



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

November 2019

World Diabetes Day

PROTECT YOUR FAMILY: Diabetes is a leading cause of; blindness, amputation, heart disease, kidney failure and early death. Simple action can reduce the risk.

World Diabetes Day 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.

The World Diabetes Day campaign aims to:

- Be the platform to promote International Diabetes Federation advocacy efforts throughout the year.
- Be the global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue.

Every year, the World Diabetes Day campaign focuses on a dedicated theme that runs for one or more years. The



**World
Diabetes Day**

PRACTITIONERS

DR POATE RADREKUSA
DR TANYA HOWLEY
DR NOEL SIAPNO
DR SAFAA ESSA
DR MAUREEN SIAPNO
DR BREE CUMMING
DR PRADEEP POKHAREL

NURSES

DEBORAH YOUNG
NAOMI MANNES
CARMEL CARROLL
BRIDITTE HILL
GAYLE KERLIN

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**

ANTIBIOTIC RESISTANCE

**THE
FACTS**

12th—18th November is Antibiotic Awareness Week

- Antibiotics don't work for all infections. They only work on bacteria, not infections caused by viruses such as common colds and flu.
- Antibiotics do not help you recover quicker from a viral infection.
- Antibiotics should only be used as prescribed by your GP—sharing antibiotics or using leftover antibiotics can increase antibiotic resistance.
- It is still possible to pass on antibiotic resistant bacteria to others.
- Practising good hygiene is the best possible way of spreading germs, and avoiding contact even with viral illnesses.....stay at home if unwell!

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.

Preventing Suicide in Men: Our fathers, brothers, sons and friends are dying by suicide, every minute of every day. To make change happen, Movember views mental health through a male lens. We focus on early intervention, engaging men and working to their strengths. By 2030, we aim to reduce the rate of male suicide by 25%.

Improving Quality of Life: Men with prostate cancer and testicular cancer face an uphill battle before, during and after treatment. But with useful tools and straight-shooting advice, we aim to lighten their load so these men can live life to the fullest.

Helping Men Take Action: Globally, men die on average 6 years earlier than women, and for largely preventable reasons. So we're shining a light on the health risks men need to know about, increasing awareness to stop men dying too young.

Teaming up with Great Minds: A crisis this size calls for big ideas from the brightest minds. Movember brings together the best researchers and experts from across the globe, reducing research overlap to maximise brainpower and accelerate progress.



Raising Funds through Movember: In the month formerly known as November, Mo Bros and Mo Sistas across the world Grow a Mo, Move for Movember or Host a Mo-ment to raise much-needed funds for men's health.

November 17th -23rd National Skin Cancer Week

With two in three Australians diagnosed with skin cancer by age 70, National Skin Cancer Action Week is an important reminder of the risks of exposure to UV radiation, the need for sun protection and early skin cancer detection for all Australians.

Most skin cancers can be prevented by using good sun protection. During National Skin Cancer Action Week and throughout summer, use the five forms of sun protection by:

- slip on sun-protective clothing
- slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- slap on a broad-brimmed hat
- seek shade
- slide on sunglasses.



Protect yourself in five ways from skin cancer



A combination of these measures, along with getting to know your skin and regularly checking for any changes, are the keys to reducing your risk of skin cancer.

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.