

Ocean Wave Medical changed our operating hours to 6 days per week. Open Monday to Friday 8am to 5pm. Saturday 8am to 1pm. Closed Sunday and Public Holidays.

Masks are still mandatory to enter the Medical centre and all health care in Queensland. Please ensure you have a mask on at all times when at Medical Centre.

With many testing Covid positive locally please keep yourself safe by keeping your distance, wearing a mask where you can't and practising good hand hygiene.

Please only arrive 5 minutes before your appointment or sit outside in your vehicle or in outdoor area in fresh air to limit your time inside. Call ahead to check if your Dr is running on time.

WELCOME BACK DR SHAD CHOWDHURY

Dr Chowdhury has returned to Ocean Wave Medical as a permanent VR GP. Shad has completed his Fellowship of Royal Australian College of General Practitioners (FRACGP) and is now classified as a specialist in general practice.



Dr Shad is welcoming new patients and is available Monday to Thursday and some Saturdays. Offering all general medicine, skin checks, minor procedures. Interests in palliative, dermatology and hematology.

WELCOME DR JANICE CHOI



Dr Janice Choi has joined us and is available 5 days a week. Dr Janice is welcoming new patients. Special interests are: women's health, preventative medicine through health promotion, disease prevention and education, skin cancers and minor procedures.

FLU VACCINATIONS FOR 2022

It is forecast to be a high influenza season in 2022. Patients are encouraged to ensure they have their flu vaccine and covid vaccines before the winter season.

2022 Influenza Vaccine contains:

- A/Victoria/2570/2019 (H1N1)pdm09-like virus
- A/Darwin/9/2021 (H3N2)-like virus
- B/Austria/1359417-2021 -like (B/Victoria lineage) virus
- B/Phuket/3073/2013-like (B-Yamagata lineage) virus

Private flu vaccinations are now in stock and available to purchase for \$20 plus consult with your Doctor. If only a flu vaccine is needed on the day we will bulk bill all patients for this consult.

Government Flu Free vaccinations will be available after Easter and will be run through our flu clinics for those who meet the eligibility criteria:

- Over 65 years of age
- Pregnant women
- ABTSI 6 month and over
- Chronic condition
- Children 6 months up to 5 year of age

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. Talk to your Doctor about having your heart check assessment done.

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

COVID BOOSTER VACCINES

We will not be offering Booster Vaccines at Ocean Wave Medical, this ensures we have more appointments for your regular medical appointments available.

Visit health.qld.gov.au – click on green button book vaccine and you will be able to book at Chemists for Moderna, or choose Pfizer through Qld Health or various providers.

Or phone 54927163 Chempro Caloundra to book, they are offering Moderna Vaccines.

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.**

OCEAN WAVE MEDICAL OPENING HOURS

Monday to Friday 8.00am to 5.00pm

Saturday 8.00am to 1.00pm

Sunday and Public Holidays – CLOSED

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

**CLOSED
PUBLIC
HOLIDAYS**

**EASTER 4 DAYS CLOSED
ANZAC DAY 25th April
LABOUR DAY 2nd May
SHOW HOLIDAY 27th may**

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

**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.embodysmovement.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