



Campaspe
Medical Centre

FOR APPOINTMENTS
PH 03 5484 4480
1 PASCOE STREET
ROCHESTER VIC 3561
CONSULTING TIMES
MON TO FRI - 9:00AM TO 5:00PM

June 2020

PRACTITIONERS

DR EJI EKEANYANWU
DR HAOWEI SHEN
DR MICHEAL MONZON

NURSES

JACKIE DINGWALL
ROBYN FALLS
MEGAN MORGAN

PRACTICE MANAGER

JANET SINCLAIR

RECEPTION STAFF

SHARON, RACHAEL, CATE,
MONIQUE, SARAH & MADDY
ARE ALWAYS AVAILABLE TO
MAKE APPOINTMENTS AND
ASSIST YOU IN ANY WAY



PATHOLOGY COLLECTION CENTRE

8:00AM TO 12.30PM
MONDAY—FRIDAY

SERVICES

WOMENS & MENS HEALTH
PAP SMEARS
SEXUAL HEALTH
EAR SUCTIONING
SLIT LAMP
TELEHEALTH
MINOR SURGERIES

ACCREDITED
TRAVEL VACCINATION CLINIC
Q FEVER REGISTERED CLINIC



St Anthony's Family Medical Practice
ABN: 23118243226

Bowel Cancer Awareness

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.

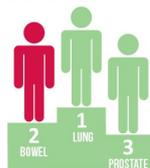
A positive result of the bowel screening test means blood has been detected in the samples. It does not necessarily mean bowel cancer is present but does require further investigation by a GP and a referral for colonoscopy within 30 days.

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.





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



Men's Health Week 15th—21st June

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 5484 4480 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

If you have any suggestions, comments or feedback, we would love to hear from you. Please phone the practice and ask to speak to the Practice Manager.

We can only continue to improve with your help.