

# Newsletter

June 2019



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## June News

### Bone Density Screening

We are having the Measure Up bone density screening bus attend again very soon. Letters are currently being sent out regarding this screening. The letters have been sent out to capture everyone in the age demographic who **might** be eligible to have the scan covered completely by Medicare.

If you are over 70 years of age and have never had a bone density scan, you are able to have the screening done with no out of pocket cost.

If you were screened the last time the bus was here or if you have had it done elsewhere in the last two years, the result of that screening will determine eligibility. This information couldn't be captured in the mail out, but your doctor will be able to advise you. Please make an appointment to come in to discuss this and get your referral if needed. Use the opportunity to have your blood pressure checked and address any other issues you may have while you are here.

The visiting bus is a very good opportunity to have this screening locally. Last year many were detected as having osteopenia or osteoporosis. Once detected, these problems, which make people vulnerable to fractures, can be treated.

### Ongoing Flu Season

Well it has certainly been a doozy of a flu season so far. Things have slowed down a little and most people have now been vaccinated but we are still seeing people with the flu. In our small practice we have given 960 vaccinations and we have had 65 confirmed flu cases so far.

Please be aware that the vaccination is your best defence against contracting the flu but it is not guaranteed complete protection. A few people who have been vaccinated will still get the flu but the advice we have been given is that whilst this may happen, the symptoms will not be as severe as they otherwise would have been.

Please continue to take precautions such as frequent hand washing. Where possible stay clear of people with flu like symptoms and if you or family members develop symptoms, stay away from work and school.

**IF YOU HAVEN'T HAD YOUR FLU SHOT IT WOULD BE WISE TO DO SO.**

### Tree Removal

You may have noticed that a couple of our beautiful Gum trees in the car park have perished. Don't know why. These will be removed in the next few weeks to prevent them from falling on someone's car. It is such a shame because they have been visited regularly over the years by a family of koalas.

## Recalls and Reminders

I put this message in the May newsletter but I think it may have got missed in the hustle and bustle of the extraordinary start to the flu season. Our struggling health system relies on General Practice to have strong focus on preventive care. As well as treating people for their day to day health problems, our GP's also need to focus on the future health of our patients. Their role is to diagnose and arrange early treatment of any problems to keep people well and out of the hospital system. Our recall and reminder system is a very important part of that preventive care process.

When you have a consultation with the doctor, they will often put a reminder into your medical record. This will be for something they think is important for you to have done or reviewed further down the track. Our lives are all very busy and time goes by so quickly. It is so easy to put aside our health checks and it is so important that we don't. The recalls and reminders the doctors put in are sent out on a regular basis. If you receive one please don't just ignore it, pick up the phone and make that appointment.



## Preventive Care - 45 to 49 health Checks.

As well as sending out the recalls and reminders outlined above, we also think it is important to look after our community by encouraging people to come in at certain times of their life to have a thorough check. Currently we are sending out letters to males aged in their late forties to have the government recommended 45 to 49 health check.

These visits take about a half an hour and it follows a pre arranged blood test. The visit is bulk billed. It has been determined that this is an age when health problems may start to emerge even though you may feel very fit and healthy. Most likely a clean bill of health will be given but it is an opportunity for early detection and as the saying goes, to nip any problems in the bud.

If you receive a letter, don't toss it in the bin. Make an appointment.

