th April, we wish him well at the Central Coast** Dr James Williams and Dr Mengyi Chen leave in Mid June** Dr Jamie Tran (female) & Dr Tony Ye will replace them**