



Welcome to Autumn 2019. We have had a busy start to year with us welcoming a new addition to our Team. Easter is upon us and we will be closing for the 4 day weekend.

### Welcoming - Dr Daniel Bower

Dr Bower completed a dual Bachelor of Justice/Laws in 2007 at QUT and went on to further postgraduate legal training prior to gaining admission as a Lawyer in the Supreme Court of Queensland.

After a period of working in China, Daniel returned to Australia in 2010 and obtained a Bachelor of Medicine and Bachelor of Surgery at Bond University on the Gold Coast. Dr Bower then completed 3 years of primary surgical rotations at the Princess Alexandra Hospital in Brisbane prior to moving to the Sunshine Coast in early 2018.

Dr Bower has an interest in all areas of general medicine and particularly enjoys minor surgical procedures, employment and travel medicine, as well as men's preventative health.

Dr Bower is currently accepting new patients and is available Monday – Thursday and some weekends.



### Influenza... It's nearly that time of the year!

Department of Health have issued advice that the 2019 Govt funded Influenza vaccine will be available mid-April.

Ocean Wave Medical will have stocks of the Government supplied which are free to those patients that meet the criteria, as well as Private supplies. The optimum coverage for influenza has been found to be 3-4 months after vaccine, with April onwards being the best time to receive your vaccine.



## Criteria for Government Free Flu Vaccination are:

- Category 1 Over 65 years of age
- Category 2 Pregnant women
- Category 3 ABTSI 6 Months & over
- Category 4 Patients with a chronic condition
- Category 5 Children aged 6months to under 5 years of age



If you don't meet the above criteria we have Private Stocks for sale at \$20 per vaccine.

**This year there is a new A strain (H3N2) and a new strain for the B Victoria lineage. Influenza virus strains included in the 2019 seasonal influenza vaccines are:**

- A (H1N1): an A/Michigan/45/2015 (H1N1) pdm09 like virus
- A (H3N2): an A/Switzerland/8060/2017 (H3N2) like virus
- B: a B/Colorado/06/2017 like virus (not included in the trivalent vaccine)
- B: a B/Phuket/3073/2013 like virus

**To continue to provide the best possible protection for those 65 years and over, an enhanced trivalent vaccine is being supplied for those aged 65 years and over.**

## What is Influenza?

Influenza is a potentially life threatening illness. It is a contagious disease of the respiratory tract caused by influenza viruses. Each year, influenza causes serious infection and death around the globe, usually in the winter months (seasonal influenza).

The Chief Medical Officer released a statement stating the most people will develop immunity within two to three weeks of vaccination. Experts have advised there is evidence suggesting that protection following influenza vaccination may begin to wane.

The flu vaccination protects you from getting infected. People who have been immunised against the flu can still get the disease, but vaccination does reduce this risk and the severity of the illness.

People at highest risk of being hospitalised with the flu are:

- Babies
- People aged over 65 years
- Aboriginal and Torres Strait Islanders
- Pregnant women
- People with chronic long term medical conditions including diabetes, heart disease etc.

## HOW DO YOU PREVENT THE FLU?

Vaccination is your best defence as recommended by the World Health Organisation against the flu.

## CONGRATULATIONS AND FAREWELL

### TO DR ALISON ROPER

Congratulations to Dr Alison Roper who has been appointed Clinical Director at BreastScreen Sunshine Coast. Dr Roper has been with us for 10 years and will be missed by staff and patients.

Dr Roper is planning on working some weekends here at Ocean Wave Medical later in the year.

