

SPRING 2019 NEWSLETTER

PINKTOBER – BOOK FOR YOUR BREAST CHECK. HELP US FUNDRAISE FOR MCGRATH BREASTCANCER NURSES BY MAKING A DONATION AT RECEPTION AND GO INTO THE DRAWER FOR A MASSAGE WITH EMBODY MOVEMENT

Here at Ocean Wave Medical we have 10 permanent Doctors, female and male to meet all your medical needs.

Profiles of our Doctors

DR AMIR AKRAM, MBBS, FRACGP

Dr Akram has lived and worked on the Sunshine Coast since 2003 and has worked extensively in hospitals in Melbourne and general practices in QLD. He is part of the RACGP Training Program and is a Senior examiner for RACGP. Dr Akram is accredited as a Supervisor for GP Registrar's through James Cooks University.



Specialities: Family Medicine, Skin Checks and Minor Procedures, Travel Vaccinations, Implanon, Aged Care, Chronic Disease Management, Cardiovascular health, Employment Medicals & other Health Medicals, Workcover & Injurynet Doctor. Minor fracture management.

Dr Akram speaks English and Bengali. Welcoming new patients and is available Monday to Friday and some weekends.

DR DEBORAH VERCOULEN, MBBS(USYD), MIPH, FRACGP

Dr Vercoulen has a family planning certificate in women's health with a Diploma in Child Health. Dr Vercoulen was trained at the University of Sydney and joined us in 2013 after practising in Northern Territory. Dr Vercoulen is accredited as a Supervisor for GP Registrar's through James Cook University.



Specialities: Implanon, All women's health including Cervical Screening Test & Breast checks and contraception. Ante-natal Pregnancy Shared Care & Postnatal checks. Baby and Children's health checks and immunisations. Skin Checks and Minor procedures. Children's developmental checks. Iron Infusions.

Dr Vercoulen is available Tuesday, Wednesday, Thursday, Friday and some Sundays.

DR JOHN FOGARTY, MBBCH (Belf.), FRCS

Dr Fogarty has lived on the Sunshine Coast since 2000 when he joined our Practice. He studied medicine in the UK.



Specialities: All General Practice. Skin Checks & Minor Procedures. Chronic Disease Management. Diabetes management. Asthma. Employment Medicals. Workcover and Injurynet.

Dr Fogarty speaks English and some Italian. Dr Fogarty is available from early Monday to Friday and some weekends

DR CHRISTELLE GREEFF, MBChB, FRACGP

Dr Greeff was qualified in Pretoria, South Africa and gained her Fellowship in General Practice in Brisbane, Australia.

Specialties: Implanon. All women's health including Cervical Screenings & Breast checks and contraception. Pregnancy Shared Care & Postnatal checks. Baby and Children's health checks and immunisations. Venesections. Preventative Health.

Dr Greeff speaks English and Afrikaans and is available Wednesday and Friday till late.



DR TONY MOOR, MBBS, FRACGP

Dr Moor was trained at the University of Queensland. Dr Moor has lived and worked on Sunshine Coast for 25 years. He was Senior Medical Officer and Director of Emergency Medicine at Caloundra Hospital until 2003, when he commenced general practice.

Specialities: Aged Care, Palliative Care - Visits Nursing homes. Cardio Thoracic Medicine. Skin Checks & Minor Procedures. Venesections. Iron Infusions. All general medicine.

Dr Moor is available: Monday (late shift), Tuesday, Thursday, Friday and some Sundays.



DR VENERA EDWARDS, MBBS

Dr Venera Edwards has special interests in women's and children's health and preventative medicine.

Specialities: All women's health including Cervical Screenings & Breast checks and contraception. Children's health checks and immunisations. Skin Checks & Minor Procedures. Travel Vaccinations. All family medicine.

Dr Edwards speaks English and Russian and is available Monday, Tuesday, Thursday.



DR GEOFF BROAD, MBBS

Dr Broad was trained in Queensland and has been practising for over 30 years in Queensland.

Specialties: Recreational Dive Medicals. Pre-employment and Company Medicals. Travel Vaccination. Skin Checks & Minor Procedures. Children's immunisations and checks. Male Health Checks. All family medicine.

