



**Waranga**  
Medical Centre

FOR APPOINTMENTS

**P: 03 5851 8400 F: 03 5851 8425**

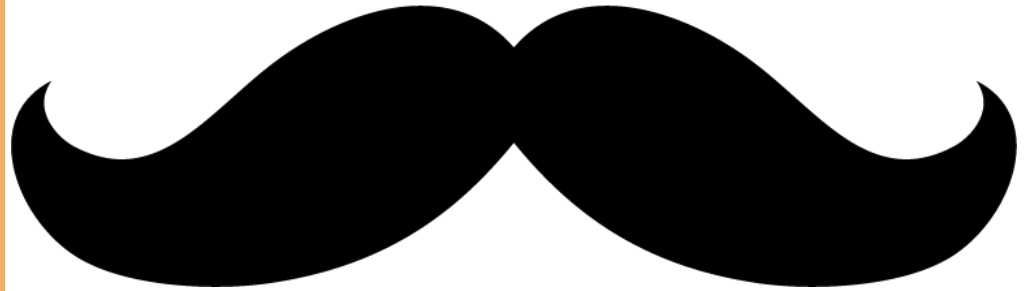
E:warangamedical@gvhealth.org.au

8 HIGH STREET, RUSHWORTH VIC 3612

**CONSULTING TIMES**

MON TO FRI - 9:00AM TO 5:00PM

# MOVEMBER



## **PRACTITIONERS**

DR. JOE SWISS

DR ADEL ASAID

## **NURSES**

AMANDA WILLIAMS

BETH PARKER

AMY FRANCIS

LYNN CRUZ

## **CERVICAL SCREENING NURSE PROVIDERS**

NICOLE BRERETON

## **MENTAL HEALTH SOCIAL WORKER**

JENNA ABBOTT

EVERY SECOND WEDNESDAY

## **PRACTICE MANAGER**

DEANNE WALKER

## **RECEPTION STAFF**

WENDY

SUSAN

## **PATHOLOGY COLLECTION CENTRE**

9:00AM TO 11:30AM

WEDNESDAYS



St Anthony's Family Medical Practice  
ABN: 23118243226

Movember is a community of rockstars raising money, making a difference in mental health & suicide prevention, prostate cancer and testicular cancer. Mental health and suicide prevention, prostate cancer and testicular cancer – we're taking them all on.

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. From humble beginnings, the Movember movement has grown into a truly global one. We've made epic progress in men's health, but every whisker of credit goes to our Mo Bros and Mo Sisters around the world. Five million since 2003.

### **Why get involved?**

Men are dying before their time. But you can help change and save lives. With the money you raise, we fund groundbreaking health projects across mental health and suicide prevention, prostate cancer and testicular cancer. Our mental health programmes are changing and saving lives, but we need to reach more men – that's where you come in.

### **To Participate you can:**

- Grow a Mo: Grow a mustache and raise funds to donate to the 'Movember' foundation.
- Make a move: Run or Walk 60km over the month. That's 60km for the 60 men we lose to suicide each hour. Connect your fitness app to your personal fundraising page (aka your Mo Space), lace up and hit the road. Run, walk, sprint, strut – how you Move through your 60km is up to you.
- Host a Mo-ment: Rally a crew and do something fun and easy, virtual or in person. Hosting is all about having a good time for a good cause. Whatever kind of shindig you plan, the secret is simplicity. We've got how-to guides, virtual and in-person event ideas, party-starter tips and resources to help you knock it out of the park.
- Mo your own way: Whether it's a gruelling test of physical endurance or a not-so-sweaty pledge to kick a bad habit. Whether it's a day, over several weeks or across the year – take whatever Mo Your Own Way means to you and run with it.

For more information, please visit: <https://au.movember.com/?home>

# World Diabetes Day—14th November

In 2020, the World Diabetes Day campaign focuses on promoting the role of nurses in the prevention and management of diabetes. World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organisation in response to growing concerns about the escalating health threat posed by diabetes. WDD 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.

## How to get involved:

- Organise a 'Learn about diabetes' event in schools or through online learning platforms.
- Exercise in blue or join the Global Diabetes Walk
- Organise a themed activity with your healthcare team
- Arrange an activity with your work colleagues



Waranga Medical Centre offer their diabetic patients appointments with a nurse for a **Diabetes Cycle of Care**. The diabetes cycle of care is a checklist for reviewing your diabetes management and general health. Your GP and nurse practitioner will do this review to help you and your diabetes health care team manage your diabetes, and to reduce your risk of diabetes-related complications. Please speak to your GP about making an appointment.

## Don't forget.....

The weather may be warming up and the case numbers going down... but to stay that way, we all need to do our part and be tested if we have any of the following symptoms: Fever, sore throat, cough, runny nose



**Bendigo Respiratory Clinic**  
@ Spring Gully | 1800 573 196  
[bendigorespcclinic.com.au](http://bendigorespcclinic.com.au) for appointments

**COVID19  
TESTING**

## Cervical Screening Clinic

A reminder that Friday the 27th November, Cervical Screening Nurse Nicole Brereton will be at the practice running a clinic for Cervical Screening Tests.

Please contact reception to make an appointment.

Waranga Medical Centre is dedicated to protecting the safety of our patients and insuring all precautions are in place to minimize the risk of COVID 19.

### Note:

Your first Cervical Screening Test is due 2 years after your last Pap test. After that, you will only need to have the test every 5 years if your results are normal. If you are aged between 25 and 74, have a cervix and have been sexually active, you need a Cervical Screening Test every 5 years



If you have any suggestions, comments or feedback, we would love to hear from you.  
Email us at [warangamedical@gvhealth.org.au](mailto:warangamedical@gvhealth.org.au) We can only continue to improve with your help.