

SUMMER 2020 NEWSLETTER

Merry Christmas to our valued patients at Ocean Wave Medical. We wish you well during the festive season and a Happy New year for 2021, from all the team at Ocean Wave Medical.

2020 has been a year of challenges for all of us and people worldwide. We are looking forward to a more normal 2021 and a world that is covid free. This xmas tree someone decorated in the health industry was to remember the year 2020 was and the changes and challenges we faced.

We look forward to being here for all our patients in 2021 offering all your health needs here at Ocean Wave Medical and at Ocean Wave Wellness Centre.



Christmas/New Year

We will be open all days, except the xmas weekend and public holidays

Thursday 24th December – 7:30am to 5.00pm (closing early)

Friday 25th December – CHRISTMAS DAY – CLOSED

Saturday 26th December – CLOSED

Sunday 27th December - CLOSED

Monday 28th December – BOXING DAY- CLOSED

Thursday 31st December - 7:30am – 5:00pm (closing early)

Friday 1st January – NEW YEARS – CLOSED



Need a Doctor over the Christmas break

National Home Doctor – 13 24 75

House Call Doctor – 13 55 66

MIIC, West Tce, Caloundra - Open 8am – 4pm Ph: 5436 8933

SCUH Sunshine Coast University Hospital – Ph:5202 0000

EMERGENCY 000



Ocean Wave Medical are welcoming three new female Doctors to our team

Dr Ruth McCracken joined our team on 25th November, 2020

Dr Ann-Marie Baker and Dr Lorna Alakahoon will join us on 18th January, 2020.

All are accepting new patients.

Dr Ruth McCracken

Dr Ruth, as she is happy to be known, has been a GP for over 30 years working in New South Wales with stints overseas then in Queensland most recently in Kenilworth.

Dr Ruth is especially passionate about preventative health and has been recently studying acupuncture.

Female Health, and all general practice services are offered by Dr Ruth.

Dr Ruth will be available on various days including some Saturdays and Sundays.



Dr Ann-Marie Baker

Dr Ann-Marie Baker joins us from 18th January 2021 as a long-term Doctor. She enjoys antenatal care, women's health, paediatrics, mental health and ongoing care of chronic diseases.

Dr Ann-Marie studied medicine at the University of Western Australia (UWA). She completed her internship on the Sunshine Coast then moved back to WA and worked at various hospitals in adult care, Obstetrics/Gynaecology and Paediatrics. She has worked as a GP Registrar in Aboriginal Health in WA.

Dr Ann-Marie has studied her diploma in Obstetrics and Gynaecology, as well as Paediatrics through the Child Health Program. Prior to her medicine career she enjoyed working as a Psychologist. Outside of medicine, she enjoys going for walks with her young children, playing tennis, travelling and dining out.

Dr Ann-Marie Baker returned to live on the Sunshine Coast in late 2019 with her young family and looks forward to being a permanent part of the Ocean Wave Medical team. Appointments available Monday, Thursday and Friday and new patients are welcome.

Dr Lorna Alahakoon

Dr Lorna Alahakoon joins us from 18th January 2021 and will be available 5 days a week.

Dr Lorna is originally from the Northern Territory and studied Medicine at James Cook University.

Dr Lorna has completed her Internship at Sunshine Coast University Hospital and is now completing her Fellowship of the Royal Australian College of General practitioners (FRACGP) as a specialist in General Practice with Ocean Wave Medical.



Dr Lorna enjoys women's health, paediatrics, and preventative medicine.

Appointments available Monday, Tuesday, Wednesday, Thursday and Friday. Dr Lorna is welcoming new patients.

CLINICAL PSYCHOLOGIST – CORNELIA BAM

Did you know in the latest budget MHP will now allow 20 subsidised visits with a Psychologist or Clinical Psychologist a year.

Talk to your Doctor regarding this.

Cornelia accepts MHP referral \$170 per visit with a rebate of \$128.40.

For Private Patients no referral required at \$170 visit and we now have a HICAPS machine to claim your private health rebate.

