

8-22 Patrick Street
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Stawell VIC 3380

☎ 03 5358 7555

📠 03 5358 1669

✉ enquiries@psfamprac.com.au

🌐 www.psfamprac.com.au

NEWSLETTER

Dr Arthur Obi
MBBS, MRCOG (UK), MRCCGP
(UK), FRACGP

Dr Thyanithee Saravanamuthu
MBBS

Dr Deana Ashton
MBBS, FRACGP, FACRRM,
DRANZOG

CLINIC STAFF

Nursing: Anulika (Joy),
Augusta

Reception: Teash & Emma
Practice Manager: Barb

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

Thursdays: 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

Grampians Podiatry

Australian Hearing

Flying Doctors Telehealth

Addiction, Cardiology,
Endocrinology, Geriatrics,
Paediatrics, Pain, Psychiatry,
Respiratory & Wellbeing

Continance Nurse

INTERPRETER SERVICES

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

Summer 2019



❖ 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 \$12 (or \$6 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...**



Heat Stress and Exercise

Keeping a constant body temperature of around 37 °C is vital. To lose heat and maintain core temperature, blood vessels in the skin expand and bring body heat to the skin surface. Perspiration floods out of sweat glands and evaporates from the skin to cool the body.

Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool. Many of the symptoms occur as a result of excessive loss of body salts and water.

At rest and in comfortable temperatures, a person sweats about two litres of fluid every 24 hours. During hot weather (35°C), this fluid loss can leap to around 10 litres over the same time period. Exercising in hot weather accelerates fluid loss even more.

Symptoms of heat stress

The symptoms include:

- deterioration in sporting performance
- muscle cramps
- headache
- dizziness
- nausea
- vomiting.

If the symptoms are ignored and left untreated, it can lead to a life-threatening complication known as heatstroke. Children and the elderly are particularly vulnerable to dehydration and heat stress.

Safety Suggestions

Suggestions to prevent heat stress during exercise include:

- **Fitness** – a physically fit body is better able to manage the stresses of sport.
- **Acclimatisation** – keep up an exercise program during the cooler months, so that your body is prepared for sport during summer.
- **Avoid the hottest part of the day** – start sporting activities before 9 am or after 6 pm during summer, and try to avoid sport or exercise during the hottest part of the day.
- **Clothing** – wear loose, light-coloured and comfortable clothes made from natural fibres such as cotton. Wear a visor or hat.
- **Fluids** – drink at least half a litre of fluids in the two hours before exercising. During your sport, aim to drink about 200 ml every 20 minutes or so. Choose a specially formulated sports drink if your sporting event goes for more than an hour. After the game, drink around half a litre of water.
- **Alcohol** – alcohol dehydrates the body, so avoid drinking any alcohol for at least one day before playing sport.
- **Rest breaks** – frequent breaks in the shade allow the body to cool down.
- **Check for symptoms** – be alert for the symptoms of heat stress or dehydration.

Calculating your Fluid Requirement

To work out how much water on average you need to drink, weigh yourself before and after your game. A loss of one kilogram equals a loss of one litre of fluids. If you find you have lost weight after your game, try to increase fluid intake next time.

Managing Heat Stress

Suggestions to treat heat stress include:

- Rest in a cool, shaded place.
- Remove excess clothing.
- Drink plenty of liquids, either cool water or diluted sports drink.
- Sponge the body with tepid water and fan to promote evaporation.
- Don't douse the body with cold water or ice, as this will encourage the blood vessels in the skin to constrict and retain body heat.
- Seek medical assistance.
- If the person is confused, unconscious or has trouble breathing, call an ambulance immediately.

