



Heathcote

Primary Health

FOR APPOINTMENTS

PH: 5431 0888

39 HOSPITAL STREET
HEATHCOTE VIC 3523

CONSULTING TIMES

MON to FRI 9.00am—5.00pm
BY APPOINTMENT ONLY

June 2020

Bowel Cancer Awareness

PRACTITIONERS
DR POATE RADREKUSA
DR NOEL SIAPNO
DR SAFAA ESSA
DR MAUREEN SIAPNO
DR BREE CUMMING
DR PRADEEP POKHAREL
DR HUSSEIN RABIIA

NURSES

DEBORAH YOUNG
NAOMI MANNES
BRIGITTE HILL
GAYLE KERLIN
NOEL SHELLEY

PRACTICE MANAGER

MICHELLE CARROLL

RECEPTION STAFF

LEANNE, ELAINE, ADELE AND
TAYLA ARE
HAPPY TO MAKE APPOINTMENTS
OR ASSIST IN ANY WAY



PATHOLOGY COLLECTION CENTRE

8:00AM TO 3:30PM
MONDAY—FRIDAY

SERVICES

WOMENS & MENS HEALTH
CERVICAL SCREENING
SEXUAL HEALTH
TRAVEL VACCINATION CLINIC
SLIT LAMP
TELEHEALTH
MINOR SURGERIES

AFTER HOURS GP ON-CALL

PLEASE CALL **5431 0888** AND
FOLLOW THE PROMPTS



St Anthony's Family Medical Practice
ABN: 23118243226

The risk of developing bowel cancer rises from age 50, but the number of Australians under age 50 diagnosed with bowel cancer has been increasing. That's why it's important to know the symptoms of bowel cancer and have them investigated by your GP if they persist for more than two weeks.

Healthy diet and lifestyle choices, as well as bowel screening can decrease your risk

Evidence reveals quitting smoking, limiting alcohol consumption, and eating foods containing fibre as well as maintaining a healthy weight and engaging in regular physical activity are all beneficial.

Bowel cancer screening is safe and easy and can be done at home. It should be done every 1-2 years from age 50.

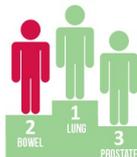
A positive result of the bowel screening test means blood has been detected in the samples. It does not necessarily mean bowel cancer is present but does require further investigation by a GP and a referral for colonoscopy within 30 days.

For more information, please visit www.bowelcanceraustralia.org or book your appointment with your GP now.



1 in 13

2ND BIGGEST CANCER KILLER



BOWEL SYMPTOMS? SEE YOUR GP

Blood in the stool or rectal bleeding

A recent, persistent change in bowel habit

A change in the shape or appearance of bowel movements (e.g., more narrow than usual)

Abdominal pain or swelling
Pain or a lump in the anus or rectum

A feeling that the bowel has not emptied completely after a bowel movement



Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.

Flu vaccine prevents tens of thousands of hospitalizations each year
Please contact our friendly reception staff to book your flu vaccine.



THE FLU VACCINE
YOUR BEST SHOT AT STOPPING THE FLU



Please be advised this clinic will be CLOSED
Monday 8th June 2020
For Queens Birthday Public Holiday.



Men's Health Week 15th—21st June 2020

Why is Australian male health so in need of attention? Why work on men's health?

Good question! Because the health status of males in most countries, including Australia, is generally poorer than that of females.

More males die at every stages through the life course, more males have accidents, more males take their own lives and more males suffer from lifestyle-related health conditions than females at the same age.

Meanwhile, men are less frequent visitors to general practitioners, and the perception is that they don't care about health or that health services are not well-prepared to interact with men effectively.

But that's not what Men's Health Week is about!

Men's Health Week was started in the United States by the US Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

In Australia, there were small and localised Men's Health Week events in Victoria and then in New South Wales from about 2000 onwards.



For more information speak to your GP or visit <https://www.menshealthweek.org.au/>

Did you know?

ON AVERAGE
men live
about
5 years less
than women

1 in 2 men
will develop
cancer

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000 men
IN THE U.S.
die each year
from
prostate cancer

Men make
1/2 as many
physician visits for
prevention
as women

Men are more likely to be **uninsured** than women

Remember our GP On-Call!



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

The GP On-Call service is accessed by phoning the practice on 5431 0888.

If you have any suggestions, comments or feedback, we would love to hear from you.
Email us at doctor@heathcotehealth.org.
We can only continue to improve with your help.