Treating emotional, and/or behavioural problems including:
Depression, Grief counselling, Anxiety, Stress, Panic attacks
Pre-natal and Post Natal, Trauma anger and aggression, Obsessions and compulsions, Sleep problems, Sexual problems, Relationship problems including Marriage Counselling (can be couple), Children counselling (divorce and separation)
Work cover & NDIS billed direct



SERVICES OFFERED AT OCEAN WAVE MEDICAL

CORNELIA BAM (PSYCHOLOGIST)

Appointments with Cornelia are available Monday to Thursday. 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. www.customedentureclinic.com

DUSK TILL DAWN SLEEP CENTRE

Monday to Friday Ph 5455 6622 to book. www.dusktilldawnsleep.com.au

DIETITIAN – JODY POLLARD

Ph 0402 225 732 to book, accepting care plans. www.totalnutritiondietitian.com.au

DIABETIC EDUCATOR – JESSIE GEORGE

Ph 0451246070

SUMMER SKIN CHECK - HAVE YOUR SKIN CANCER CHECK NOW AT OCEAN WAVE – BOOK NOW!



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

\$115.00 with a Medicare rebate of \$73.95

(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



When UV is 3 or above be SunSmart



MENS HEALTH

During November we promoted Movember which is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men's health awareness is an ongoing issue and we offer men's health check-ups with our Doctors.

Medicare Fund a number of health assessments for patients. Over 75's annual health assessment, 40-45years Pre-Diabetic check, 45-49 years Chronic Disease Check, Health Heart Checks and ABTSI checks. Talk to your Doctor about booking in for one of these free health checks with our Practice Nurse and your Doctor.

MEN'S HEALTH

Globally, men die on average six years earlier than women, and for reasons that are largely preventable. Which means that it doesn't have to be that way: we can all take action to live healthier, happier and longer lives.

1. Spend time with people who make you feel good.

Stay connected. Your friends are important and spending time with them is good for you. Catch up regularly, check in and make time.

2. Talk, more.

You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life-saving.

3. Know the numbers.

At **50**, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. If you are African American or have a father or brother with prostate cancer, you should be having this conversation at **45**. Know your numbers, know your risk, talk to your doctor.

4. Know thy nuts. Simple.

Get to know what's normal for your testicles. Give them a check regularly and go to the doctor if something doesn't feel right.

5. Move, more.

Add more activity to your day. Do more of what makes you feel good.

- Take a walking meeting
- Park further away from the station
- Get off the bus a stop or two earlier
- Instead of the elevator, take the stairs
- Cycle to work instead of driving





Summer is fast approaching and with the expected humidity the majority of us will be in and out of the pool and beach this season! Swimming is a great way to cool down but it can cause unexpected problems for adults and children's ears. Water can become trapped inside your ear for a variety of reasons, but if it stays there it can cause ear infections and pain. For some people these are reoccurring problems. Custom made swim plugs are a great choice to use when you're in the water all the time. They are sure to keep the water out of your ears and your enjoyment of summer at its prime.

At Impact Hearing we offer custom made swimming plugs. Please contact us on (07) 3289 5563 for an appointment to have some impressions taken and to place an order.

Christmas Opening Hours

Impact Hearing will be closed from Thursday 24/12/2020.

We will reopen on Monday 4th January 2021.

Please collect any batteries or book your hearing aids in for a service so that you can ensure your hearing aids are in perfect working condition for Christmas!

We wish you a Merry Christmas and look forward to enjoying 2021 with you!



EMBODY PHYSIOTHERAPY & EXERCISE PHYSIOLOGY

Suite 3 & Suite 6 at Ocean Wave Wellness Centre

Offering: Physiotherapy. Clinical Pilates, Circuit Pilates, Mat Pilates, Balance and Bones Classes, Seniors Strength and Fitness, Functional Fitness, Mums and Bubs Pilates, Pregnancy Pilates, Men's Fitness and Hydrotherapy

Visit their website www.embodymovement.com.au

Bookings only via phone on: 53379853

HEALTHY TIPS FROM OUR DIETITIAN JODY

New year is the time that we often reevaluate our health and wellbeing goals with the intention to optimise our habits towards better health. We usually call these New Years Resolution, which inevitably fall to the wayside not long after. The best way to modify long-term habits is to make modifications in small increments.

