

Welcome to Spring on the Sunshine Coast. Here at Ocean Wave Medical we continue to offer all our regular medical services as well as being a Covid Vaccine Centre.



**We are welcoming new permanent Doctor
Dr Win Naing to our OWM Team**

Dr Naing finished his medicine degree in Burma and completed 4 year post graduate training in UK before moving to Australia in 2005. Dr Naing has worked in various NSW Hospitals before joining into General Practice training programme and finishing his fellowship in 2011.

Sunshine coast has been his home since 2012 where he has practiced at various local General Practices.

Dr Win offers all general practice services, in particular family health, general medicine, men's health, paediatrics and pre-employment medicine. New patients welcome.

October we will promote **Pinktober**, which helps to remind our patients about the importance of regular breast checks, having your mammograms done. Breastscreen Caloundra are at Caloundra Hospital, offer free screening for over 40 year olds. This can be booked by calling 132050 or booking online at www.breastscreen.qld.gov.au.



November we will focus on the men in our lives, with **Movember**. Men's health is in crisis. Men are dying on average 6 years earlier than women, and for largely preventable reasons. Unchecked, prostate cancer rates will double over the next 15 years. Globally, testicular cancer is the most common cancer among men aged 15-39 years of age. And across the world, one man dies by suicide every minute of every day, with males accounting for 75% of all suicides.

Movember reminds our men to check on their health, ask your Doctor about a health check. If aged 40-49 book in for a Free Health Check for this age group. Medicare also offer an Over 75's annual health check.

CHANGE TO FEES – 1/11/21

STANDARD CONSULTATION

Weekdays \$80.00 – GAP \$40.90 (YOUR REBATE \$39.10) – NO CHANGE
Saturday Mornings \$85.00 – GAP \$45.90 (YOUR REBATE \$39.10)
Before 8am \$105.00 – GAP \$54.00 (YOUR REBATE \$51.00)

LONG CONSULTATION AND NEW PATIENT

Weekdays \$125.00 – GAP \$49.25 (YOUR REBATE \$75.75)
Saturday Mornings \$130.00 – GAP \$54.25 (YOUR REBATE \$75.75)
Before 8am \$145.00 – GAP \$57.60 (YOUR REBATE \$87.40)

EXTENSIVE CONSULT

Weekdays \$170.00 – GAP \$58.50 (YOUR REBATE \$111.50)
Saturday Mornings \$175.00 – GAP \$63.50 (YOUR REBATE \$111.50)
Before 8am \$185.00 – GAP \$62.45 (YOUR REBATE \$122.55)

COVID VACCINES

Covid Vaccines are now readily available for over 12 years and up through Health Hubs, Pharmacies and General Practice.

Currently at Ocean Wave Medical we are offering Astra Zeneca for over 60 year olds.

Queensland Health are offering Pfizer Vaccinations for over 12 years at their Hubs, which can be found by visiting website link below.

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/covid-19-vaccine/book>

Sunshine Coast Indoor Stadium at Golden Beach will become a Qld Health Vaccine Clinic from 11th October, 2021. Book through link.

Chempro Caloundra will be offering Moderna Vaccines from 2nd October, 2021.

Digital COVID Certificates

Did you know once fully vaccinated with 2 covid vaccinations a **Digital Certificate** will be available to you through your mygov account or by downloading the Medicare App to your phone and linking to your mygov account.

This will allow you to prove you are double vaccinated if you need this for future travels or for entry into areas or businesses that require this for entry.



PREVENTATIVE HEALTH

Preventative Health is a core of what we offer to our patient's and we encourage all to continue having their regular checkups. Depending on your age and your health conditions there are a range of tests that you should have regularly. We also offer a range of Health Assessments for eligible patients.