Where to Get Help

- Your doctor
- Call triple zero (000) in an emergency
- NURSE-ON-CALL Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)

Things to Remember

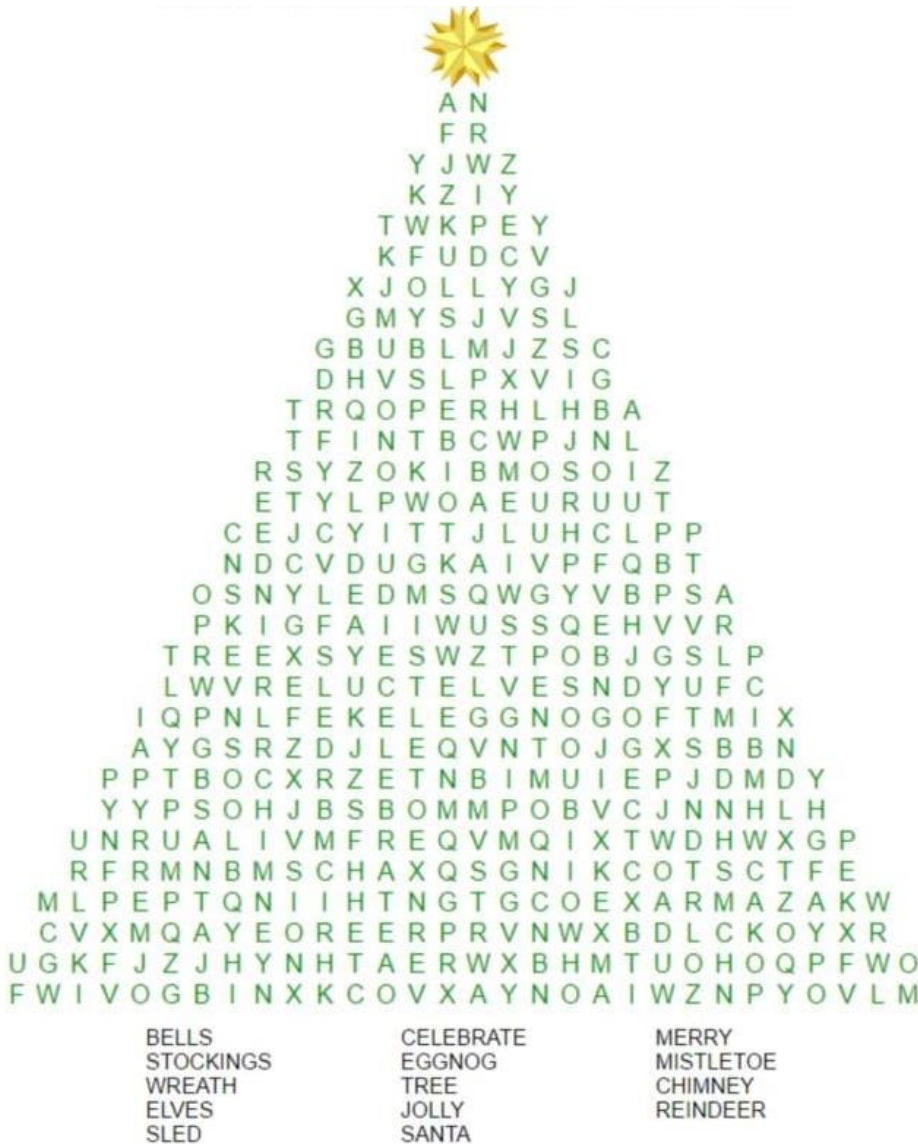
- Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool.
- Symptoms include muscle cramps, deterioration in sporting performance, headache and dizziness.
- Suggestions to prevent dehydration and heat stress during sporting activities include drinking plenty of fluids before, during and after the game, avoiding the hottest parts of the day, and taking frequent rest breaks.

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

For the Kids:



Christmas Wordsearch:



Patient Notices:

Are you between the age of
45- 49?

Book now for your 45+ Health
Assessment.

Make it a good start to 2020 for
your health and wellbeing.

SERVICES:

- Men's Health
- Women's Health
- Children's Health (including Childhood Immunisations)
- Family Planning
- Antenatal Care
- Chronic Disease Management
- 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

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:

We value all comments and feedback, and will take all suggestions seriously. We will 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