



Spring Gully

Primary Health

St Anthony's Family Medical Practice

ABN: 68 929 697 729

For Appointments PH: 5400 1310

126 Spring Gully Road

Spring Gully Vic 3550

Consulting Hours:

Monday—Friday: 9AM—5PM

November 2019

PRACTITIONERS

DR ROSARIO PALAYPAYON

DR ADEL ASAD, OAM

DR JENNIFER SUZUKI

DR SARA CAREEM

DR JOE SWISS

PRACTICE NURSES

TINA ROSS

EMILY PALMER

PRACTICE MANAGER

CO-ODINATOR

TRACEY HOFMANN

RECEPTION LEAD

HANNAH

RECEPTION

KYLIE

SANDRA

LAURA



PATHOLOGY

COLLECTION CENTRE

8.30AM TO 12:30PM

MONDAY, WEDNESDAY &
FRIDAY



St Anthony's Family Medical
Practice

ABN: 23118243226

ANTIBIOTIC RESISTANCE

THE
FACTS

12th—18th November is Antibiotic Awareness Week

- Antibiotics don't work for all infections. They only work on bacteria, not infections caused by viruses such as common colds and flus.
- Antibiotics do not help you recover quicker from a viral infection.
- Antibiotics should only be used as prescribed by your GP—sharing antibiotics or using leftover antibiotics can increase antibiotic resistance.
- It is still possible to pass on antibiotic resistant bacteria to others.
- Practising good hygiene is the best possible way of spreading germs, and avoiding contact even with viral illnesses.....stay at home if unwell!

MOVEMBER®

Since 2003 Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

Preventing Suicide in Men: Our fathers, brothers, sons and friends are dying by suicide, every minute of every day. To make change happen, Movember views mental health through a male lens. We focus on early intervention, engaging men and working to their strengths. By 2030, we aim to reduce the rate of male suicide by 25%.

Improving Quality of Life: Men with prostate cancer and testicular cancer face an uphill battle before, during and after treatment. But with useful tools and straight-shooting advice, we aim to lighten their load so these men can live life to the fullest.

Helping Men Take Action: Globally, men die on average 6 years earlier than women, and for largely preventable reasons. So we're shining a light on the health risks men need to know about, increasing awareness to stop men dying too young.

Teaming up with Great Minds: A crisis this size calls for big ideas from the brightest minds. Movember brings together the best researchers and experts from across the globe, reducing research overlap to maximise brainpower and accelerate progress.

Raising Funds through Movember:

In the month formerly known as November, Mo Bros and Mo Sistas across the world Grow a Mo, Move for Movember or Host a Mo-ment to raise much-needed funds for men's health.



MOVEMBER

World Diabetes Day

PROTECT YOUR FAMILY: Diabetes is a leading cause of; blindness, amputation, heart disease, kidney failure and early death. Simple action can reduce the risk.

World Diabetes Day is the world's largest diabetes awareness campaign, reaching a global audience of over 1 billion people in more than 160 countries.

The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

The World Diabetes Day campaign aims to:

- Be the platform to promote International Diabetes Federation advocacy efforts throughout the year.
- Be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue.

Every year, the World Diabetes Day campaign focuses on a dedicated theme that runs for one or more years. The theme for World Diabetes Day 2019 is Family and Diabetes.

Diabetic Educator, Mina Hana, and our Dietitian, Lisa Larosa, at Emu Creek Health Professionals, starting next month. Mina will be working every Tuesday morning and Lisa will be working on Mondays. As well as this, Diabetic Educator, Deb Butcher, from BCHS will be at the clinic on a Monday once a month.

For more Information Visit: <https://worlddiabetesday.org/>



November 17th -23rd National Skin Cancer Week

With two in three Australians diagnosed with skin cancer by age 70, National Skin Cancer Action Week is an important reminder of the risks of exposure to UV radiation, the need for sun protection and early skin cancer detection for all Australians.

Most skin cancers can be prevented by using good sun protection. During National Skin Cancer Action Week and throughout summer, use the five forms of sun protection by:

- slip on sun-protective clothing
- slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- slap on a broad-brimmed hat
- seek shade
- slide on sunglasses.



Protect yourself in five ways from skin cancer



A combination of these measures, along with getting to know your skin and regularly checking for any changes, are the keys to reducing your risk of skin cancer.

For more information please visit:

<https://www.cancer.org.au/preventing-cancer/sun-protection>.

Remember our GP On-Call

We know that sickness is not restricted to business hours, which is why we ensure that we have a GP available to our patients 24/7. One of our GP's is available to attend to medical issues after hours as well as weekends and public holidays (if it is an emergency please phone 000).



The GP On-Call service is accessed by phoning the practice on 5400 1310 and following the prompts. If the GP is unable to take your call at the time, please leave a message clearly stating your name and phone number and the doctor will get back to you.

If you have not heard back from the GP after 30 minutes please try phone again.