



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

June 2020



Our wonderful team are still operating but have temporarily relocated to **955 Wellington St Strathfieldsaye VIC 3551**
We are offering Telehealth/Phone appointments where possible however face to face consultations are available if required.
Our number is still the same 5400 1310, we look forward to hearing from our valued patients.



PRACTITIONERS
DR ROSARIO PALAYPAYON
DR ADEL AS Aid, 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
MEREDITH



**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



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



Bowel Cancer Awareness Month

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.

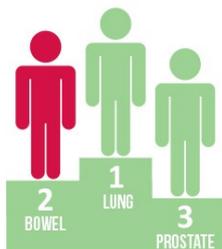
A positive result of the bowel screening test means blood has been detected in the samples. It does not necessarily mean bowel cancer is present but does require further investigation by a GP and a referral for colonoscopy within 30 days.

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

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.