



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

November 2019

PRACTITIONERS

DR. JOE SWISS
DR ADEL AS Aid

NURSES

AMANDA WILLIAMS
AMY FRANCIS
BETH PARKER

CERVICAL SCREENING NURSE PROVIDERS

NICOLE BRERETON
FIONA MERCER

MENTAL HEALTH SOCIAL WORKER

JENNA ABBOTT
EVERY SECOND WEDNESDAY

PRACTICE MANAGER

DEANNE WALKER

RECEPTION STAFF

ANGELA
WENDY
SUSAN

PATHOLOGY COLLECTION CENTRE

9:00AM TO 11:30AM



WEDNESDAYS

**We are proud to be
an AGPAL Accredited
General Practice**



**Accredited
General Practice**

A massive congratulations to Waranga Medical Centre on achieving AGPAL Accreditation. It has been a tremendous effort from all staff.

What this means for you:

Visiting an AGPAL accredited practice means your doctor and the entire practice team are committed to improving and ensuring their systems, processes, culture, service delivery and actions to meet a nationally recognised set of standards—the Royal Australian College of General Practitioners (RACGP) Standards for general practices. This means the provision and reassurance of high quality healthcare and safe practices provided to you, their patients.

It is important to note that accreditation is a voluntary process and means your doctor and their team are dedicated and passionate about the level of care they deliver to you.



"In Australia, Every 3.6 minutes someone is admitted to hospital with an osteoporotic fracture. By 2022 there will be 1 fracture every 2.9 minutes"

MeasureUp is a mobile bone densitometry service. We provide an accurate, reliable and precise bone mineral density measurement service. Patients do not need to travel to a major hospital or radiology lab to have their bone density measured. We can complete the assessment and return the report promptly (via Healthlink) –all from our comfortable, mobile lab equipped with a State-of-the-art bone densitometer (DEXA) that is operated by specially trained and certified MeasureUp staff.

The MeasureUp bus will be at Waranga Medical Centre of the

12th & 13th December.

Available now for those over 70years of age or certain medical conditions.
Discuss this with your GP today.



Managing Type 2 Diabetes

In type 2 diabetes, your pancreas is still working but not as effectively as it needs to. This means your body is building insulin resistance and is unable to effectively convert glucose into energy leaving too much glucose in the blood. Type 2 diabetes can sometimes initially be managed through lifestyle modification including a healthy diet, regular exercise and monitoring your blood glucose levels.

- Eating well helps manage your blood glucose levels and your body weight
- Exercising helps the insulin work more effectively, lowers your blood pressure and reduces the risk of heart disease.
- Regular blood glucose monitoring tests whether the treatment being followed is helping to manage blood glucose levels or whether you need to adjust your treatment.

The aim of diabetes management is to keep blood glucose levels as close to the target range between 4 to 6 mmol/L (fasting), this will help prevent both short-term and long-term complications.

Your healthcare team including your doctor, specialist, dietician and Credential Diabetes Educator, can help you with blood glucose monitoring, healthy eating and physical activity.

However, sometimes healthy eating and exercise is not enough to keep the blood glucose levels down. Type 2 diabetes is a progressive condition. As time progresses, the insulin becomes more resistant and the pancreas is less effective converting glucose into energy. To help the pancreas convert glucose into energy, people with type 2 diabetes are often prescribed tablets to manage their blood glucose levels.

Eventually it may be necessary to start taking insulin to manage blood glucose levels. This is when your body is no longer producing enough insulin of its own. Sometimes tablets may be continued in addition to insulin.

If you require medication as treatment, it is important to note that this is part of the natural progression of the condition, and taking medication when required can result in fewer complications in the long-term.

The tablets or injections are intended to be used together with healthy eating and regular physical activity, not as a substitute.

Occasionally, side effects can occur with medications. Speak with your doctor or pharmacist if you experience any problems. An alternative medication is usually available.

Diabetes Power Foods



This clinic will be closed Tuesday 6th November for the Melbourne Cup.



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