

OVENS MEDICAL GROUP

SUMMER NEWSLETTER

CLINIC NEWS:

We wish Dr. O'Connor all the best for the future, after some travelling he will commence work at Gateway Health early February. We welcome back Dr. Elizabeth Walker for a short time only as she will continue her travelling in 2017.

PUBLIC HOLIDAY CLOSURE – the clinic will be closed for the main days only being:

Monday 26 Dec	Box Day
Tuesday 27 Dec	Christmas Day Public Holiday
Monday 2 nd Jan	New Year's Day

For urgent afterhours attention phone 57 212176

BEAT THE BITE

There are simple things you can do to Beat the bite!

Protect yourself and your family from mosquito-borne disease:

- Wear loose-fitting clothing when outdoors.
- Use mosquito repellents containing DEET or Picaridin on exposed skin.
- Try to limit outdoor activity if lots of mosquitoes are about (usually dusk and dawn).
- Make sure there is no stagnant water where mosquitoes can breed around your home.
- On holidays make sure your accommodation is properly fitted with mosquito netting or screens.

Don't forget the kids – it's safer to spray or rub insect repellents on their clothes rather than directly onto their skin.

BE KIND TO YOURSELF THIS CHRISTMAS

While many Australian families look forward to the relaxation of Christmas and quality time with family and friends, it can also be a very stressful time for many people.

Tips for Relieving the Stress of Christmas

- Understand that it is common for people to feel stressed at this time of year.
- Try not to expect too much – aiming for the “perfect” Christmas or assuming that everyone one will be on their best behaviour may not be realistic.
- Limit alcohol - there can be a temptation to drink too much at Christmas, but alcohol can fuel arguments and cause unwanted behaviours.
- If you are feeling down tell someone (e.g. a trusted friend or family member), or talk to your GP, a counsellor, or call a crisis line like Lifeline on 13 11 14.
- Look after yourself physically. If you look after your body, your mind will feel better too.
- Where possible plan ahead to deal with stressful situations.
- Know your limits and listen to your emotions. If you need to calm down, perhaps take a walk or find a quiet place.
- If times are tough financially or for other reasons, make time to sit down as a family and plan a Christmas that is reasonable.

If you require any urgent assistance, please contact one of the following numbers:

- Lifeline: 13 11 14
- Kidshelp Line: 1800 551 800

HEATWAVE

COPING WITH THE HEAT

- Keep hydrated by drinking extra water, even if not thirsty. (Note if your doctor normally limits your fluids, check how much to drink during hot weather).
- Look after yourself and check up on older, sick or frail friends, neighbours and relatives.
- Spend as much time as possible in cool or air-conditioned buildings (for example shopping centres, libraries, cinemas, community centres)
- Keep yourself cool by using damp towels and taking cool showers in the day and night.
- If you must go out, stay in the shade and take plenty of water with you. Wear a hat and light-coloured, loose fitting clothing.
- Block out the sun during the day by closing curtains and blinds and open up windows and doors where there is a cool breeze.
- Watch out for news reports that provide more information during a heatwave.

- Do not leave children, adults or animals in parked vehicles.
- Avoid strenuous activity like sport, home improvements and gardening.

SHINGLES VACCINE (Zostavax)

The shingles vaccine is to be provided free for 70-79 year olds from 1st November, 2016. The shingles vaccine has shown to reduce the risk of shingles by 50%. It can reduce pain in people who experience shingles by 70%.

1 in 3 adults will be affected by shingles in their lifetime and the incidence and severity of shingles increases with age. Treatment within the first 72 hours with anti-viral medications if a shingles rash appears will also be beneficial in reducing the severity of the rash.

If you have had the shingles rash you must wait 12 months before receiving the shingles (Zostavax) vaccine.

We are currently only receiving small quantities of the vaccine from suppliers. People aged between 78-79 years of age are encouraged to make an appointment with their doctor.

MANAGEMENT AND EVALUATION OF ACUTE UNWELL PATIENTS

We encourage our patients to telephone for an appointment and talk to our staff instead of just presenting to the clinic – this can save valuable time and can be lifesaving if you are acutely unwell as we may advise you to go straight to the hospital or ring for an ambulance. E.g. left sided chest pain travelling down the arm or up into the neck and jaw needs an ambulance asap – not waiting in the clinic to see a GP.

