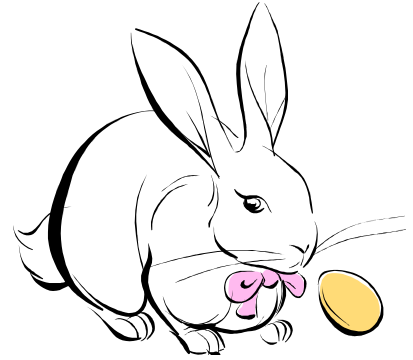




**OCEAN
WAVE
MEDICAL**
Excellence in Family Medicine



The Team at Ocean Wave Medical wish all our wonderful patients are Happy Easter. We will be closed for the 4 day weekend, but bookings can still be made online for the week after Easter.



FLU VACCINES 2016

FLU VACCINES COMING SOON!!

Quadrivalent (4 strain) FREE Government Funded Flu vaccines will be available from Mid April. (See over for eligibility)

Private Quadrivalent supplies are expected late March.

To keep up to date on when Flu Vaccines arrive 'Like' us on Facebook, www.facebook/oceanwavemedical and we will advise on our page as soon as deliveries arrive. We will also post to our website at www.oceanwavemedical.com.au

Company Flu Vaccines – contact us if you want to arrange vaccination of your employees

EASTER – CLOSED

Good Friday
25th of March

Easter Saturday
26th of March

Easter Sunday
27th of March

Easter Monday
28th of March

ANZAC DAY – CLOSED

Monday 25th April

After Hours Dr

13 74 25

Or Emergency 000

CURRIMUNDI MEDICAL NOW CLOSED

We have now completed our relocation from Currimundi Medical Centre to our new premises here at 87 Bowman Road Caloundra.

All your regular Doctors are now only at Ocean Wave Medical

OUR DOCTORS: Dr Amir Akram, Dr Alison Roper, Dr John Fogarty, Dr Deborah Vercoulen, Dr Tony Moor, Dr Christelle Greeff, Dr Geoff Broad, Dr Asimanogi O'Hagan and Dr Jonathan Jing

2016 FLU VACCINE

No one wants to get sick and there are a number of things you can do to protect yourself against influenza:

- Be vaccinated – vaccination is the single most effective way of protecting yourself against the flu.
- Hand washing and personal hygiene, such as trying not to touch your mouth or nose.
- Where possible, avoid crowds during the flu season

The 2016 Southern Hemisphere influenza season vaccine strains are:

- A/California/7/2009 (H1N1)pdm09 - like virus
- A/Hong Kong/4801/2014 (H3N2) – Like Virus
- A/Brisbane/6062008-Like Virus
- B/Phuket/3073/2013 – like virus

ARE YOU ELIGIBLE FOR FREE GOVERNMENT INFLUENZA VACCINE?

Eligible groups for free government supplied seasonal influenza vaccine are:

- people aged 65 years and older
- pregnant women, at any time during their pregnancy
- Aboriginal and Torres Strait Islander people aged six months to under five years and 15 years and older
- any person over six months of age with a condition predisposing them to severe influenza illness

Did you know you can book your appointment online 24 hours a day, 7 days a week?



Visit our website

www.oceanwavemedical.com.au and click on Booking Icon at top of page. Select the Doctor you want to see then book appointment.

ALLIED HEALTH

Here at OWM we have many friendly Allied Health Professionals on premises for your convenience.

PHYSIOTHERAPY – Rachel Morgan-Varlow of Embody Physio Therapy is full time and can be contacted on 0401263516.

DIETITIAN – Hannah from Sunshine Coast dietetics works out of our suites every Wednesday Fortnight. Appointments phone 54794363.

PSYCHOLOGIST - Cornelia Bam works Full time Monday to Friday and accepts Private patients and those with MHP referrals.

PODIATRIST – Danelle Kenny of Flying Feet Podiatry works out of our rooms by appointment. To make an appointment please contact Danelle on 1300288365.

SPEECH THERAPY – Astrid Van Der Laan works out of our suites every Tuesday and



Coconut

Poached

Salmon

400ml can coconut milk

1 Lemongrass stem (inner core chop finely)

5cm piece of ginger sliced

Finely grated zest and juice of 2 limes

1 tablespoon fish sauce

1 tablespoon caster sugar

2 spring onions, thinly sliced

4 x 180g skinless salmon fillets

2 tablespoons sesame seeds, toasted

Steamed Asian green to serve with

Place coconut cream, lemongrass, ginger, lime, fish sauce, sugar and onion in saucepan simmer med heat.

Place fish in baking tray, pour over above mix.

Cover with foil bake 10-12 minutes, until cooked.

Sprinkle over sesame seeds.