

OVENS MEDICAL GROUP



NEWSLETTER 2018

CLINIC NEWS

Public Holidays

The clinic will be closed on Friday 28th September (AFL) and Tuesday 6th November (Cup Day).

Dr. Clare Wright will be finishing up at our clinic at the end of September. We wish her all the best for her future endeavours.

FLU VACCINATIONS

It is not too late to have the flu injection!

The flu vaccine is available for anyone from 6 months of age. The best time to get the flu shot is early autumn to allow time for your immunity to be strengthened before the flu season (June to September) starts. It is important to have the vaccine each year to continue to be protected because your immunity decreases over time and the flu strains change over time as well.

The flu vaccine is free for the following people:

- anyone aged 65 years and over
- [Aboriginal and Torres Strait Islander people](#) aged 6 months to less than 5 years, and from 15 years of age
- [pregnant women](#)
- anyone over 6 months of age with medical conditions such as severe [asthma](#), [lung disease](#) or [heart disease](#), low immunity or [diabetes](#) that can lead to complications from influenza.

For more information on the flu vaccine, go to the [Immunise Australia](#) website or call the Program Information Line on 1800 671 811.

TRAVEL VACCINATIONS

After booking your travel ticket please then book an appointment with your doctor to talk about travel vaccinations. You can then organise a schedule to have any vaccinations prior to your holiday that will allow for maximum protection.

Safe Travels!!

MY HEALTH RECORD

This year you will get a My Health Record, unless you chose to Opt Out.

What is My Health Record?

My Health Record is an online summary of your key health information.

Once it is set up you do not need to do anything. Your health information can be viewed securely online, from anywhere, at any time, even if you move or travel interstate. You can access your health information from any computer or device that is connected to the internet.

You do not need to be sick to benefit from having a My Health Record. It is a convenient way to record and track your health information over time.

However, if you do not want a My Health Record, please visit [MyHealthRecord.gov.au](#) or ring the Help line on 1800 723 471 by 15th November, 2018.

Are You Ready to QUIT smoking ?

9 BENEFITS

1. Improve your health

The health benefits of quitting smoking begin just six hours after your last cigarette! And the longer you stay quit, the healthier you'll be.

2. Save money

Want an extra \$9000 a year? If you smoke a 20-pack a day, that's how much you'd save if you quit. [Work out how much you could save](#) – it's a powerful motivator.

3. Regain control

At times you might feel like smoking controls you. Quitting can give you a sense of freedom, lift your mood and boost your confidence about smoking, as well as other areas of your life.

4. Positive role model

Quitting sets a great example for the children, family, friends and others around you. It can even reduce the chances of them taking up smoking themselves.

5. Family time

Quitting can give you more energy to play with your kids and more money to spend on them too.

6. Protect others

Secondhand smoke can harm others. Quitting is the only way to protect your family and friends.

7. Less hassle

Disapproving looks or comments from non-smokers can make you feel embarrassed or judged. You might even try to keep your smoking a secret. It's also a hassle having to make sure you have enough cigarettes with you or enough money to buy them when you run out.

8. Healthier appearance

Smoking ages your skin. It also makes your clothes, hair, house and car smell terrible. When you quit, your teeth become whiter, nicotine stains on your fingers fade and the skin of your face will show less signs of aging. Your house and your car will no longer smell like an ashtray.

9. Better surgery outcomes

If you're having surgery, quitting can lower your risk of complications and help with recovery and healing. Your surgeon is obliged to talk to you about the risks of not quitting.



Quitline can help

Our [Quit Specialists](#) can help you use these benefits to your advantage. They're great at helping you to gather up your reasons to quit and building your motivation. Call them on 13 7848 or request a [Quitline callback](#).

SURVEY RESULTS

Thank you to all our patients who participated in our recent patient feedback survey.

It was pleasing to see that 97% of answers were good, very good or excellent. Particularly we were pleased that our patients think we show respect, ability to listen and provide a friendly warm greeting.

On the not so good side, we are aware that we do have waiting periods to see the doctor of your choice and also aware of the time spent waiting in our waiting room. If you have several issues to discuss with your doctor please ask our receptionists to book you in for a long consultation. If coming from work please feel free to phone ahead and see if the doctor is running to time. Patients are also encouraged to build a relationship with another GP within the clinic.

We are also pleased to inform you that we are getting a new heating/cooling system in October and hopefully this will provide a better overall temperature in our waiting rooms and consulting rooms.

