

8-22 Patrick Street  
PO Box 491  
Stawell VIC 3380

03 5358 7555

03 5358 1669

enquiries@psfamprac.com.au

www.psfamprac.com.au

# NEWSLETTER

Spring 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 \$30 (or \$20 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...**

## Food and your mood



### **Diet, mood and concentration**

Did you know that your diet has a big impact on your mood, your concentration and even your level of happiness?

What you eat not only effects your physical health, but studies now show just how much diet impacts your mood and mental wellbeing. There's no single super-food that boosts mood – it's about having a varied, healthy diet.

A varied, healthy diet improves your memory, concentration and can even increase your level of optimism and protect you from depression. In contrast, eating too many highly processed, fried foods or sugary food and drinks has been shown to increase the likelihood of anxiety and increase the risk of developing depression.

### **A varied and healthy diet**

A varied, healthy diet includes a wide range of:

- vegetables
- fruits
- legumes (such as chickpeas and lentils)
- nuts and seeds
- fish
- wholegrains
- unsaturated fats (such as olive oil).

Processed, sugary and high fat foods offer little nutritional value and are best eaten only occasionally and in small amounts.

For children and young people, highly processed, sugary and fried foods have been linked to:

- hyperactivity, aggression and symptoms of attention deficit hyperactivity disorder
- poor concentration and tiredness – which interfere with learning and memory
- depression and anxiety – studies have found that young people with the healthiest diets are considerably less likely to experience depression than those with nutritionally poor diets.

### **Gut health and mental health**

A varied, healthy diet can feed your gut bacteria, improve gut health and help lower inflammation.

Chronic inflammation from an unhealthy diet can lead to many health problems, including depression.

The following can all contribute to chronic inflammation:

- stress
- insomnia
- lack of exercise
- smoking.

Find out more about how your gut health can influence your mental health.

### **Sugary drinks and mental health**

Having one or more sugary drinks (such as soft drinks, cordials, energy drinks, sports drinks) each day is associated with poorer mental health.

In addition, energy drinks (containing caffeine and other ingredients such as taurine and B vitamins, ginseng and guarana) have been linked to insomnia, increased stress and depression.

### **A healthy diet helps treat depression**

Eating a varied, healthy diet (and avoiding highly processed unhealthy foods) has been shown to be important in treating depression.

Studies have demonstrated that depressive symptoms can be relieved through diets. One study showed that a third of people with depression experience full relief of their symptoms after improving their diet.

### **How you eat is important too**

It's not only what you eat, but also how you eat that makes a difference to your wellbeing.

Food helps us connect with others, our community, our culture and our land. Celebrating where your food comes from, how you prepare it and who you share it with are wonderful ways to enjoy food, eat healthier and boost your wellbeing:

- Take the time to step away from the screen, sit down and enjoy food wherever you can.
- Share a meal with a friend, family member, neighbour or work colleague.
- Growing your own food can bring a great sense of satisfaction, make you feel more connected to your food, and help you to be active and feel more relaxed.

### **Where to get help**

- Your GP (doctor)
- Mental Health and Wellbeing Hubs Tel. 1300 375 330
- Mental Health and Wellbeing Local Tel. 1300 375 330
- Beyond Blue Tel. 1300 22 4636
- Lifeline Tel. 13 11 14
- Dietitians Australia Tel. 1800 812 942
- The Good Mood Food
- Food and Mood Centre

## For the Kids:



## Patient Notices:



### FACE MASKS

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

### 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.