



**OCEAN
WAVE
MEDICAL**
Excellence in Family Medicine

WINTER 2019 NEWSLETTER

Welcoming new female GP's:

Dr Annie George

Dr Annie George will join us **Full-time from 22nd July 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.

Available from 22nd of July 2019.



Dr Dora Hu

Dr Hu graduated from Medical School at The University of Melbourne. Before she began her career as a general practitioner, she worked as a research scientist in the public health sector.

Dr Dora Hu has a special interest in women's and children's health and dermatology. She has experience working in the Dermatology Department at St Vincent's Hospital and can perform skin checks and minor procedures; Dr Hu has obtained her diploma in Child Health through the University of Sydney.

Dr Hu is accepting new patients for skin checks and minor procedures, and women and children's checks. She will be available from 3rd June 2019 on Monday, Tuesday, Wednesday, Thursday and some weekends.



Dr Zoe McNally

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 accepting new patients and is available from the 16th of June 2019 Monday to Friday.



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



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

Dr Dora Hu & Dr Amir Akram are also

Accepting NEW PATIENTS

For SKIN CANCER CHECKS

\$115.00 with a Medicare rebate of \$72.80

(unless an aged pensioner over the age of 65)

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



Self-Examination:

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.

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

Melanoma and *Common Skin Cancers* booklets are available from cancervic.org.au/store

FLU VACCINE UPDATE

Private Flu vaccines are in stock now

Book your appointment today!



Annual vaccination is the most important measure to prevent influenza for all people aged 6 months and over.

When is the best timing to get the flu vaccine?

The timing of vaccination is aimed to achieve the highest level of protection during the peak influenza season between May and September. Vaccination from April provides protection before the peak season is in full swing, as the best protection against influenza occurs within the first 3-4 months after being vaccinated.

It's never too late to vaccinate – influenza can circulate all year round!

Who are eligible for a Government funded flu vaccine?

- All children from 6 months to less than 5 years of age
- Pregnant women
- All Aboriginal and Torres Strait Islander people aged 6 months and over
- All individuals aged 6 months and over with medical conditions predisposing them to severe influenza
- Adults aged 65 years and over

If you do not meet the government funded criteria, we have private stock available at \$20 per vaccine

The 2019 seasonal influenza vaccines for the southern hemisphere include the following strains:

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

How do you prevent the flu?

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

2019 CHILDHOOD IMMUNISATION – INFLUENZA



The 'Call to Arms' campaign is a call to parents to immunise their children aged 6 months to under 5 years against this year's flu.

Influenza is the leading cause of hospitalisation for children under five years

The vaccine is safe and free for children aged 6 months – under 5 years

Annual vaccination is the best form of protection against the flu

Book in with one of our friendly GPs today!

RECIPE OF THE MONTH



Offering Dietetics here at Ocean Wave Medical or home visit available upon request.

Accredited Practising Dietitians (APDs) are the experts in food and nutrition, and the only allied health professionals recognised by Medicare to provide medical nutrition therapy. APDs translate scientific nutrition information into personalised, practical dietary advice. They can advise your patients on the specific nutritional management of many health conditions and assess their dietary pattern against age appropriate recommendations. Nutrition intervention can considerably improve patient outcomes and should be reviewed by an APD periodically to ensure your patients' needs are met.



Jody Pollard – Total Nutrition Dietician

Phone: 0402 225 732

Email: jody@totalnd.com.au

Website: www.totalnd.com.au

Quinoa Muffins (makes 18 muffins) – Gluten free

- 1 cup uncooked quinoa
- 1 tsp stock powder or cube
- 2 cups vegetables e.g. zucchini, carrot, pumpkin, spinach, tomato
- 3 eggs
- ¼ cup greek yoghurt
- ½ cup parmesan
- 2 tbs Italian herbs (or herbs and spices of your choice)



Method:

1. To prepare quinoa: rinse the quinoa thoroughly under water. Place in saucepan with 2 cups of water and stock. Bring to boil, then simmer, stirring until all water is absorbed. Set aside to cool.
2. Preheat oven to 180°
3. In a bowl combine all ingredients.
4. Spoon ¼ cup of mixture into greased muffin pans. Cook in oven for 15mins or until set. (Use less mixture if using mini muffin pan)
5. Cool slightly in tray before removing.

Nutrition Info	(per muffin)
Protein	3g
Fat	2g
Carbohydrate	3g
Sodium	62mg
Energy K	188Kj
Cal	45cal

Dairy Free – omit yogurt and cheese. Add 1 extra egg if you feel mixture is too dry

- Quinoa is gluten free, wholegrain, high in protein and contains all 9 essential amino acids, it's also an excellent source of fibre and vitamins, minerals and antioxidants
- For diabetics, quinoa is a good low GI choice, and a good protein alternative for vegetarians and vegans
- These quinoa muffins are great for breakfast, lunch or dinner, delicious warm or cold and served with chutney. They freeze and reheat well



Nutrition Dietitian

0402 225 732

We can help with Medical Nutrition Advice, Dietitian Consultation, Meal Plans and Diet Nutrition Analysis. Call for an appointment today ☺



Follow us:

Total Nutrition Dietitian

July 2019 Medicare Rebate Increase and Fee Changes

As of 1st July, 2019 Medicare will be increasing the rebate paid on services. We have also reviewed our fees and for the first time in 2 years there will be a small increase to some consultations.

Private Fees will be for standard consult \$78.00, rebate \$38.20, gap \$39.80

Long Consultation and New Patients \$115.00, rebate \$73.95, gap \$41.05

After Hours Fees before 8am weekdays, after 1pm Saturday and Sunday* (*no bulk billing)

Standard Consult \$110.00, rebate \$49.80, gap \$60.20

Long Consult and New Patients \$150.00, rebate \$85.30, gap \$64.70

Psychologist Fees will also change on 1.7.19

Visit with MHP in place will be \$130, rebate of \$86.95, gap \$43.05

FEE POLICY

Ocean Wave Medical is a mixed billing practice. We offer bulk billing to aged pensioners and children 15 years and under Monday to Saturday. Health Care Card Holders are eligible for bulk billing Monday to Saturday from 2nd visit. Sunday is Private Billing only.

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.

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

Our Doctors:

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

