



OUR OPENING HOURS HAVE CHANGED

Monday, Wednesday, Friday 7.30am to 6.30pm. Tuesday and Thursday 7.30am to 5.30pm.

Saturday 8.30am to 4.30pm. Sunday 8.30am to 1.00pm

SUNDAY NO BULK BILLING AVAILABLE

SPRING TIME – beautiful time of year here on Sunshine Coast. Also a good time to give our health a spring clean.

Ways you can **SPRING CLEAN YOUR HEALTH**

SKIN CHECK – you should be having an annual Skin Check with your Doctor. Book now!

FREE Health Assessment

- Over 75 years you are eligible for a Health Assessment yearly
- 40-49 years of age – book in for a health assessment to check your diabetes and chronic disease risk
- Aboriginal & Torres Strait Islander Patients – eligible for yearly health assessment
- Diabetic Patients – book in for your yearly Diabetic Annual Cycle of Care

HEARING CHECK – Our onsite Audiologist Dendra from Impact Hearing offers FREE yearly hearing tests.

Hearing Tests are available from 3 years of age and everyone over 55 years should be having them done yearly. Ph: 3289 5563

MEDICATION REVIEW - Are you on 5 or more medications? if so you should be having a yearly Home Medicine Review with Pharmacist. Ask your Doctor for a referral and the Chemist will visit you and report back on recommendations.

DIETITIAN – book with our onsite Dietitian to assist you with your healthy eating plan. Jody from Total Nutrition Dietetics can assist with weight management, meal plans, nutritional advice, dietary management of health conditions. Private appointments without referral. DVA with referral and Care Plans accepted with \$10 fee per visit. Ph: 0402 225 732

INCREASE YOUR EXERCISE – Walking is one of the cheapest and best forms of fitness for us all. Benefits of walking – Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training.

SENIORS FITNESS AND NUTRITION CLASSES for over 55's at Resolve Fitness (Caloundra RSL West Terrace). These are sponsored by Sunshine Coast Council at a cost of \$2 and held every Wednesday 9.30am to 10.30am and 10.30am to 11.30am. Also after these classes on the first and third Wednesday of the month they offer a free morning tea and Recipe demonstration and sample tasting by our Dietitian Jody Pollard. Visit www.sunshinecoast.qld.gov.au and search Seniors for many other exercise options available around the Coast.

FREE ZUMBA - Zumba at the Amphitheatre, also sponsored by Sunshine Coast Council. Healthy Sunshine Coast is offering a fun, effective cardio-based workout that suits everyone. For all ages and levels of fitness, Zumba will be loads of fun for everyone. Zumba will start again at the Amphitheater on Tuesday 9 October 2018 from 5 to 6pm. Bring towel and drink bottle

CHANGES TO NICKLIN WAY – BOWMAN RD – CALOUNDRA RD ROUNDABOUT

The Department of Transport & Main Roads have notified us of upcoming changes to the big Roundabout entering into Caloundra (Nicklin way). From September work will begin on adding Metering Signals at all 4 entrances of the roundabout. These will be switched on during peak times to allow traffic flow to improve, especially when exiting Caloundra CBD. **On back page of this newsletter is their explanation of how this will work.**

Audiologist, Dendra Cole (FREE YEARLY HEARING TESTS AVAILABLE)

Dendra Cole from Impact Hearing is a qualified Audiologist Accredited with audiology Australia, Member of independent Audiologists Australia (IAA) and director of Impact Hearing.

Impact Hearing Services:

***Free Hearing Screenings Children and adults**

- Diagnostic Hearing assessments children and adults
- Pre- Employment medical and Workcover hearing assessments
- Assistive Listening Devices
- Custom or "Ready-made" swim, noise or music plugs
- Tinnitus solutions
- Hearing Aids- All brands available



Private Clients (Health fund rebates available) OHS (Office of hearing services)
DVA (Dept of Veteran Affairs) Eligible client services and care plans are available as applicable

Appointments Available online → www.impacthearing.com.au or phone 3289 5563 or 0476 868 166

CORNELIA BAM (PSYCHOLOGIST)

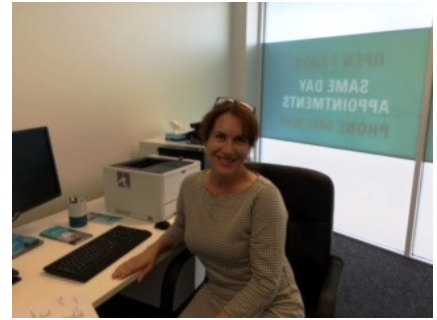
Cornelia is now offering Saturday appointments for those who can't attend weekdays.

Consult with eligible MHP \$120 per visit with Medicare Rebate of \$84.80 Medicare (done at time of session).

Private Consults \$160 which can be claimed through eligible private health funds.