Available: Tuesday, Wednesday (till late), Thursday, Friday till (late)



DR JONATHAN JING, MBBS, FRACGP, AMC

Dr Jonathan Jing has been with Ocean Wave Medical since moving from Gympie in 2016. Dr Jing obtained his fellowship with the RACGP in 2012.

Specialities: Health Checks 40-49 and 45-49yr olds. Healthy Heart checks. Travel Vaccination. Skin Checks and Minor Procedures. Workcover and Injurynet. Employment Medicals. Implanon. Children's checks and immunisations. All Family medicine.

Dr Jing speaks English and Mandarin and is available: Monday, Tuesday, Thursday, Friday and some weekends.



Dr ANNIE GEORGE, MBBS, DRANZCOG

Dr Annie George will joined us Full-time from 22nd July, 2019 and is working Monday to Friday and some weekends, accepting new patients.

Dr George completed her medical training at the University of Queensland and has spent four years working in local Sunshine Coast hospitals before embarking on her career as a general practitioner.

Dr George has a diploma of Obstetrics and Gynaecology and is experienced in both antenatal and postnatal health. Her special interests include women's health, diabetes management, skin checks and minor procedures.

Specialities: Female Health checks including cervical screening, breast checks, contraception. Implanon. Pessary change overs. Antenatal pregnancy care and postnatal checks. Children's health checks and immunisations. Skin Checks and Minor Procedures. Iron Infusions. Travel vaccinations. All family medicine.



DR DANIEL BOWER , MBBS

Dr Dan Bower joined Ocean Wave Medical in January and is welcoming new patients. 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, Dan 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 2018 to work as a General Practitioner.

Specialities: Skin Checks and Minor surgical procedures. Employment medicals. Travel vaccinations. Men's preventative health checks including 40-49 and 45-49 health checks. All family medicine.

Available: Monday, Tuesday, Wednesday, Thursday and some weekends.



Dr Zoe McNally , MBBS FRACGP (Regular Locum)

Dr Zoe McNally graduated from the University of Queensland Medical School in 1999, and completed her general practice training in 2007. She has served as the Clinical Director of BreastScreen Sunshine Coast.

Dr McNally enjoys working with patients with a range of needs. Her special interests include family medicine, women's health, breast medicine, sexuality and gender.

Dr McNally is a Locum doctor that covers for our permanent doctors leave. She is accepting new patients and is available from the 21st of October until the 22nd of November Monday to Friday.



SPRING IS SKIN CANCER CHECK TIME HERE AT OCEAN WAVE – BOOK NOW!



**Book now for your annual SKIN CANCER CHECK with
your regular doctor**

\$115.00 with a Medicare rebate of \$73.95, bulk billing available for eligible patients

EARLY DETECTION OF SKIN CANCER

- It's important to be familiar with your skin and what is normal, so you can detect any abnormal changes.
- If you notice anything unusual such as any changes in the shape, colour or size of a spot, or the sudden appearance of a new spot, it is important to visit your GP as soon as possible.

What is skin cancer?

Skin cancers form as a result of ultraviolet (UV) radiation damage to skin cells. The three main types of skin cancer include:



- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma



Cancer council recommends all adults (particularly those aged 40 and over) should:

- Become familiar with their skin
- Check **all** areas of skin (even areas not normally exposed to sun)
- Keep an eye out for any changes in size, shape, or colour in current spots and the development of new spots
- Ask others to check difficult-to-see areas
- If you notice any changes in your skin, photographs are a great way to keep record of any changes over time

If you are concerned about any changes in your skin, see your GP.

Consumer Guide to Skin Clinics and further information is available at: www.sunsmart.com.au

FREE SHINGLES VACCINE – Are you aged 70 years you are eligible for a one off Shingles (Zostavax) Vaccination. For patients aged 71-79 years there will be a catch-up program.

What is Shingles?

Shingles is a painful rash caused by the varicella-zoster virus which is the same virus that causes chickenpox.

The shingles rash develops into itchy blisters usually occurring on one side of the body either on the face, chest, back, abdomen or pelvis, and can take several weeks to settle.

97% of adults have the virus that causes shingles within them. Shingles is unpredictable and affects 1 in 3 people in their lifetime. The incidence and severity of shingles increases with age.



TRAVEL VACCINATIONS

Travel vaccines are in stock now

Book your appointment today!

