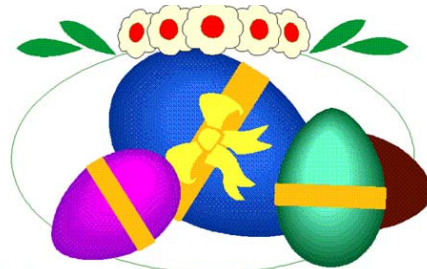




Currimundi Medical Centre

Excellence in Family Medicine

www.currimundimedicalcentre.com.au



Happy Easter

Currimundi Medical Centre would like to wish all our Patients a Happy Easter 2015

FLU VACCINES 2015

Private Flu Vaccines available now

FREE Government Funded Flu vaccine available week commencing 20th April, 2015 (See over for eligibility)

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



EASTER - CLOSED

Good Friday 3rd April
Easter Saturday 4th April
Easter Sunday 5th April
Easter Monday 6th April

ANZAC DAY – CLOSED

Saturday 25th April

**After Hours Dr – 13 74 25
Or Emergency 000**

Ambulatory Blood Pressure Monitoring 24 HOUR BP Monitoring Available

Ambulatory BP monitoring provides a more reliable measure of a patient's BP than isolated clinic measures.

Ambulatory BP adds considerably to the accurate diagnosis of hypertension and the provision of optimal care.

Talk to your Doctor regarding this test.

An information sheet is available from Reception.

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 requiring regular medical follow-up or hospitalisation, including children aged six months to 10 years undergoing long-term aspirin therapy
- people with:
 - cardiac disease
 - chronic respiratory conditions
 - immunocompromising conditions
 - diabetes and other metabolic disorders
 - chronic neurological conditions
 - renal disease
 - haematological disorders
 - Down syndrome and fall under one of the above categories
 - obesity defined as a body mass index (BMI) = 40 kg/m² and fall under one of the above categories
 - chronic liver disease and fall under one of the above categories

2015 INFLUENZA 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 2015 Southern Hemisphere influenza season vaccine strains are:

- A/California/7/2009 (H1N1)pdm09 - like virus
- A/Switzerland/9715293/2013 (H3N2) - like virus
- B/Phuket/3073/2013 – like virus (Yamagata lineage)



Currimundi Medical Centre is an approved Yellow Fever Clinic

We offer personalised medical advice, as well as a Free Travel information folder for your destination which includes up to date travel information.

The following vaccinations are available:

- Hep A and B
- Typhoid
- Polio
- Diphtheria and Tetanus and Pertussis
- Influenza
- Approved Yellow Fever Vaccine
- Rabies (on request)
- Japanese Encephalitis (on request)
- Measles & Mumps



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.