



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: 8.30AM—5PM

September 2020

HAPPY SPRING!

PRACTITIONERS
DR ROSARIO PALAYPAYON
DR ADEL ASAD, OAM
DR JENNIFER SUZUKI
DR SARA CAREEM
DR JOE SWISS

PRACTICE NURSES
EMILY PALMER
TERI ALEXANDER
NAJ ALDORKI
TEGAN MCCASKIE

PRACTICE MANAGER
CO-ODINATOR
TRACEY HOFMANN

RECEPTION LEAD
HANNAH MULLINS

RECEPTION
SANDRA
SHAREE
LORRAINE



PATHOLOGY
COLLECTION CENTRE
8.30AM TO 12:30PM
MONDAY, WEDNESDAY &
FRIDAY

PLEASE BOOK APPOINTMENTS
1-2 WEEKS IN ADVANCE
WHERE POSSIBLE.



St Anthony's Family Medical Practice
ABN: 23118243226

Wake up to exercise!

The mornings are warming up, and **spring** means the sun rises earlier each day. So take full advantage of this change. Get out and exercise before starting your day, whether it's going for a run or walking the dog. Exercising before work can begin your day on a high note with clarity and energy.

Say "yes" to a healthy breakfast.

It's a solid foundation and great start for any day. Make sure to partner a morning exercise routine with a healthy breakfast. You'll need energy to make the most of your fitness regimen. Instead of coffee and a quick breakfast sandwich, how about a glass of OJ and a grapefruit?

Schedule screenings and doctor's appointments.

Spring is a good time for a health check-up. For example, before starting an exercise routine, it's always recommended to check with your General Practitioner. Are there any allergy medications that need to be refilled before heading outside? When the weather turns warm and the blossoms start coming out, it's our signal to get ahead of the game for making each summer fun and rewarding. Many of the activities above can be done with friends, family and coworkers for mutual reinforcement. Please speak to our friendly reception staff to make an appointment with your GP. Phone and telehealth appointments are still available.



Reminder!

Just a reminder to our valued Spring Gully patients, we are still temporarily relocated to :
955 Wellington Street. Strathfieldsaye VIC 3551.

Our friendly staff are still practicing as normal, however we do prefer phone or telehealth appointments whenever possible,

emucreek
health professionals



Women's
Health Week

7-11 September 2020

With the stress COVID-19 has placed on everyone's lives, it's now more important than ever to look after your overall health and wellbeing. This September, Women's Health Week will be a great reminder to take time out to check in on your health and to keep making positive changes that can last a lifetime.

What's involved?

Women's Health Week is a nation-wide campaign of events and online activities – all centered on improving women's health and helping you to make healthier choices. In the lead up to the week, you'll receive helpful information on how you can participate. Either getting together with friends, community and colleagues or maybe hosting an online event.

Then, on each day of Women's Health Week, we focus on an important women's health topic. You'll receive a daily email with videos, recipes, quizzes, articles and tools to help you unlock your own powers for good health. All the health information we produce is based on research and reviewed by our expert medical team.

Women, communities and workplaces are encouraged to get involved by hosting an event, sharing the health information and encouraging women from all corners of Australia to put good health first.

For more information visit : <https://www.womenshealthweek.com.au/>



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.