



DALYELLUP FAMILY MEDICAL CENTRE

Welcome to the DFMC Winter 2015 Newsletter

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DALYELLUP FAMILY MEDICAL CENTRE ACCREDITATION



Dalyellup Family Medical Centre has achieved full accreditation for another 3 years after an extensive on-site review on 26th March 2015 by Australian General Practice Accreditation Limited (AGPAL).

AGPAL is a leading independent accreditation provider approved by the industry to accredit general practices based on a set of nationally recognised standards developed by the Royal College of General Practitioners (RACGP).

What does accreditation mean for you as our patients?

To maintain and earn accreditation, practices must have an extensive on-site review by a team of AGPAL peer surveyors.

The purpose of the review is to evaluate the practice against standards set by the RACGP. To be awarded accreditation the practice must demonstrate how they meet all the standards and criteria set by the RACGP.



**DO YOU KNOW WHAT THIS IS ? YOU WILL FIND
OUT IN AN ARTICLE ON THE BACK**

For you attending an accredited practice means that from the reception staff to the practice manager to the doctors, there is an entire team of people working together to ensure you get the best quality health care.

Achieving accreditation is a **voluntary** process and covers features such as

- The safe and lawful use of practice equipment
- Accessibility and availability of medical care including after-hours and emergency care
- Staff training
- Information technology and information security
- The security and availability of your records and information

This means

- Your practice knows who you are, cares about your health needs, educates you and respects your privacy.
- Your records are checked and maintained by the appropriate clinical team members.
- Your practice stays informed about current quality health care.
- Your practice continuously looks at ways to improve.
- Your practice is committed to your health and care.

DIABETES CAN AFFECT THE EYES

High blood sugar levels over time can damage the small blood vessels at the back of the eye (retinal vessels). The blood vessels become weaker and may leak fluid and/or become blocked. Loss of detailed central vision may result. Blockage of retinal vessels can reduce the oxygen supply to the retina which can cause new leaky blood vessels to grow. The vessels can break and bleed affecting vision. This usually needs to be treated with laser treatment by an Ophthalmologist (eye specialist).

Eye tests can identify problems before damage is done and should be carried out every 1-2 years in people with diabetes by an Optometrist or Ophthalmologist.

Symptoms that could be due to eye damage from diabetes include dark spots or holes in the visual field, blurred or distorted vision, difficulty seeing at night, bright haloes around lights, frequent changes of glasses prescription, and flashes or large 'floaters'.

LUNCHTIME SMOOTHIES AT DFMC

Lunchtime green smoothies have become a regular sight and sound at DFMC lunchtimes over the last six months. Green smoothies are a nutritious and quick lunchtime meal. They are high in minerals, vitamins and antioxidants. They are generally made up of 40-50% leafy green vegetables (including spinach and kale), 50-60% fruit (including banana, avocado, mango) and water.



Here is Mandy with her lunchtime green smoothie containing spinach, kale, banana, carrot, celery and mango. Mandy says 'I love them. I have lost 5kg and kept this off just by changing my lunch to green smoothies'.



Dr. Darryn Rennie's favourite contains kale, avocado, plum, and banana. He says 'I don't feel tired after lunch following a green smoothie'.

For more information on green smoothies go to:

<http://simplegreensmoothies.com/green-smoothie-101>

ZIMBABWE TRIP FOR DOCTOR

Dr. Darryn Rennie will be working in Zimbabwe for three weeks from July 20 with a team providing health care with a Perth based organisation called **Cosmos HealthCare**. Cosmos provide medical, health education and community development services and support for disadvantaged rural communities in Zimbabwe.

The team which includes four nurses will be stocked with equipment and medication and travel to a number of very poor communities near Bulawayo in the south of Zimbabwe.



The photo above shows Dr Rennie during a clinic in Zimbabwe in 2011.

If you would like to know more about Cosmos HealthCare you could visit their website at

<http://www.cosmoshealth.org>

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Our mailing address is:

Dalyellup Family Medical Centre
11/135 Norton Promenade,
Dalyellup, WA 6230
Australia

Our contact details are

phone 08 9795 6422
website <http://dfmc.com.au/>