Workcover and DVA patients no upfront costs.

Also offering 3 FREE MEDICARE FUNDED Counselling sessions for pregnant and postnatal Mums. Ask your Dr for a referral today. Phone 54919044 to book with Cornelia or can be done online.



DAVID MORGAN PODIATRIST

David is available Tuesday and Thursdays and other times by appointment. Offering all your foot care needs. Accepting Care Plans. DVA. Private patients.

Phone: 1300 288 365



Dusk Till Dawn Sleep Centre at

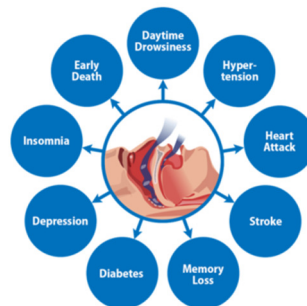
Ocean Wave Medical in Suite 6

To book your appointment phone 5455 6622 and let them know you want to come to their Caloundra Sleep Clinic. FULLY BULK BILLED SLEEP TESTS in your own home.

Dusk till Dawn
SLEEP CENTRE



What are the potential effects?



Sleep Apnoea

Your airway collapses, stopping air from travelling freely to you from your lungs and disturbing your sleep.

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

Care Plan will have a gap fee of \$10 per consultation.

Private patients are welcome and health rebates available.

DVA patients bulk billed.



Contact Jody Pollard on - 0402 225 732 or

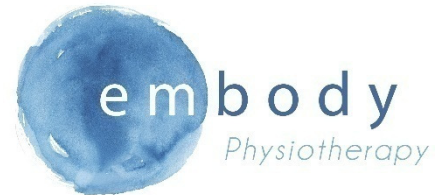
jody@totalnd.com.au

WEBSITE: www.totalnd.com.au

PHYSIOTHERAPIST

Offering all Physiotherapy Services here 5 days a week.

Company pre-employment medicals and Workcover also offered.



We offer several Physiotherapy services for our clients throughout their pregnancy or after birth. It is an amazing journey, but is also a time that can be challenging for our bodies, and we are here to assist with any concerns or questions that you may have.

- **GAP FREE Physiotherapy assessment of Rectus Diastasis** (abdominal separation) or pelvic floor concerns after birth. (for those without private health- \$35 fee applies).

Pilates classes now starting for new Mums as well. Are you looking to return to exercise after your new bub? MUMS & BUBS pilates classes starting 9.30am Wednesdays.

Using our Equipment Pilates Studio and guided by our qualified Physiotherapist, these classes focus on strengthening the muscles that assist with rectus diastasis, pelvic floor weakness and help to safely strengthen your body again.

This class is \$25 and Health Fund Claimable. Appropriate for mums of bubs not mobile yet (pre-crawling).

Call Rachel on 0401 263 516 or visit www.embodymovement.com.au

OUR DOCTORS: Dr Amir Akram, Dr Deborah Vercoulen, Dr John Fogarty, Dr Christelle Greeff, Dr Tony Moor, Dr Venera Edwards, Dr Geoff Broad, Dr Maria Adan-Bautista, Dr Jonathan Jing, Dr Alison Roper

MY HEALTH RECORD UPDATE

This year, you will get a My Health Record, unless you choose to opt out. Every Australian will be offered a My Health Record unless they choose not to have one during the three month opt out period that will run from **16 July to 15 October 2018**.

My Health Record will over time bring together health information such as medical conditions, medicines, allergies and test results into one place. It's your choice who sees your My Health Record and what's in it. You can choose to share with the healthcare providers involved in your care. By allowing them to upload, view and share documents, they will have a more detailed picture with which to make decisions, diagnose and provide treatment.

During the opt out period individuals who do not want a record will be able to opt out by visiting the [My Health Record website](#) or by calling 1800 723 471 for phone based assistance.

Ocean Wave Medical is already offering to upload patients My Health Records. Talk to one of our Nurses about how you can have your record uploaded.

Visit: myhealthrecord.gov.au for more information



BOOK YOUR APPOINTMENT ONLINE



Did you know you can book your appointment 24 hours a day, 7 days a week by visiting our website and clicking on the green link.

QML Pathology - open Monday to Friday 8am to 12 noon, then 1pm to 4.30pm. Saturday 9am to 12

Psychologist – Monday to Thursday and Saturday Ph 54919044

Custom Denture Clinic – Monday to Friday Ph: 54927422

Physiotherapist - Embody Physio. Monday to Friday Ph 0401263516

Podiatrist - David Morgan. Tuesday and Thursdays Ph 1300 288 365

Dietitian – Jody Pollard, Total Nutrition Dietetics, Monday and home visits. Ph 0402 225 732

Dusk till Dawn Sleep Centre – Monday to Friday Ph phone 5455 6622

DENTURE CARE...

