



South Coast Medical are committed to providing our patients with the best and most relevant care.



October 2019 Issue

Updates on our Doctors/Clinics;

What's new in the clinics?

Who's new? Who's on leave?

Did You Know?

Find out about services South Coast Medical provide that you may not know about and current offers from the clinic:

- Diabetes Educator
- Zantac Recall
- Travel Medicine

## Are You Following Us on Facebook?

Like South Coast Medical to keep up to date with the latest clinic information



### What's new in our clinics?

South Coast Medical endeavours to keep our local community up to date with information on current medical issues, warnings or advances. In the coming months we'll be holding talks at our Rye clinic on topics that concern those in our community. Some topics may include Buruli Ulcers (what to look out for, treatment), women's health/ante natal, etc. Keep an eye out at your local clinic or in your email inbox for topics and dates to be releases so that you can register your interest in attending.

You can call any of our clinics and make an appointment with any of our general practitioners, nurses and allied health team or book online at [www.scmc.com.au](http://www.scmc.com.au)

### Who's on Leave?

Our Doctors need a holiday too..... There is leave planned through October and November so if you are needing to make an appointment please call our clinics.

Dr Omeros Kefaladelis: 1<sup>st</sup> October to 20<sup>th</sup> October

Tele Demetrious: 21<sup>st</sup> October to 31<sup>st</sup> October

Dr Ian McIntosh: 28<sup>th</sup> October to 30<sup>th</sup> October and

25<sup>th</sup> November to 8<sup>th</sup> December

Dr Dominique Coleman: 31<sup>st</sup> October and 11<sup>th</sup> November

Dr Jon Priestley: 4<sup>th</sup> November to 10<sup>th</sup> November

Dr Damian Flanagan: 12<sup>th</sup> November to 17<sup>th</sup> November

Dr Greg Ward: 12<sup>th</sup> to 13<sup>th</sup> of November

### Your Opinion Matters!

Let us know what you like about attending a South Coast Medical clinic by reviewing us on Google. If you have suggestions for us, we'd love to hear them. You are welcome to email our practice manager [simoneclark@scmc.com.au](mailto:simoneclark@scmc.com.au) at any time





## DID YOU KNOW?

**At South Coast Medical we are more than a Doctors Surgery.....**

**We have professionals in several fields to assist you with your health concerns, Allied Health Professionals and Registered Nurses help make our clinics a stand out choice for your care.**

**In the coming newsletters we'll introduce you to many of our professionals and the services that South Coast Medical has to offer, but in the meantime, we welcome you to make an appointment at our clinics with our GPs, Nurses, Physiotherapist, Podiatrist, Diabetic Educator, Dietitian or Psychologist**

### **Managing your Diabetes with South Coast Medical**

If you are among the approximately 1.7 million Australians living with diabetes, our diabetes educator, doctors, nurses and allied health professionals are here to work with you and take charge of your condition.

Whether you've recently been diagnosed or you've been living with diabetes for some time, the team at South Coast Medical can help you understand and manage your condition.

Because diabetes is often a lifelong and complex condition, we can coordinate a complete healthcare team to support you. The Diabetes Cycle of Care is one of the ways we can help you monitor and adjust everything that impacts your condition and your wellbeing.

### **Complete, coordinated Diabetes Care**

The team at South Coast Medical helping you manage your diabetes may include your GP, your nurse, Diabetes Educator, a Dietician and a Podiatrist. Additional support may also involve a Physiotherapist. Your GP will coordinate your care in tandem with our skilled and experienced allied health professionals.



We'll work with you to tailor a Chronic Disease Management (CDM) Plan designed to keep you as well as you can possibly be. Your South Coast Medical team will support you to:

- Monitor your blood sugar levels
- Make eating and exercising well enjoyable and healthy
- Quit hazardous habits like smoking
- Keep up to date with changes in medication and technologies for managing diabetes

### **Meet Our Diabetes Educator: Lynda Ledger**

Lynda Ledger is a credentialed diabetes educator (in addition to being a registered nurse)

Credentialed Diabetes Educators are specialists in diabetes. They are health professionals who focus their efforts on helping people with diabetes self-manage their diabetes effectively and prevent complications.

A diabetes educator can be the first point of call when you are wanting more information, support and/or motivation in the management of your diabetes and the link between other health professionals. They have in-depth knowledge on all aspects of diabetes and can recognise when you need to see other members of your health care team for example, a dietitian or podiatrist.

Lynda currently works from our Rosebud clinic. To book an appointment with Lynda or any of our health providers please call 5986 2155



## Zantac Recall:

You may have recently viewed information on the news networks regarding that recall of all Zantac medication. Zantac, known generically as ranitidine is a medication that has been found to contain traces of NDMA. This agent has potential links to causing of cancer.

Whilst the potential risk is considered quite small, the recall obviously has raised concerns in some patients. If you are currently taking this medication, we recommend that you make an appointment to discuss options with your general practitioner.

## Are You Considering Travelling?

In 2018, 10.5 million Australians travelled overseas on a holiday. Holidays are an exciting time that allow you to create new memories and experience other cultures. The last thing you want is to be experiencing the local doctor's office or hospital instead.

If you have your 'to do list', don't forget to add visiting your GP as a main priority. There are a number of preventative measures you can take to decrease your chances of a health condition.

### Medication

Before leaving for your holiday ensure you have enough prescribed medication to last your trip, if you're about to run out visit your GP and get any new prescriptions required.

We can also print off a letter listing your current medications to decrease your chances of having any issues with customs and a health summary for travellers who have existing medical conditions.

### Immunisations

Immunisations are an essential part of traveling overseas. If you're unsure if you've had a required immunisation it's recommended you talk to your GP who may have access to your records. The immunisations you require will differ depending on where you are going and what activities you are doing, it is important to discuss your holiday with your doctor who will know what you require. Immunisations may include Tetanus, Measles, mumps and rubella, Influenza, Hepatitis A and B,



Typhoid Fever, Cholera, Yellow Fever or even a Rabies injection if your travel plans are likely to include feeding local animals.

### Deep Vein Thrombosis

Deep vein thrombosis occurs when blood clots form in your body, most commonly in the legs. This can often be caused by being still for long periods of time, to help prevent this we recommend purchasing compression socks for flights, this can also help reduce swelling of the feet and ankles.

We can fit you for compression stockings and prescribe them onsite at our clinics.

If you are heading overseas, book in with one of our general practitioners to ensure your health is in check before you travel.

**Book an appointment with any of our services by calling your preferred clinic or book online at [www.scmc.com.au](http://www.scmc.com.au)**

**Dromana 5981 4300**

**Rosebud 5986 2155**

**Rye 5985 7776**

**Blairgowrie 5988 8604**