



DALYELLUP FAMILY MEDICAL CENTRE

Welcome to the DFMC Winter 2014 Newsletter

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CONSULTATION HOURS

Dalyellup Family Medical Centre is open until 7pm on Wednesdays.

Our Opening Hours are

Monday, Tuesday, Thursday, Friday 8.30am-5pm

Wednesday 8.30am-7pm

Saturday 8.30am-11.30am

Outside of these hours the **on call doctor** can be contacted by calling the normal surgery number 9795 6422 and following the recorded message.

Another option is to call the after hours GP helpline on 1800 022 222

OUR VALUES AT DFMC

Did you know that we have 12 Values at the Medical Centre that guide our decision making and direct our day to day work. If you would like to view all twelve values you could visit our website, <http://dfmc.com.au/>

Mandy, one of our receptionists, presented this to our staff meeting recently on the value **Kindness, Tolerance and Acceptance towards each other.**

“Kindness and consideration are personal things. These have to do with how we treat individuals who we meet on a day to day basis. We should always accept that people are different from us regardless of how they look or act. This is why you should never expect to live or work among people who are like us and who conform to our beliefs and values. Everyone is different and that is OK.

Patients usually come in because they are unwell and it's nice to have a welcoming, kind and caring tone. Tolerance requires an accepting mind and a willing participant. We all need to see life from another person's perspective which would suggest we are attempting to live outside of ourselves.

Wherever there is a person in need there is an opportunity for kindness and to make a difference. This medical centre is a perfect example.”



Do you know what this picture is? To find out go to the end of the email.

THINKING OF TRAVELLING OVERSEAS?

The health of yourself and your family is an important consideration when planning your trip. Here are a few tips.



Influenza is the most common, **vaccine preventable** disease acquired by travellers (1).

Typhoid and Hepatitis A are two preventable diseases which can be acquired by ingesting contaminated water or food. Travellers to Bali including children over the age of 2 should consider being vaccinated against these infections.

Having a plan before leaving to prevent and manage traveller's **diarrhoea** is important. The most important part of treatment is fluid rehydration. Taking electrolyte replacement sachets such as Gastrolyte is worthwhile to assist with rehydration. Small amounts of fluid frequently is recommended.

Dalyellup Family Medical Centre is accredited to vaccinate against **Yellow Fever** which is required vaccine in travelling to yellow fever endemic zones in Africa and Central and South America. This vaccine covers for ten years.

Rabies has been diagnosed in dogs in Bali. Rabies is mainly a disease of animals and can be spread to humans from a bite or scratch from an infected animal. In Bali avoid contact with dogs, cats, monkeys. If bitten by any animal wash the wound well with soap and water and seek medical attention as soon as possible. Post exposure treatment is likely to be started. For more information <http://www.health.vic.gov.au/chiefhealthofficer/alerts/rabies.htm>

Travel insurance is a must as it enables the ability to be flown back home at short notice for medical care if required.

Travel advice consultations generally take 15-30 minutes so please inform the reception staff if the consultation is regarding travel advice. All family members travelling need to attend at the initial appointment.

(1). Steffen R. Influenza in travellers: epidemiology, risk, prevention and control issues. *Curr Infect Dis Rep.* 2010;12:181-185.

WHAT DOES THE FEDERAL BUDGET MEAN FOR MY DOCTOR VISITS ?

On the 13th May 2014 the Government announced its 2014-2015 Budget. Some of the proposed changes related to medical appointments.

The first thing to mention is that **all of the measures are subject to the passage of the legislation**. They may not happen or they may change significantly. The main one that concerns patients is the contribution towards the cost of health care. If this is implemented it would begin on 1st July 2015.

When you see a doctor, or have a pathology test or diagnostic imaging, you may be asked to pay a \$7 contribution. If you hold a pensioners concession card, a Commonwealth Seniors card or a Health Care card, you may be charged up to 10 patient contributions in a calendar year. Alternatively, if your doctor doesn't bulk bill you and charges you for the visit you will receive \$5 less from Medicare.

We will all have to wait and see how this eventuates.

Reference: *News for Seniors: Issue 92 June 2014*.

FOUR YEAR OLD HEALTH CHECKUPS

Since September 2013 a trained nurse (employed by South West Medicare Local) has, in collaboration with a GP, provided a four year old **Healthy Kid's Check** at the surgery. The aim of the **Healthy Kid's Check** is to detect problems early that may affect your child's schooling and lifestyle, including delayed development or illness. A **Healthy Kid's Check** will include an assessment of your child's height, weight, eyesight and hearing. Ring the surgery on 9795 6422 for dates and times when the nurse is available.



DID YOU GET IT ?

The photo was taken on the 13th June 2009 when the Dalyellup Family Medical Centre building had its foundations poured. It is looking towards Ocean Forest Lutheran College.

IDENTIFYING SKIN CANCERS

Here are a few clues to identify spots that may be cancerous. To positively identify a skin cancer a Dermatoscope should be used. The doctors at the Dalyellup Skin Cancer Clinic are trained in the use of a Dermatoscope. To find out more about a Dermatoscope you could visit our website.

NEW OR CHANGING SPOT



If a spot is a new spot or has changed (if you are over 40 years old).

BLEEDING SPOT



If a spot shows signs of bleeding.

LONELY SPOT



A spot that is on its own, appearing different to the others.

SORE TO TOUCH



If a spot is painful to touch (often a stinging pain) when gently squeezed it may be cancerous.