

8-22 Patrick Street
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🖨 03 5358 1669

✉ enquiries@psfamprac.com.au

🌐 www.psfamprac.com.au

NEWSLETTER

Autumn 2023

THE DOCTORS:

Dr Arthur Obi

MBBS, MRCOG (UK), MRCGP (UK),
FRACGP

Dr Felix Ogbo

MBBS, PhD

CLINIC STAFF:

Nursing: Anulika (Joy), Augusta &
Tammy

Reception/Admin: Teash, Emma, Jane
& Jodie

PRACTICE HOURS:

Patrick Street Family Practice's phones
are answered from 8:30am until close
Monday - Friday.

Our doors are open:

Monday: 8:00am – 6:00pm

Tuesday: 8:00am – 6:00pm

Wednesday: 8:00am – 6:00pm

Thursday: 8:00am – 9:00pm

Friday: 8:00am – 6:00pm

AFTER HOURS CARE:

For after hours care please call the GP
Helpline on **1800 022 222**. In case of an
emergency dial **000** and ask for an
ambulance.

VISITING SPECIALISTS & SERVICES:

Dr Hemant Chaudhary Cardiologist

Dr Chris Hengel Cardiologist

Dr Rodney Reddy Cardiologist

Kristie Austin Clinical Psychologist

Grampians Podiatry

Hearing Australia

Continence Nurse

Flying Doctors Telehealth Addiction,
Cardiology, Endocrinology, Geriatrics,
Paediatrics, Pain, Psychiatry, Respiratory
& Wellbeing

Australian Clinical Labs

INTERPRETER SERVICES:

Please notify reception prior to your
appointment if you require any
interpreter services.



❖ **APPOINTMENTS**

All consultations are by appointment only. Appointments can be made by calling the
practice on (03) 5358 7555.

Please let reception know if you require a longer appointment. If more than one family
member needs to see the doctor, please ensure an appointment is made for each
person.

Please advise reception if you are unable to attend an appointment so the reserved
time can be allocated to another patient.

Missed Appointment Policy Patients who fail to attend an appointment or provide
sufficient notice to cancel their appointment may incur a fee of \$50. This fee is not
claimable through Medicare and needs to be paid before any further appointments.

❖ **BILLING**

**We are a private practice and payment is required on the day by cash, cheque or
eftpos.** We can claim your rebate immediately from Medicare using Easyclaim onto
your cheque or savings card. Bulk billing is available for children 16 years and
under, patients aged 65 years and over, concession card holders, and Diabetics.

❖ **CONTACT DETAILS**

It is important to let us know at each appointment if any of your contact details have
changed.

❖ **REPEAT PRESCRIPTIONS**

Script requests are provided at the discretion of the doctor for a fee of \$20 (or \$15 for
Concession Card Holders).

❖ **REFERRALS**

New referrals require the patient to be seen by the doctor. Referrals are current for 12
months, please check with your specialist if your referral is current as they *cannot be*
back-dated.

❖ **COMMUNICATION**

To allow each patient the best consultation possible, our doctors prefer not to be
interrupted by phone calls. Our practice staff are happy to take a message and pass this
along to the doctor. Emails are only to be used for correspondence of a non-sensitive
nature and are checked daily.

➤ **Practice information continued on last page...**

Bowel Cancer Screening



Bowel cancer screening saves lives

Bowel cancer is the third most common cancer affecting Australians and the second leading cause of cancer-related death.

If you are 50 or over, you are at higher risk of bowel cancer.

Bowel cancer can develop with no symptoms. The cancer can grow in the bowel for years before spreading to other parts of the body.

If detected early, bowel cancer can be successfully treated.

Screening for bowel cancer in people aged 50-74 who do not have any symptoms, helps to find cancer early.

Who is eligible for bowel cancer screening?

Screening is available for eligible people between 50 and 74 years via the [National Bowel Cancer Screening Program](#).

Age is the biggest risk factor for bowel cancer. Generally, your first kit will arrive within the first 6 months of your 50th birthday and then every 2 years after that.

To find out when you will receive a free bowel cancer screening test, contact the [National Cancer Screening Register](#) on [1800 627 701](tel:1800627701).

If you have a family history of bowel cancer, please talk to your GP about what screening options are right for you.

Make an appointment with your GP if you have any symptoms (such as unusual changes in your bowel habits or bleeding from the bowel).

How do I complete the screening test?