People who have dentures often do not go to the dental professional for many years, and sometimes never. The common conception is "Why should I go... I don't have any of my own teeth left?". Little do they know that the dentures they wear may be harbouring harmful and sometimes deadly bacteria, viruses and fungi.

The acrylic resin that dentures are made of, are porous by nature and over time will absorb saliva and bacteria. Bacteria thrive in a warm moist environment, so a denture is a perfect place for them to survive and live in. Hey! they also get free food... 😊

Many people brush their dentures with toothpaste thinking that it must be the best method. In fact, toothpaste is very abrasive and is the worst thing to use. It will remove the high shine that the dentures had when they were first issued to you, creating a rough surface which provides a perfect place for bacteria to hang on to and accumulate.

Another common condition is xerostomia or dry mouth. This is a lack of saliva often caused by medication or radiation therapy. In this case, the mouth cannot be cleaned naturally by the saliva and often leads to bad breath, bacteria build up and denture Stomatitis (a swelling of the denture bearing tissues).

It is now a recognised fact that many systemic and chronic diseases may be linked to old and dirty dentures.

Common bacteria found in dentures may be; Staphylococcus aureus, Streptococcus mutans, Klebsiella pneumoniae, Escherichia coli, Enterococcus faecalis and MRSA being a deadly virus that causes pneumonia and can be breathed into your lungs if present in your dentures (commonly known as aspiration Pneumonia, a disease that is often fatal in older people).

Chronic gastric intestinal infections may occur among many other infections including Lung disease and Heart disease.

Fungi includes oral thrush caused by Candida albicans and *Angular cheilitis* (the continual cracking and often painful sores found at the corners of the mouths of denture wearers) are also often harboured by the dentures.

TIPS FROM THE DENTAL PROSTHETISTS...

- Always clean your dentures after meals if possible, and at least once a day but definitely before sleeping.
- Use a liquid soap or a denture cleaning solution available from your pharmacy to clean your dentures.
- Never use tooth paste to clean your dentures.
- Use a denture brush to do the scrubbing with.
- See your denture professional if you have sores or swelling in your mouth: the sooner the better.
- If your dentures are loose, have them relined. This will stop sores being formed in your mouth and avoid a pathway for the bacteria to enter into your bloodstream.
- Change your dentures after a 5-7-year period. This will get rid of any bacteria build up, will be more comfortable to wear and give you a better appearance. This upgrade will also keep you chewing better and allow you to eat a full variety of foods, in turn enabling you to have a better general health.

We are located in suite 1 of Ocean Wave Medical Centre...

Call us to book your free denture assessment now.

www.customdentureclinic.com



YOUR DENTURE CARE
PROFESSIONALS ON
THE SUNSHINE COAST

Office hours

CALOUNDRA
Monday to Friday
9:00 - 12:00

BUDERIM
Monday to Friday
8:00 - 4:00

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
- ✓ MySmilePlan for interest free payment plans
- ✓ DVA patients are welcome
- ✓ Wheelchair access
- ✓ Mobile service on request
- ✓ Customer Service & follow up guaranteed if needed.

OCEAN WAVE WELLNESS CENTRE - COMING SOON



We are expanding and opening a dedicated Allied Health Centre at 27-29 Mayes Avenue, adjacent to our carpark entrance. Ocean Wave Wellness Centre will have more types of Allied Health providers to give our patient's more options for better health, plus additional carparking for patients.

Work has begun to renovate and makeover 27 Mayes Avenue into our new Wellness Centre with opening January 2019.

Further works will also be completed at 29 Mayes Avenue where a new carpark will be built for additional car parking for both our Ocean Wave Medical Patients and the Clients of Ocean Wave Wellness Centre.







Watch this space for further updates and planned opening
Leasing enquiries to the Practice Manager

Caloundra roundabout metering signals

How they work

Motorists will notice a pair of metering signals at each entrance to the roundabout. These metering signals will have red and yellow phases – there will be no green phase. The metering signals will allow opportunity for the busiest approach to enter the roundabout. This will balance traffic delays and reduce excessive queuing.

-  **Yellow signal** = motorists (**orange vehicles**) are required to stop, unless it is unsafe to do
-  **Red signal** = motorists (**red vehicles**) are required to stop and wait for the signals to turn off.
-  **No signal** = motorists (**blue vehicles**) are not required to stop and may enter the roundabout. However, normal road rules apply and motorists are required to give way to all vehicles (**green vehicles**) already on the roundabout.

 **ROUNDABOUT SIGNAL SIGN** Electronic signs will alert motorists that the roundabout metering signals are in operation, even if only one set of signals is on.



Contact us

For more information about these works:

Phone: 5451 7055

Email: northcoast@tmr.qld.gov.au

Visit: www.tmr.qld.gov.au (search for 'Caloundra roundabout')

