



DALYELLUP FAMILY MEDICAL CENTRE

Welcome to the DFMC Spring 2015 Newsletter

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In Case of Emergency (ICE)



DO YOU KNOW WHAT THIS IS ? YOU WILL FIND OUT IN ON THE BACK PAGE

The opening hours over the Christmas and New Year period will be:

Thursday 24th December 8.30am-4.00pm

Friday 25th December Closed

Saturday 26th December 9.00am-11.00am (for urgent appointments only)

Monday 28th December 9.00am-11.00am (for urgent appointments only)

Friday 1st January Closed

EARLY MELANOMAS

Early melanomas or in-situ melanomas are skin cancers arising from skin cells called melanocytes that are located in the top layer of the skin (epidermis) only. These cancers haven't spread into the deep layers of the skin yet. If treated at this stage the prognosis is excellent. When looking at your own pigmented skin spots colour variability is a really useful sign in identifying a suspicious spot.



This is a photo of an early melanoma which was on someone's back and there is some colour variability.

Regular skin checks can pick up early melanomas and save lives.

ANXIETY

Anxiety is a very common problem. It is the most common mental condition in Australia. On average, 1 in 4 people (1 in 3 women and 1 in 5 men) will experience anxiety. (Source <https://www.beyondblue.org.au/the-facts>)

There are many types of anxiety, each consisting of a range of specific symptoms. These symptoms include feeling stressed or nervous and may involve physical symptoms such as palpitations (the feeling of your heart racing), chest pain, lump in throat, and the feeling of butterflies in the stomach. We all experience some form of anxiety but some people experience a lot of it and it doesn't subside.

When we are stressed or anxious two glands near the kidneys make a hormone called adrenalin. This makes the heart go faster than normal. Many factors have a role in anxiety and may include genetics (i.e. a family history of anxiety), relationship problems or sickness.

Slow breathing relaxation is helpful to reduce anxiety. This is a technique that one needs to practice to be good at it. Initially perform two or three times a day, and then the technique can be used as needed. The breathing is quite a bit slower than normal. Breathe in through the nose counting 100, 200, 300 and then whilst breathing out count 100, 200, 300. Breathe at this rate for least one minute, but longer and up to 5 minutes is even better. Please see a doctor at the practice if you are experiencing a fair amount of anxiety.

THANK YOU DALYELLUP

Dr Darryn Rennie worked in rural Zimbabwe for three weeks in July and August with a team from Cosmos Healthcare. The team partnered with local nurses providing medical care and health education to a number of poor communities. They encountered patients who required surgery but did not have the funds to pay for it. One lady was Pauline, who had developed a growth on her left eye over the last two years.



The reception staff at Dalyellup Family Medical Centre quickly rallied with a fundraiser to help pay for her medical fees.

Deb donated a huge jar of assorted lollies which Raelene painstakingly counted, recorded the number and then SEALED the jar so the count remained true! Patients readily responded and we raised \$1054.75 with the help of a very GENEROUS donation from a lovely patient and a family with three beautiful children who donated from their pocket money.

Our lucky (or clever!) winner was Tarryn Eales of Dalyellup.

A biopsy of the growth showed it was benign and she had this removed surgically. The costs of her treatment were covered by the fundraising and there was surplus funds for other patients' treatments. Thank you to all who donated.

If you would like to know more about Cosmos Healthcare their address is

<http://www.cosmoshealth.org/>

The photo at the top of the newsletter was taken at a rural community outside Bulawayo in Zimbabwe with patients waiting, prior to a clinic, at the start of the day.



A few weeks ago one of our super receptionists was very excited to tell us about the great feature in her iPhone 6, where important medical information can be stored so that it is able to be accessed in an emergency; even if you have a locked screen. It is available for older iPhones as long as you have iOS8. It involves the Apple Health App.

Obviously, we thought it was some vital information we should share with our patients who own an iPhone or one of the other smartphones. We did a little sleuthing work and have come up with a couple of interesting sites that may help you decide if you would like to have some medical details on your phone in case of emergencies.

This first website will give you a very good understanding of what it does and how you can put the information on your phone.

<http://au.pcmag.com/productivity-products/36220/feature/how-to-add-emergency-info-to-your-phones-lock-screen/>

Two other websites which you also may find useful are:

<https://rnn10.wordpress.com/2014/07/21/icesamsunggalaxy/>

<http://www.tech-recipes.com/rx/50929/how-do-i-set-medical-id-on-my-iphone-6-for-personal-emergencies/>

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