YELLOW FEVER VACCINATION IS COMPULSORY FOR MANY COUNTRIES AND CAN ONLY BE DONE BY AN ACCREDITED TRAVEL VACCINATION CENTRE.

THAT'S US!!!



If you are travelling for Xmas holidays now is the time to book in with one of our Doctors for them to advise on what your requirements are before travel. Some vaccinations need to be started well in advance to ensure your coverage.

TOP 10 - Frequent Travel Destinations

For Australians where immunisations and malaria prevention may be recommended

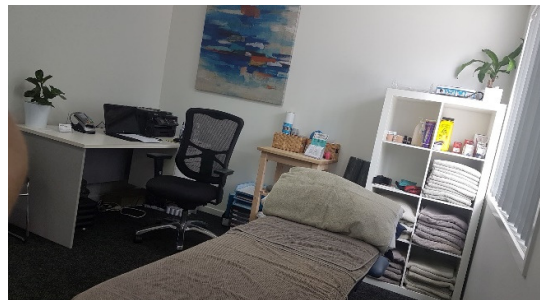
- 1. Indonesia**
Hepatitis B, Hepatitis A, Malaria, Typhoid, Rabies, Japanese encephalitis
- 2. Thailand**
Hepatitis B, Hepatitis A, Malaria, Typhoid, Rabies, Japanese encephalitis
- 3. China**
Hepatitis B, Hepatitis A, Malaria, Typhoid, Rabies, Japanese encephalitis, Polio
- 4. Singapore**
Hepatitis B, Hepatitis A, Typhoid, Rabies
- 5. Fiji**
Hepatitis B, Hepatitis A, Typhoid, Rabies
- 6. Malaysia**
Hepatitis B, Hepatitis A, Malaria, Typhoid, Rabies, Japanese encephalitis
- 7. Hong Kong**
Hepatitis B, Hepatitis A, Typhoid, Rabies
- 8. Vietnam**
Hepatitis B, Hepatitis A, Malaria, Typhoid, Rabies, Japanese encephalitis
- 9. North Africa and the Middle East**
Hepatitis B, Hepatitis A, Malaria, Typhoid, Rabies, Polio, Meningococcal disease, yellow fever
- 10. India**
Hepatitis B, Hepatitis A, Malaria, Typhoid, Rabies, Japanese encephalitis



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

Embody Physiotherapy Phone 53379853 to book. David Morgan Podiatrist 1300 288 365 to book. Both on site at Ocean Wave Wellness Centre. Parking at rear of OWWC.

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



Embody Physio

DUSK TILL DAWN SLEEP Poor Sleep and the effects on your body – Heart

Dusk till Dawn
SLEEP CENTRE



Blood pressure decreases during normal sleep. But if you're not getting enough, your blood pressure stays elevated for longer periods. This could lead to chronic hypertension, which is one of the leading risk factors for heart disease and stroke. Disrupted sleep, as seen in sleep apnoea, is also problematic. 'When you have those constant disruptions in breathing, you get big fluctuations in blood pressure, which are a strain on the heart and can also contribute to high blood pressure and other kinds of heart disease'. Lack of sleep can negatively affect the heart indirectly, too, by leading to unhealthy eating, high stress levels and decreased motivation to exercise – all of which can contribute to heart disease.

Dusk till Dawn Sleep Centre has a team of highly qualified and experienced Sleep Scientists and Sleep Physicians involved in our Reporting; combined with our caring and understanding staff, we offer a professional approach to the treatment of Sleep disorders. Dusk till Dawn Sleep Centre is your Resmed contracted preferred DVA provider.

**Please note, you will require a referral from your GP for a Sleep Study.
Please call us on 54556622 for enquires and appointments.**

Mothers and Babies our speciality

Are you an expectant Mum, or a new Mum. Did you know our Doctors offer ante-natal and postnatal care for Mums and are accredited with Sunshine Coast University Hospital for shared care. All pregnant Mums are eligible for a FREE Government funded Whooping Cough vaccination and also an influenza vaccination.



Baby Checks & Immunisations - For your babies we offer regular weigh and measures and health checks with our Nurses and Doctors. Children's Immunisations are done by our highly trained nursing staff, where we use two nurses at a time for immunising to make the experience less traumatic for your child.



Our Physio Christina from Embody Physio specialises in Women's Health and offer Mums post-baby checks including post-natal concerns such as rectus diastasis. Also helping with pregnancy pain. Mums and Bubs Pilates classes are run by Exercise Physiologist Alicea Dwyer.