*A Note to patients from Dr Alison Roper*

***Dear Patients,***

***As many of you will know I've been acting in the Clinical Director role at BreastScreen Sunshine Coast for the last 8 months. I have now been offered the job permanently and after much deliberation have decided to accept it, meaning that I won't be returning to Ocean Wave Medical.***

***It has been a great privilege to look after so many lovely patients and families for the last 10 years and I will genuinely miss being part of the team. Thank you for allowing me to be included in your lives and journey's .***

***I know you are in safe hands with my colleagues at Ocean Wave and I hope that I may even make a guest appearance from time to time!***

***Wishing you good health and happiness.***

***Regards***

***Dr Alison Roper***



## Total Nutrition Dietitian – Jody Pollard



To book an appointment here at Ocean Wave Medical or a Home Visit contact Jody on 0402 225 732 or email [jody@totalnd.com.au](mailto:jody@totalnd.com.au). Visit website [www.totalnd.com.au](http://www.totalnd.com.au) for more information. Accepting Care Plans, DVA & Private patients.

### COCONUT LIME BLISS BALLS (MAKES 25)

#### Ingredients

- 1 cup nuts & seeds (cashews, almonds, sunflower, pumpkin seeds)
- ½ cup coconut (plus extra to roll)
- 1 lime (zest and juice)
- 2 medjool dates
- ¼ cup sultanas

Use any variation of nuts and seeds

#### Method

- Add nuts/seeds and coconut to blender, blend until fine, add all other ingredients and blend
- Roll teaspoon of mixture into balls and coat in coconut, alternatively, add all mixture to a baking tray lined with baking paper and press in and smooth out, top with coconut and refrigerate. Just before serving cut into slice size pieces
- Store in fridge for up to 2 weeks

**Tips: Consistency depends on blender and choice of nuts/seeds, if a little dry, add a few drops of water until you get a rollable consistency.**

**RECIPE IS GLUTEN FREE, DAIRY FREE AND VEGAN**

**BOOK WITH JODY ON 0402 225 732**



## **EMBODY PHYSIOTHERAPY & EMBODY MOVEMENT**

**Exciting news!**

**Exercise Physiology Services will be available at Embody Movement from 1<sup>st</sup> April 2019.**



With over 10 years' experience as an Exercise Physiologist, Alicea Dwyer will be joining the team at Embody Movement from April, bringing her passion for improving people's health through movement, as well as providing some new services to Embody.

Alicea will be providing Bulk-Billed Exercise Physiology consultations through Embody Movement with your Care Plan EPC, and is extremely experienced in assisting clients with:

- Diabetes – 8 extra visits per year available, ask for referral
- Heart Conditions
- Parkinsons
- Falls Prevention needs
- Pre and post-operative rehabilitation needs
- Return to work requirements through WorkCover
- Exercises in the workplace to prevent injury

**Please welcome the new physio Brittany and Exercise Physiologist Alicea**

Brittany graduated in 2012 from Curtin University, Brittany has had a vast array of experience in musculoskeletal physiotherapy, working in both private and public sectors in Australia and the United Kingdom.

Alicea has a strong history of providing education, group classes and private exercise rehabilitation to clients from all walks of life, and with various chronic conditions. She has a special interest in providing Pre and Post Natal exercise via Clinical Pilates, and has recently completed post graduate education on exercise for Breast Cancer clients with Professor Prue Cormie.



We are accepting referrals through fax on 07 5491 8068, email at [Rachel@embodyphysiotherapy.com](mailto:Rachel@embodyphysiotherapy.com) or via medical objects under Rachel Morgan-Varlow (Embody Physiotherapy)

**Embody physiotherapy is now seeing patients over at our new Wellness Centre, Suite 3, 27 Mayes Avenue adjacent to Ocean Wave Medical. PHONE: 0401 263 516 for appointment**

# Seasonal Affective Disorder

## WHAT IS SEASONAL AFFECTIVE DISORDER?

SAD is a type of depression that comes and goes according to the season. People with SAD have symptoms of depression or mania at roughly the same time each year.

## WHAT ARE THE SYMPTOMS OF SAD?

Symptoms usually start out mild and get worse as the season progresses. When the season changes, people normally become completely well again.

