



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

September 2020

HAPPY SPRING!

PRACTITIONERS

DR POATE RADREKUSA
DR NOEL SIAPNO
DR SAFAA ESSA
DR MAUREEN SIAPNO
DR BREE CUMMING
DR PRADEEP POKHAREL
DR HUSSEIN RABIIA

NURSES

DEBORAH YOUNG
NAOMI MANNES
GAYLE KERLIN
NOEL SHELLEY
DEBRA PUXLEY

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

Wake up to exercise!

The mornings are warming up, and **spring** means the sun rises earlier each day. So take full advantage of this change. Get out and exercise before starting your day, whether it's going for a run or walking the dog. Exercising before work can begin your day on a high note with clarity and energy.

Say "yes" to a healthy breakfast.

It's a solid foundation and great start for any day. Make sure to partner a morning exercise routine with a healthy breakfast. You'll need energy to make the most of your fitness regimen. Instead of coffee and a quick breakfast sandwich, how about a glass of OJ and a grapefruit?

Schedule screenings and doctor's appointments.

Spring is a good time for a health check-up. For example, before starting an exercise routine, it's always recommended to check with your General Practitioner. Are there any allergy medications that need to be refilled before heading outside? When the weather turns warm and the blossoms start coming out, it's our signal to get ahead of the game for making each summer fun and rewarding. Many of the activities above can be done with friends, family and coworkers for mutual reinforcement. Please speak to our friendly reception staff





Women's Health Week

7-11 September 2020

With the stress COVID-19 has placed on everyone's lives, it's now more important than ever to look after your overall health and wellbeing. This September, Women's Health Week will be a great reminder to take time out to check in on your health and to keep making positive changes that can last a lifetime.

What's involved?

Women's Health Week is a nation-wide campaign of events and online activities – all centered on improving women's health and helping you to make healthier choices.

In the lead up to the week, you'll receive helpful information on how you can participate. Either getting together with friends, community and colleagues or maybe hosting an online event.

Then, on each day of Women's Health Week, we focus on an important women's health topic. You'll receive a daily email with videos, recipes, quizzes, articles and tools to help you unlock your own powers for good health. All the health information we produce is based on research and reviewed by our expert medical team.

Women, communities and workplaces are encouraged to get involved by hosting an event, sharing the health information and encouraging women from all corners of Australia to put good health first.



For more information visit : <https://www.womenshealthweek.com.au/>



RUOK? Day
Thursday 10th September



1. Ask



2. Listen



3. Encourage
action



4. Check in

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.