

OVENS MEDICAL GROUP

SPRING NEWSLETTER 2016

CLINIC NEWS

We say good luck to Dr. Jing Jing Ye who has taken maternity leave, we wish her all the best for when bub arrives. Dr Grace Reynolds has also left us as she has completed her diversity training and has returned to her clinic in Yarrawonga.

Public Holidays – the clinic will be closed on the following days:

Friday 30th September – AFL grand final holiday

Tuesday 1st November – Melbourne Cup Day

SEPTEMBER IS DEMENTIA AWARENESS MONTH

The goal is to encourage Australians to become dementia-aware, have a better understanding of what it is like for a person to live with dementia, and ultimately be encouraged to create communities where people with dementia are supported to live a high quality of life with meaning and purpose. This year's theme is "you are not alone"

For further information contact National Dementia Helpline 1800 100 500.

SHINGLES VACCINE (Zostavax)

The shingles vaccine is to be provided free for 70-79 year olds from 1st November, 2016. The shingles vaccine has shown to reduce the risk of shingles by 50%. It can reduce pain in people who experience shingles by 70%.

1 in 3 adults will be affected by shingles in their lifetime and the incidence and severity of shingles increases with age. Treatment within the first 72 hours with anti-viral medications if a shingles rash appears will also be beneficial in reducing the severity of the rash.

If you have had the shingles rash you must wait 12 months before receiving the shingles (Zostavax) vaccine.

BEXSERO

The meningococcal B vaccine is now available on private script. It is the first vaccine registered for the prevention of Serogroup B Meningococcal disease. The vaccine has not been introduced onto any National Immunisation Program in Australia. A script is required from your doctor. The meningococcal B vaccine is recommended for the groups that have the highest risk of the disease:

- Infants < two years
- Adolescents 15-19 years
- Children and adults with medical conditions that place them at high risk. Such as functional at anatomical aplasia.
- The recommended vaccine schedule is 2-3 doses depending on the age. The vaccine cost is about \$120 per injection.

BOOSTRIX (Whooping Cough, Tetanus and Diphtheria)

Protect your baby by protecting yourself with a free whooping cough vaccine. Pregnant women in their third trimester (from 28 weeks and their partners) can receive the vaccine for free.

Grandparents need to see their GP and be dispensed with a script to get their whooping cough (Boostrix) vaccine. Cost is \$38.00