All expectant Mums or new Mums for first year are eligible for 3 counselling sessions with our Psychologist Cornelia Bam, ask your Doctor for a referral.

RECIPE OF THE MONTH



Jody Pollard from Total Nutrition Dietetics available here at Ocean Wave Medical or home visit available upon request. Accepting EPC, DVA and PRIVATE PATIENTS with Private health fund rebates.



Slice - (Makes 6-8 slices)
4-6 Eggs
1/4 cream or milk (low fat or full cream)
1/2 cup SR Flour (sifted)
1 tsp baking powder
2 tsp mustard (wholegrain or Dijon)
1-2 cups veg (grated carrot, zucchini, pumpkin, corn, sliced spinach, chopped cherry tomatoes)
1/4 cup grated cheese (can be a mix of tasty/cheddar parmesan, or choose

low fat)

1/4 cup of bread crumbs or polenta

1 onion diced & 2 rashers bacon diced (optional, fried in 2tsp oil)

• *Variations: add any combination of pumpkin, spinach, feta, leftover meat, chicken, salmon, pesto, sliced or cherry tomatoes on top before cooking*

Method

1. Preheat oven to 180°C (160°C fan forced)
2. Prepare a pan (Can be rectangle or square approx. 20cm square, or individual muffin tins) Spray lightly with oil then sprinkle with breadcrumbs or polenta to form a non-stick crust
3. Mix all grated/chopped vegetables with grated cheese, and bacon mix if using, in a bowl. Stir through sifted flour and baking powder
4. In a separate whisk together eggs, cream/milk & mustard then mix wet ingredients into vegetable mix
5. Pour mix into prepared pan
6. Cook in oven for 25 mins or until just cooked through with slight golden top. Cooking time will depend on size of pan. Muffin size will take 10-15mins. Let it stand in pan for 10mins before cutting slices
Gluten Free – Substitute flour and baking powder for GF options, or omit totally and increase amount of eggs. Use polenta or GF bread crumbs instead of bread crumbs, or omit and grease tray with extra oil

Jody Pollard – Total Nutrition Dietician

Phone: 0402 225 732 to book

Email: jody@totalnd.com.au

Website: www.totalnd.com.au

DIABETIC EDUCATOR – JESSIE GEORGE

Jessie George is a Credentialed Diabetic Educator available on Fridays at Ocean Wave Medical.

Special interests are: patients newly diagnosed with T2 Diabetes and T1 Diabetes, poorly managed Type 2 Diabetes with suboptimal glycaemic control and Women with Gestational Diabetes (GP shared Care).

Jessie assists patients with commencing Insulin and ongoing management with Insulin titration within scope of practice.

Accepting DVA D904 referrals. EPC Referrals, no gap for pensions, \$10 gap for non hcc holders. Private rebates available. Talk to your Doctor today for a referral. Call Jessie to book your appointment on 0451 246 070



A denture break is a scary situation...

Today's dentures are designed and made to last longer than expected. Nonetheless, dentures can still break, become loose, ill-fitting or crack. There are a couple of different factors that can lead to a denture breaking.

General wear and tear: This is a gradual process that occurs over time. If you have the same set of dentures for a long time, they undergo the stress cycles, pressure from chewing, exposure to acidic foods and shifts in temperature and they gradually start to wear down and can develop fatigue cracks. We advise our patients to get a new set of dentures every 5-7 years.

Dropping dentures: People drop dentures more frequently than they would like to admit. Dentures are made from extremely durable material, however, in some unfortunate circumstances dentures simply fall and break. To avoid breakage, we advise our clients to scrub the dentures over a towel, or a sink filled with water.

Dentures that break in the mouth: The bone structure supporting the face and the dentures may over time continue to resorb or "shrink" this may result in an ill-fitting denture. Sometimes a severe loss in body weight is also reflected first in the mouth, because of this change in tissue structure the dentures will also become loose. If a denture splits down through the palate it is a good indication that the supporting structures have changed and no longer supports the base of the denture, a reline/remake of the denture is needed. This also applies for break in a lower or mandibular denture.

What do I do if my dentures break?

It is very important that denture repairs be done by a professional laboratory. Attempting to fix the dentures yourself may in fact end up costing you more. Contact your nearest Denture clinic for help.

