

Newsletter



Uraidla Family Practice
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November News

Men's Health Month

November is men's health month at Uraidla Family Practice . We are encouraging all men to come in and have their 12 month check up. We know life is busy. There is a lot going on but amazingly, most men find time to book their car in and drop it off at least once a year for a service.

NOW IT IS TIME FOR YOUR TUNE UP - IT'S A REALLY GOOD FEELING WHEN YOU WALK OUT KNOWING EVERYTHING IS ALL CLEAR.

If you are aged 45 or over, you should be having your blood pressure checked, an ECG, your BMI assessed and bloods taken for analysis. If you have a family history of prostate or bowel cancer, you should also be checked for these problems as well.

Young men should also be aware of the checks that they should be doing. Testicular cancer for example is primarily a young man's disease.

We can almost guarantee that we have men walking around in our community with health problems they are not aware of. With most diseases these days, early detection and treatment can lead to cure.

SO FOR THIS MONTH ONLY THESE CHECK UPS WILL BE BULK BILLED. YOU WILL NEED TO PHONE THE CLINIC AND REQUEST A DOUBLE APPOINTMENT STATING THAT IT IS FOR A MEN'S HEALTH CHECK.

Ladies, if you are reading this, encourage your man to come along. Women are mostly so much better at ensuring they have their preventive health checks.



Skin Clinic Monday 19th November

The morning skin clinic is filling up so you need to book in if you are planning to have this done. We have had several requests for an afternoon or evening skin check clinic. We will take that on board and hopefully arrange one in December.

Appointment Non Arrivals

We have quite a few appointments made by people who then don't arrive at the allocated time, nor do they phone to cancel. In the month of September there were 34 in total and some of these were double appointments. Other people could have been given these time slots. It also amounts to quite a bit of lost income to the practice for the month.

We understand someone will occasionally forget an appointment in the busy lives we lead. However, we have people who ring for an appointment on the same day and then don't arrive and neither do they call to cancel.

Please ensure that you give us a courtesy call if you can't keep your appointment.

Electronic Health Record

Don't forget that you only have a week or so to opt out if you don't wish to have an electronic health record. If you don't opt out a record will automatically be uploaded for you. If you don't wish to enrol you need to visit the My Gov Website or phone 1800723471 by the 15th November, 2018.

If you wish to have an e health record, make an appointment so your GP can go through it with you and ensure that what is uploaded is correct.

Only a single page health summary is uploaded by your doctor. It outlines your allergies, current medications, immunisations and relevant medical problems. You decide with your doctor what goes in and what doesn't.

Other Services

Don't forget all the other services which are provided from these premises.

Uraidla Physiotherapy - Nadine and Belinda provide physiotherapy.

Podiatry - Kate Dansie is the visiting podiatrist who is here three out of four Tuesdays

Counselling - Jane Pool provides counselling on Thursdays and Fridays.

Dietitian - Sarah Pinn is the dietitian and she is here on Friday mornings.

Information pamphlets about these services are in the waiting room and any enquiries can be directed to reception.