The bowel screening home test kit is easy to do. It has detailed instructions that tell you how to do the test. This involves taking tiny samples from 2 separate bowel motions (poo).

Once you do the test, send it back in the mail and it will go to a laboratory to be analysed.

If you need help doing the test, call the Bowel Cancer Screening Test Hotline on [1800 930 998](tel:1800930998).

What happens once I have done the test?

You will get your results after about 2 weeks. It is very natural to feel anxious while waiting to get your results. It can help to talk to a close friend or relative about how you are feeling.

You can also contact [Cancer Council](http://www.cancer.org.au) on [13 11 20](tel:131120) and speak with a cancer nurse.

Negative result for the bowel cancer screening test

A negative result means that blood was not detected in your bowel movement.

This does not mean you will never get bowel cancer or that you definitely do not have cancer because:

- Some bowel cancers don't bleed, or only bleed sometimes.
- The bowel cancer screening test detects most (up to 85%) but not all bowel cancers.

This is why it is important to do the screening test every 2 years between 50 and 74.

If you receive a negative result but notice [bowel cancer symptoms](#) such as unusual changes in your bowel habits or bleeding from the bowel, visit your doctor.

Positive result for the bowel cancer screening test

A positive result means that blood was detected in your bowel movement (poo). Contact your doctor immediately to discuss the result and obtain a referral for further investigation, which is likely to be a colonoscopy.

The presence of blood in your bowel movement does not always mean you have cancer. There are lots of reasons why you could have blood in your poo –such as:

- polyps
- haemorrhoids
- inflammation of the bowel from conditions such as Crohn’s disease or ulcerative colitis).

Even so, you will need further investigation to identify the cause of the bleeding. Having a colonoscopy may enable:

- The cause of the bleeding to be found.
- Any polyps to be removed.
- A diagnosis of bowel cancer to be confirmed (if applicable).

Where to get help

- Your GP (doctor)
- Local community health centre
- National Cancer Screening Register (to find out when you will receive a bowel screening test or update your contact details) Tel. 1800 627 701
- Bowel Cancer Screening Test Hotline (for help doing the test) Tel. 1800 930 998
- Cancer Council Victoria Tel. 13 11 20 (to speak to someone in a language other than English call 13 14 50 and ask to speak to Cancer Council)
- Cancer Council Victoria, My Cancer Guide - Find support services that are right for you.

This information has been provided by the Better Health Channel at www.betterhealth.vic.gov.au

Try this Sudoku:

(Solution on Page 5)

			8	6	1		3	
						9		
	6	5			9		2	4
		1				2		9
6	2			8				
7							8	
			2			8	7	
			7					
5	1						4	

For the Kids:



Patient Notices:



FACE MASKS

Masks **must** still be worn when entering the practice, please remember to bring one to all appointments.

4	9	2	8	6	1	7	3	5
1	7	3	4	2	5	9	6	8
8	6	5	3	7	9	1	2	4
3	8	1	6	4	7	2	5	9
6	2	9	5	8	3	4	1	7
7	5	4	1	9	2	3	8	6
9	3	6	2	5	4	8	7	1
2	4	8	7	1	6	5	9	3
5	1	7	9	3	8	6	4	2

Sudoku Solution from Page 4

SERVICES:

- Men's Health
- Women's Health
- Children's Health (including Childhood Immunisations)
- Family Planning
- Antenatal Care
- Chronic Disease Management
- COVID-19 Vaccinations
- Travel Health (including Yellow Fever Vaccinations)
- Minor Surgeries (Suturing, Ingrown Toenails, Sunspots, Removal of Moles, etc.)
- Health Assessments
- Mental Health
- Q Fever Testing and Immunisation
- Pre-Employment Medical Assessments
- ECG's
- Urine Drug Screens

RESULTS:

If you wish to discuss any results, an appointment needs to be made with your doctor. If you have any results requiring immediate action, you will be contacted to make a follow-up appointment with your doctor.

PRIVACY:

Patrick Street Family Practice respects your privacy. Your medical record is a confidential document. It is the policy of this practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff. A copy of our Privacy Policy is available upon request.

COMMENTS/FEEDBACK:

Patrick Street Family Practice values all comments and feedback, and take all suggestions seriously. We take all feedback under advisement as part of our continuous quality improvements. For minor feedback/suggestions that we may be able to deal with immediately, please contact us in person at the practice or phone us on (03) 5358 7555. For matters requiring more consideration, please put your feedback in writing and place it in the Suggestions Box at Reception.