Can I repair them myself?

This is highly discouraged since this may lead to more harm than good. This may cost you more than what you initially should be charged for. Do not attempt to use superglue. It won't bond well with your dentures, may cause gum inflammation, and may damage them further.

Are they difficult to repair?

This depends on the kind of break it has:

For a small chip, we can easily smooth them in our clinic.

For a broken or cracked tooth: we will need to have it sent to our laboratory where they will match the new tooth to the rest of the denture... and in the case of a metal denture, laser soldering may be required to offer reinforcement and extra support.

Where can I get my dentures fixed?

Book your appointment in one of our clinics (Caloundra or Buderim). Andre and Pierre will look after you and provide the best possible option.

How Can I avoid needing a repair?

Maintaining the integrity of your dentures, is your first option. It is essential that dentures are kept clean and taken care of following a daily basic cleaning routine. Check our useful tips on our website: <https://www.customdentureclinic.com/how-to-clean-your-dentures>

We recommend that you have your denture fit checked on a yearly basis. The prosthetist will be able to detect a poor fit or change in your facial structure and offer the appropriate treatment to avoid reaching the stage of your dentures breaking.



YOUR DENTURE
CARE
PROFESSIONALS ON
THE SUNSHINE
COAST

OFFICE HOURS
CALOUNDRA
Monday to Friday
9:00 - 12:00

BUDERIM
Monday to Friday
8:30 - 4:30

CONSULTATIONS
Monday to Friday
8:30am - 4:00pm
ON BOOKING

For more info & to book
your appointment,
please call us on
5492 7422

- ✓ No referral needed
- ✓ Quality work 100% Australian made
- ✓ HICAPS on-the-spot fast claims for private health patients
- ✓ My Smile Plan for interest free payment plans
- ✓ DVA patients are welcome
- ✓ Wheelchair access
- ✓ Mobile service on request
- ✓ Customer Service & follow up guaranteed if needed.

SERVICES OFFERED AT OCEAN WAVE MEDICAL

CORNELIA BAM (PSYCHOLOGIST)

Appointments with Cornelia are available Monday to Thursday and Saturdays Ph 5491 9044 to book

QML PATHOLOGY

Open Monday to Friday 8:00am – 12:00pm, then 1:00pm – 4:30pm. Saturdays 9:00am – 12:00pm

CUSTOM DENTURE CLINIC

Monday to Friday Ph 5491 9044 to book

DUSK TILL DAWN SLEEP CENTRE

Monday to Friday Ph 5455 6622 to book

IMPACT AUDIOLOGY – DENDRA COLE

Saturdays by appointment Ph 3289 5563 to book

DIETITIAN – JODY POLLARD

Ph 0402 225 732 to book, accepting care plans.

DIABETIC EDUCATOR – JESSIE GEORGE

Ph 0451 246 070 to book

OCEAN WAVE WELLNESS CENTRE – 27 MAYES AVE

PHYSIOTHERAPIST Embody Movement Physio & Embody Movement is open Monday to Friday, to book phone 53379853.

PODIATRIST David Morgan Podiatry is open Tuesday to Thursday Ph 1300 288 365 to book

BOOK ONLINE 24/7 – Don't wait till we open in the mornings you can book your appointment now by visiting our website:

www.oceanwavemedical.com.au – select the GREEN

ICON at top of page then book with your regular Doctor.



If you are needing to book with a Nurse for Procedure, Immunisations, Care Plans etc, you will need to phone reception on 54919044 to book in nurse and doctor.

LIKE US ON FACEBOOK to keep up to date with

all health notifications - <https://www.facebook.com/oceanwavemedical/>



OPENING HOURS

Monday, Wednesday, Friday 7.30am to 6.30pm

Tuesday & Thursday 7.30am to 5.30pm

Saturday 8.30am to 4.30pm

Sunday 8.30am to 1.00pm

CLOSED PUBLIC HOLIDAYS

Our Doctors:

- Dr Amir Akram
- Dr Daniel Bower
- Dr Geoff Broad
- Dr Venera Edwards
- Dr John Fogarty
- Dr Christelle Greeff
- Dr Annie George
- Dr Jonathan Jing
- Dr Tony Moor
- Dr Deborah Vercoulen
- Dr Zoe McNally