Symptoms of SAD in winter include:

- Lack of energy
- Sleeping too much
- Finding it hard to wake up in the morning
- Feeling very tired all of the time
- Overeating and craving carbohydrates
- Gaining weight
- Losing interest in normal activities

Symptoms of SAD in summer include:

- Trouble sleeping
- Not feeling hungry
- Losing weight
- Feeling agitated and anxious

## WHAT CAUSES SAD?

SAD is thought to be caused by changes to the body's circadian rhythms (its 'body clock') at certain times of the year. It may also happen because in winter the body produces less of the hormone melatonin and serotonin, which affect sleep and mood.

## WHAT SHOULD I DO IF I THINK I HAVE SAD?

SAD is rare in Australia, but many Australians report that they feel flat and lethargic in winter. If you have symptoms that don't go away and are affecting your everyday life, it's important to see a doctor.

SAD can be quite hard to diagnose. You may not be diagnosed with SAD until you have experienced the same symptoms during winter for a few years. One treatment that works well for SAD is bright light therapy, also known as phototherapy, being exposed to a bright light coming from a special light box for 30 minutes a day can help you feel better after a few days. Other depression treatments can also work, including medication and counselling.

**CUSTOM DENTURE CLINIC – SUITE 1, OCEAN WAVE MEDICAL –  
Appointments 5492 7422**

**DUSK TILL DAWN SLEEP CLINIC – SUITE 6, OCEAN WAVE MEDICAL  
Ask your Doctor for a Referral for inhome sleep tests. Ph: 54556622**

**IMPACT HEARING – FREE HEARING TESTS & FULL DIAGNOSTICS  
AVAILABLE (from 3yrs to adult) PH 32895562**

**Ocean Wave Wellness Centre – NOW OPEN at 27 Mayes Avenue,  
Caloundra, adjacent to our garage.**

**Rooms available for rent - Ideally suit Speech Therapist, Occupational  
Therapist, Diabetic Educator, Acupuncturist, Specialist. Contact  
54919044 for information pack.**



**PODIATRIST & PHYSIOTHERAPIST ON SITE NOW**

**DAVID MORGAN PODIATRY – PHONE 1300 288 365 TO BOOK**

**EMBODY PHYSIO – PHONE 5337 9853 TO BOOK**

## SKIN CHECKS at Ocean Wave Medical

**Did you know MELANOMA accounts for 10% of all cancers?**

- \* Our Doctors offer full skin checks
- \* Minor surgery for removals
- \* Referrals to Dermatologist if needed



## SCRIPT RENEWALS PLAN AHEAD

Please ensure you book ahead with your Doctor to renew your scripts.

**This includes patients on Webster Packs with their Chemist.**

A script renewal fee of \$15 will apply for renewal of basic scripts if no consult.  
Patient is responsible for collecting their script from Reception.

### APRIL AND MAY PUBLIC HOLIDAY CLOSURES

Friday 19<sup>th</sup> April – Good Friday – CLOSED  
Saturday 20<sup>th</sup> April – Easter Saturday – CLOSED  
Sunday 21<sup>st</sup> April – Easter Sunday – CLOSED  
Monday 22<sup>nd</sup> April – Easter Monday – CLOSED  
  
Thursday 25<sup>th</sup> April – Anzac Day – CLOSED  
  
Monday 6<sup>th</sup> May – Labour Day - CLOSED  
  
Friday 31<sup>st</sup> May – Show Holiday - CLOSED

### WHEN CLOSED – CONTACT

Emergency - 000

Home Dr Service – 137425

Caloundra Minor Injuries Clinic, West  
Terrace, Caloundra – 5436 8933

SCUH Emergency – Doherty Street,  
Birtinya – 5202 2255

### OUR DOCTORS:

- Dr Amir Akram
- Dr Dan Bower
- Dr John Fogarty
- Dr Deborah Vercoulen
- Dr Tony Moor
- Dr Christelle Greeff
- Dr Geoff Broad
- Dr Venera Edwards
- Dr Jonathan Jing

Happy  
Easter to all  
our  
wonderful  
patients