Here are 5 ideas to modify for healthy lifestyle habits. Introduce 1 a week or 1 a month, whatever works, but consistency is the key to creating good habits.

1. Start the day with a nourishing meal. If you like to have your first meal a little later in the day, that is ok, but a good rule for your first meal/snack of the day is to include whole, unprocessed foods. A combination of protein (eggs, yoghurt, milk) fruit or vegetables and wholegrains. e.g. yoghurt, fruit and low sugar granola or poached eggs, avocado, tomato on wholegrain toast. Avoid high sugar low fibre cereals or a coffee only breakfast.

2. Aim for 5 serves of vegetables a day. 1 serve = ½ cup of cooked veg and 1 cup of raw/salad vegetables. Mushrooms and spinach in an omelette, salad for lunch and veggie sticks and hummus for a snack, stir fry dinner...2. Aim for 5 serves of vegetables a day. 1 serve = ½ cup of cooked veg and 1 cup of raw/salad vegetables. Mushrooms and spinach in an omelette, salad for lunch and veggie sticks and hummus for a snack, stir fry dinner... the options are endless

3. Protein – Protein is a macronutrient that is vital for many functions in our body. It provides energy, builds, repairs, maintains all the cells in our body. Protein keeps us fuller for longer, which means when we include sufficient protein with meals and snacks, we eat usually less in the overall day. Protein is found in eggs, dairy, fish, meat, nuts, legumes. It is better to eat whole food sources of protein rather than relying on protein powders to provide our main protein intake.

4. Physical Activity – its recommended you move your body at least 30 mins a day 5 days a week. A moderate walk, swim, bike ride, online exercise class. Physical activity can improve your health, mood and reduce the risk of chronic illness. Regular exercise is a fun way to improve your quality of life. Check out the Sunshine coast Councils activity program due to resume in 2021 <https://sunshinecoast.i-events.info/hsc-website-subscription-2020>

5. Relaxation – Make time for an opportunity to ‘chill out’ and switch of the ‘busyness’ even just a little each day. Regular relaxation can improve mental health conditions, lower your blood pressure, reduce fatigue, improve stress management and help regulate your appetite. Relaxation can be a quiet hobby such as painting or knitting, where your mind can switch off, meditation, gentle yoga, tai chi, mindfulness in nature. If you are looking for a local relaxing, guided meditation class, contact Christine Fletcher cafletch2001@yahoo.com.au for more information.

Wishing everyone a Merry Xmas and a fabulous 2021 and look forward to working you in the new year to help you meet your health and wellbeing goals.



Jody Pollard – Total Nutrition Dietitian
To book Phone: 0402 225 732
Email: jody@totalnd.com.au
Website: www.totalnd.com.au



BLAST FAT FAST

HIFU

BODY SCULPTING

HALF PRICE



ETERNAL YOUTH AUSTRALIA – SUITE 2 AT OCEAN WAVE WELLNESS CENTRE

Offering HIFU - HIFU Full Face Lift, HIFU Neck Lift, HIFU Jowls Lift, HIFU Chin, HIFU Bold Sculpting. Fibroblast Plasmalift. Visit their website www.eternalyouthaustralia.com.au

Book by phoning 3448 0408

OCEAN WAVE WELLNESS CENTRE – 27 MAYES AVE

PHYSIOTHERAPIST Embody Movement Physio Suite 3 Ground Floor & Exercise Physio Suite 6 First floor. Monday to Friday Friday, to book phone 53379853. www.embodymovement.com.au

PODIATRIST David Morgan Podiatry is open Tuesday to Thursday Ph 1300 288 365 to book. Suite 1 ground floor

ETERNAL YOUTH AUSTRALIA – Book on 34480408

www.eternalyouthaustralia.com.au Suite 2 ground floor

IMPACT AUDIOLOGY – DENDRA COLE

Wednesdays by appointment Ph 3289 5563 to book. www.impacthearing.com.au Suite 5 First floor.

