



Dalyellup Family Medical Centre and Dalyellup Skin Care Clinic

OUR BOOKS ARE OPEN TO NEW PATIENTS

SURGERY HOURS

Monday–Friday
8.30am–5.00pm

Saturday 8.30am–
11.30am

Phone 97956422

Consultation is by
appointment.

Urgent cases will be
seen by an available
doctor if it is at all
possible.

If you are booking for
help with multiple
medical problems,
mental health issues or
an insurance medical
please request a 30
minute appointment.

Please remember to
book appointments well
in advance for
renewing prescriptions.
In some circumstances
the doctor may be
willing to do a script
without an
appointment. This
service incurs a \$15.00
charge and is payable
on collection of your
script. Please allow 48
hours for this service.

Private billing applies to
all after hours and
Saturday morning
consultations.

New Doctor Joins Team

We are pleased to announce that Dr Rachel Jackson has joined the team at DMFC. With her arrival we are able to accept new patients who live in the Dalyellup, Gelorup and Stratham areas. An increased number of appointments on each day are now available.

Dr. Rachel Jackson is an experienced rural GP. She worked in Bridgetown for 5 years, and Morawa for 4 years. In 1999 she was awarded the Australian General Practitioner of the Year. Dr. Jackson has 4 children, and enjoys cycling and triathlons.



**Appointments are
made by calling
97956422.**

Dr Howe Retires

Dr Keith Howe retired from work at DFMC on the 12th of December 2013.

He has worked as a GP in the Bunbury region for over 30 years providing a high level of care to many patients. Keith delivered a number of babies, was involved in teaching medical students and had excellent clinical skills over a long period of time. He has been a great doctor to work with and will be missed. Best wishes for the future, Keith.

Managing Asthma Better

Asthma is a common disease affecting more than 2.2 million Australians.

Approximately 1 in every 6 children, 1 in 7 adolescents and 1 in 9 adults in Australia currently have asthma.

This could mean that the lifestyle of up to 900 children and 600 adults in Dalyellup, Stratham and Gelorup may be affected by asthma.

We offer asthma education clinics for people living with asthma. The appointment includes an education session with **Lucy**, one of our Registered Nurses.



An asthma education session involves assessing the severity of asthma, lung function testing if appropriate, developing an asthma action plan, understanding signs, symptoms and triggers of asthma, correct use of medications and spacers and asthma first aid.

Would you like
to receive our
quarterly
e-newsletters
by email?

You can sign
up by visiting
our website
dfmc.com.au or
ask at
reception.



The Dalyellup Skin Care Clinic has been operating for twelve months. Dr Alison Timms and Dr Darryn Rennie have an interest, extensive training in skin cancer medicine and offer skin cancer treatment to people of the South West. **New patients living in any location are welcome.**



Dr Rennie and Dr Timms

HEALTHY KIDS CHECK

If your child has had their third birthday and has not yet turned five, you may wish to book them in for a **Healthy Kids Check**.

A **Healthy Kids Check** is available to all children at, or around, the time of their 4 year old immunisation, which can now be given from 3 ½ years old, to help ensure that children are healthy, fit and ready to learn when they start school.

A **Healthy Kids Check** will include an assessment of your child's height and weight, their eyesight, hearing and oral health, allergies and discussion about their toilet habits.

Please see reception for dates and times of clinics.

Dalyellup Family Medical Centre is an Accredited Private Billing Practice serving the Gelorup, Dalyellup and Stratham areas.

Unit 11 /135 Norton Promenade
Dalyellup
WA 6230

Phone 9795 6422

Visit our website
dfmc.com.au

What is your risk of developing skin cancer ?

The **orange** number is the points value for each answer.

Write the points for your answers in the white column.

Add up your total points to work out your risk.

1	What is your gender? Male (1) Female (0)	
2	What is your age group? 60+ (2) 40-59yrs (1) 39 or less (0)	
3	What is ethnic origin based on the majority of your ancestors? Northern European or UK (1) Other (0)	
4	When you went out in the sun without sunscreen, did you burn easily and never tan, (or only tan a little bit)? Yes (1) No, I could get a tan (0)	
5	Since you were born, how many times have you been so severely sunburnt that you peeled and blistered? More than 5 (2) 2 to 5 (1) Less than 2 (0)	
6	As a teenager, how many moles and/or freckles did you have? Many (2) Some (1) Few or none (0)	
7	Has anyone in your immediate family had a melanoma? (these are the most dangerous skin cancer and are <i>always</i> treated by surgery) Yes (1) No (0)	
8	Have you had sunspots burnt or frozen off? More than 10 (3) 1 to 10 (2) none (0)	
9	Have you had any type of skin cancer cut out? (e.g. BCC, SCC, Melanoma) More than 10 (6) 1 to 10 (4) none (0)	
10	Were any of the skin cancers in question 9 a Melanoma? Yes (3) No (0)	
Total Score		

What does your score mean ?

Score	Risk	What you should do
9+	High	If you haven't had a skin check in the last 12 months have one as soon as possible. Scan your skin every 3 months.
4-8	Medium	Start with a skin check by your doctor. Scan your skin at least twice a year. See your doctor at least every 2-3 years.
0-4	Low	Scan your skin at least once per year. See a doctor for a one off skin check . Remember: Low risk doesn't mean no risk.

* This guide to your risk was taken from **Scan Your Skin** brochure.
www.scanyourskin.org

A treatment for superficial skin

Diathermy and curettage is a really useful treatment for some skin cancers and is used at Dalyellup Skin Care Clinic.

It removes superficial skin cancers which do not have aggressive features. The procedure is less invasive and has less risk than excising (cutting out) a skin cancer.

Curettage and diathermy is particularly useful when someone has multiple skin cancers on their torso and arms.

A small instrument is used to scrape out the cancerous tissue within the skin, which is followed by electrical diathermy. A deep graze is left and a small dressing is applied. The wound takes two to three weeks to heal, leaving a pink scar which fades to a pale colour over several months. In correctly trained hands the cure rate is around 97%.

More aggressive skin cancers need to be excised.