



# DALYELLUP FAMILY MEDICAL CENTRE

Welcome to the DFMC Newsletter Autumn 2019

## 2019 SEASONAL INFLUENZA VACCINE NOW AVAILABLE

Annual influenza vaccination is recommended for everyone over 6 months of age, and is the most important measure to prevent influenza and its complications.

Similar to last year, for adults **over the age of 65**, a higher- immunogenicity trivalent influenza vaccine (TIV) formulation is available and government funded. These TIVs offer potentially increased protection, especially against A/H3N2 which is more common and severe in the elderly.

For all other age groups over 6 months of age a quadrivalent influenza vaccine is available. The influenza strains included in the 2019 southern hemisphere seasonal vaccine are 2 x A strains and 2 x B strains.

Flu can spread before any symptoms show. Natural immunity is no guarantee as the flu virus is changing all the time therefore it is recommended that the flu vaccine is given every year. The risk of complications from the flu is higher if one is pregnant, aged 65 years and over, or of Aboriginal or Torres Strait Islander descent. It is also higher if one has as a chronic condition such as heart disease, diabetes, respiratory disease, kidney disease, impaired immunity, or a chronic neurological disorder.

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

<b>Tuesday</b>	<b>21st May</b>	<b>Morning</b>
<b>Friday</b>	<b>24th May</b>	<b>Afternoon</b>
<b>Monday</b>	<b>27th May</b>	<b>Morning</b>

If any of these clinics suit you, could you please ring the surgery for an appointment.

This year as well as the flu vaccine, we will be offering the shingles vaccine for those over the age of 70 and under 80, and also the pneumococcal vaccine for those over the age of 65 and have not received either of these in the past.

Please note that these clinics are for the above vaccines only. Please make a separate standard appointment, if other issues need to be discussed. Also, these clinics are not suitable for children under the age of 9 years old. Please make a separate standard appointment for children.

## **ARE YOU AGED 75 YEARS OR OLDER ?**

If so you might benefit from a service provided by Dalyellup Family Medical Centre. This is a comprehensive health assessment for patients who are 75 years of age or older.

The health assessment consists of a visit to your home by one of our nurses, Lucy. She will collect relevant information which assist your doctor with your ongoing management. This will usually take less than an hour. Lucy will also ask about your lifestyle, nutrition, social supports and provide information that may be helpful to support you.

A follow-up consultation with your usual doctor will then be arranged to complete the health assessment. During this visit and ECG (a test to check your heart) may be done. The doctor will do a physical examination, review all your tablets and arrange further examinations or investigations if required.

The health assessment is funded by the Commonwealth Government through Medicare and will be bulk billed to Medicare by the Practice.

A health assessment is only available to people 75 years and older who live independently. It is recommended by the doctors at our practice, as it is a valuable opportunity to provide a comprehensive health assessment on a yearly basis.