



DALYELLUP FAMILY MEDICAL CENTRE

Welcome to the DFMC Summer 2016 Newsletter

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

ELAINE JANSZ HAS RETIRED

On Wednesday, 13th January, we had a "get together" to say a big thank you to Elaine Jansz for everything she has done for Dalyellup Family Medical Centre and to farewell her as she retires to take up some hobbies and projects, and to be able to spend more time with her family.



Elaine has worked tirelessly for the past twelve years to help build Dalyellup Family Medical Centre into the well organised and respected business it has become. While doing this Elaine has gained a huge amount of knowledge about setting up and managing all aspects of general practice and has employed fabulous staff along the way.

Above: Dr Ivan Jansz and his wife Elaine at her farewell "get together".

In September last year when Elaine made the decision to retire, it seemed like we had a lot of time for her to pass on her knowledge to us so we could cope in her absence.

That time flew by and the end of 2015 arrived, as did Elaine's retirement. She has prepared us well but every day we think of something else we should have asked her before she left.

Elaine will still have input into the financial side of the business and will do some holiday relief for us, so we will still get to see her every now and then.

The farewell party was great fun with Rhona and Mandy having planned a hunt for Elaine to find her farewell gifts, only after finding and reading cleverly rhymed clues which led her all around and even outside the practice.

Elaine was thanked by many staff members for her input into the practice and for her support to staff and patients alike.



She gave a heartfelt speech which left many of us a bit teary. Elaine will be missed and there is no doubt we will be ringing her for advice for many years to come.



MY HEALTH RECORD

Have you ever needed to give a summary of your medical history but have forgotten some important details?

The *My Health Record* is an online health summary that can be accessed by doctors and healthcare providers that are caring for you. The record can include information such as allergies, medications, vaccinations and medical conditions.

The *My Health Record* can be important if you travel away from Bunbury and require medical assistance. If you visit a hospital or medical centre elsewhere, they can gain the important medical history online. They won't have access to your entire medical records but information that has been uploaded (like a summary) to your *My Health Record*.

You can register for a *My Health Record* in one of the following ways:

- online – by visiting the *My Health Record* website at <https://myhealthrecord.gov.au/> ;
- over the phone – by calling 1800 723 471 and selecting option one;
- in person – by visiting a Medicare Service Centre;
- in writing – by completing a registration application form, available from a Medicare Service Centre or it can be downloaded from the *My Health Record* website at <https://myhealthrecord.gov.au/> and posting it to: My Health Record Program, GPO Box 9942, in your capital city;
- asking at reception at DFMC for a registration application form and then send it in to the above address.

After you have registered for the *My Health Record*, the doctors at our practice, with your assistance, can generate and upload a shared health summary.

A separate appointment is recommended to develop a health summary with the GP and please let the receptionist know the purpose of the visit.

The picture on the front was taken in 2009 when the Medical Centre was being built. Things have changed a bit since then.

WHAT IS YOUR RISK OF DEVELOPING HEART DISEASE OR A STROKE?

Cardiovascular disease (heart disease, stroke and vessel disease) is a major cause of death in Australia, with 43,603 deaths attributed to this in Australia in 2013. Cardiovascular disease kills one Australian every 12 minutes.

Someone's risk of cardiovascular disease can be estimated by looking at risk factors. A **risk calculator** exists which takes into account a number of risk factors of heart disease, and gives a risk score. A risk score is an estimate of the risk that someone will have cardiovascular disease in the next five years. The calculator is only valid for those aged 45 years and older.

At our practice we use this **risk calculator** to evaluate someone's risk and assist in reducing the likelihood of developing cardiovascular disease. Strategies to reduce risk might include quitting smoking, exercising, eating more fruits and vegetables, drinking less alcohol or taking medications.

If your risk score was calculated to be more than 15%, you are thought to be at high risk of developing cardiovascular disease in the next five years. That means if everyone with a risk score of more than 15% was grouped together, about 1 in 7 would get cardiovascular disease within the next 5 years.

If your risk score is between 10—15%, you are thought to be at moderate risk of developing cardiovascular disease in the next five years.

If your risk score is less than 10%, you are thought to be at low risk of developing cardiovascular disease in the next five years.

If you know what your cholesterol and blood pressure is then these and other factors can be entered into the calculator online and a score is generated. The calculator is available at www.cvdcheck.org.au/

An initiative of the National Vascular Disease Prevention Alliance



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