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Dalyellup  
WA 6230

Phone 9795 6422

# Dalyellup Family Medical Centre and Dalyellup Skin Care Clinic

## OUR BOOKS ARE OPEN TO NEW PATIENTS

### New Doctor Joins Team

We are pleased to announce that Dr. Adina Codreanu joins the team at DFMC. She was born in Romania and trained as a GP in Scotland.

Dr. Codreanu has worked the last seven years at Eaton Medical Centre. Her special interests are women's health, family planning, and chronic diseases including diabetes.

She is married to an emergency doctor, has two daughters and enjoys travelling, sailing and scuba diving.



Our practice is able accept new patients who live in the Dalyellup, Gelorup and Stratham areas, and has a number of appointments available on each day for urgent care.

### Skin cancers in sun damaged skin

There is a type of skin cancer that forms in chronically sun damaged skin. This is called squamous cell carcinoma or SCC. These start in the upper part of skin in areas where the skin has been damaged by the sun such as head, neck, forearms, back of hands and lower legs.

Chronically sun damaged skin feels scaly and is often mildly red. When a lump forms in these areas which is sore, especially to touch, then this may well be a squamous cell carcinoma. These then grow in size. If left untreated the skin cancer becomes thick and can spread to lymph nodes and cause death.

This is a photo of a squamous cell carcinoma.



If you are developing a lump in an area of sun damaged skin book an appointment at **Dalyellup Skin Care Clinic** which located in the same building as Dalyellup Family Medical Centre. Dr. Darryn Rennie and Dr. Alison Timms work out of this clinic and are well trained, experienced skin cancer doctors.

### Flu Vaccine has arrived

We are pleased to let you know that we have received the delivery of the 2016 influenza (flu) vaccine.

This year there is a vaccine which covers four strains of influenza and will be provided by the government to people who meet the criteria for a funded vaccine.

Flu can spread before any symptoms show. It doesn't matter how fit and healthy you are – you are still at risk of catching the flu virus. The risk of complications from the flu is higher if you are pregnant, of Aboriginal or Torres Strait Islander descent, aged 65 years and over or if between 6 months and 5 years of age. It is also higher if you suffer from a chronic condition such as heart disease, diabetes, respiratory disease, kidney disease, impaired immunity, or a chronic neurological disorder. For these ages and conditions the government provides the vaccine free.

We also stock private vaccines for those who don't meet the criteria for a government funded vaccine. The cost is \$22 for an adult vaccine and \$27 for a child vaccine.

If you would like to have a flu vaccination this year, we will be running flu vaccine clinics on:

**Tuesday April 12 pm**  
**Thursday April 14 pm**  
**Tuesday April 19 am**  
**Thursday April 21 pm**  
**Friday April 29 am**  
**Monday May 2 pm**

If any of these clinics suit you, could you please ring the surgery for an appointment. We will bulk bill this clinic visit if it only for the administration of the vaccine.

Please note that these clinics are for **flu vaccines only**. If you have other issues to discuss with the doctor, please make a separate standard appointment. Also these clinics are not suitable for children under the age of 9 years old. Please make a separate standard appointment for children.

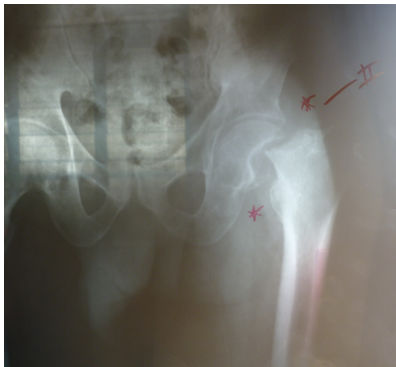
**You are required to remain within the building for 15 minutes following your flu vaccine to ensure you do not experience any severe adverse reaction.**

## Would you like to help Phineas ?

Phineas is a 60 year old man who lives in Zimbabwe and he fell out of a tree in early 2015. He couldn't walk for 3 months and then has limped in pain since.

He could not afford any medical care and was seen by Dr. Darryn Rennie with a Cosmos Health Care team in Zimbabwe in August 2015.

An x-ray showed a fractured hip which hasn't healed. He needs an operation to replace one half of the hip joint with a prosthetic one.



Dalyellup Family Medical Centre is attempting to raise \$2000 to pay for his surgery. If you would like to donate please see the reception staff at DFMC.

For more information on the work of Cosmos go to

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

Appointments are made by calling 97956422.

## HAND, FOOT AND MOUTH DISEASE

*Hand, foot and mouth disease* is a common viral illness of infants and children. Outbreaks occur in schools and childcare centres. This infection is not related to the foot and mouth disease in animals.

The virus is spread via direct contact or droplets. The time from exposure to symptoms is 3-6 days and children are most infectious when blisters are present. Washing hands is helpful in reducing the spread of the virus.

Hand, foot and mouth usually starts with a fever and sore throat and then causes blisters in the mouth and spots on hands and feet.



The virus is present in faeces and saliva for several weeks after the infection starts. Due to this, exclusion from school or childcare is not practical or recommended (1).



- (1) Frydenberg A, Starr M. Hand, foot and mouth disease. *Aust Fam Physician* 2003;32:594-595.

## Chronic Disease Management and Care Plans

Many people have chronic conditions such as diabetes, asthma, heart disease, and osteoarthritis. Often multiple health professionals are involved in someone's care. There is a programme under Medicare called chronic disease care plans to help pay for allied health care such as physiotherapy, podiatry, speech therapy, chiropractic and dietician care. Under this, **allied health visits** can attract a Medicare rebate. This can be accessed if one has a chronic condition and two health professionals other than the GP are, or will be involved in their care.

Care plans can assist coordinated care with other healthcare professionals. We have a nurse at the practice, Lucy, who is involved in making up the care plan. A GP at DFMC can complete the care plan with the input of the patient. This is then faxed to the allied health professional involved. Once the management plan has been agreed upon by all parties then one can book an appointment with the allied health professionals.

Five Medicare rebates for allied health visits in one calendar year (1st January to 31st December) are available under this plan. This can be split between more than one allied health professional. Some allied health professionals directly bill Medicare for the entire cost and some charge an out of pocket expense.

If you would like a care plan made up, book an appointment with Lucy and a GP and tell the reception the purpose of the visit.

## OUR DOCTORS

Dr. Ivan Jansz  
Dr. Darryn Rennie  
Dr. Catherine Harding  
Dr. Andrew Kirke.  
Dr. Yien Chin  
Dr. Rachel Jackson  
Dr. Alison Timms  
Dr. Adina Codreanu