HEALTH ASSESSMENTS - FULLY FUNDED BY MEDICARE (FREE to you if current Medicare card)

The category of people eligible for health assessments are :

- a) People aged 40 to 49 years (inclusive) with a high risk of developing type 2 diabetes as determined by the Australian Type 2 Diabetes Risk Assessment Tool
- b) People between the age of 45 and 49 (inclusive) who are at risk of developing a chronic disease
- c) People aged 75 years and older (recommended when Drivers Medical due each year)
- d) People who have an intellectual disability
- e) Humanitarian entrants who are resident in Australia with access to Medicare services, including Refugees and Special Humanitarian Program and Protection Program entrants
- f) Former serving members of the Australian Defence Force including former members of permanent and reserve forces

HEALTH HEART CHECK

Patients not eligible for other types of Health Assessments, especially over 50 years and under 75 years should have a yearly Healthy Heart Check done with your Doctor.

ABTSI

All aboriginal patients are eligible for a Health Assessment every year.

DIABETIC PATIENTS

6 Monthly Diabetic check
12 monthly Diabetic Annual Cycle of Care

PREPARE FOR SUMMER WITH YOUR ANNUAL SKIN CHECK

During our cooler months is a good time to book in to have your annual SKIN CHECK, ready for the warm months ahead.



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

Accepting NEW PATIENTS For SKIN CANCER CHECKS

\$120.00 with a Medicare rebate of \$75.75

(unless an aged pensioner over the age of 65 which will be bulk billed)

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.



DRIVERS LICENCE RENEWAL FOR OVER 75'S



ARE YOU DUE TO RENEW YOUR OVER 75years DRIVERS LICENCE?

When you are ready to book please book for your **Over 75's annual health check** if you have not had one in last 12 months, check with Reception.

This is a comprehensive yearly check that our Doctor's attend at time of renewing your licence. **Remember you must take your drivers renewal form to your Optometrist for an eye check and have form completed before you come to see your Doctor for licence renewal.**



HEARING CHECKS AT OCEAN WAVE WELLNESS CENTRE

Phone 3289 5563 and let them know you want to book for Caloundra for a hearing test or email info@impacthearing.com.au for more information.

Dendra from Impact Hearing offers FREE Hearing Tests, plus diagnostic and other tests at Ocean Wave Wellness Centre in Suite 5.

Visit website www.impacthearing.com.au to view all the services available for hearing tests, diagnostics and hearing aids and assisted hearing devices available.

Children should have a hearing test before they commence school, and good to remember to book around same time as your 4 years immunisations.

SPRING CLEAN YOUR DIET – Book with our Dietitian Jody Pollard from Total Nutrition Dietetics. Phone 0402225732 or email Jody@totalnd.com.au for more information or visit her website www.totalnutritiondietitian.com.au to learn more about services offered.

At Total Nutrition our focus is on changing habits not enforcing diet plans.

We are here to help you with your healthy lifestyle goals to get you on the right path to being the best YOU possible.

We incorporate a range of healthy eating techniques, lifestyle modifications, mindfulness and recipe ideas for nutrition outcomes to maximise your success in reaching your healthy lifestyle goals



OCEAN WAVE MEDICAL OPENING HOURS

Monday to Friday 7.30am to 5.30pm

Saturday 8.00am to 1.00pm

Sunday and Public Holidays – CLOSED

BOOK ONLINE 24/7 by visiting www.oceanwavemedical.com.au

When we are closed

National Home Doctor – 13 24 75
MIIC, West Tce, Caloundra - Open
8am – 4pm Ph: 5436 8933
SCUH Sunshine Coast University
Hospital – Ph:5202 0000

EMERGENCY 000

PUBLIC HOLIDAYS

MONDAY 4TH OCTOBER
QUEEN'S BIRTHDAY LONG
WEEKEND

Services at Ocean Wave Medical

Clinical Psychologist – Cornelia Bam

Custom Denture Clinic - 54927422

QML Pathology - 54912973

Total Nutrition Dietetics – 0402225732

OCEAN WAVE WELLNESS CENTRE – 27 MAYES AVE

PHYSIOTHERAPIST Embody Movement Physio Suite 3 Ground Floor & Exercise Physio Suite 6 First floor. Monday to 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