

Newsletter

July 2019



Uraidla Family Practice
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July News

Bone Density Screening

The Measure Up bone density screening bus will be at Uraidla Family Practice on the 31st July until 2nd August. Letters have been 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 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 with your GP to come in to discuss this and get your referral if needed, although the bus is due here very soon there are still some appointment times available. 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

We might be in the middle of Winter but we are still encouraging people who may not have already had their flu vaccinations to make an appointment at the practice for this. We currently have the Government funded as well as the Private flu vaccines available.

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 covering coughs and sneezes and 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.

Appointments

We have always been able to offer same day appointments at Uraidla Family Practice but with the current unprecedented flu season we have been experiencing, at times this has been difficult. Thank you for your patience and understanding as we navigate the increased demand for appointments.

New patients are always welcome, please advise the receptionist when booking your appointment if this is your first attendance so that we can allow for the required time in our appointment book.

Allied Health

We are fortunate at Uraidla Family Practice to have the regular services of quality allied health practitioners at our practice.

Please call the practice to make appointments with

Uraidla Physio

Abbott Pathology—here Monday Tuesday, Thursday and Saturday mornings.

Podiatrist Kate Dansie

Jane Pool counselling and Sarah Pinn dietitian consult regularly from the practice and take care of making their own appointments.

Tree Removal



The couple of trees in our car park that have unfortunately died will be removed on Friday the 19th of July by a local tree service, please be aware in our carpark on this day and park as advised.

Thank you.

Preventive Care—Health Checks

A repeat from our June newsletter, but again, an important reminder as a preventative health check can help detect and prevent any future health issues.

We 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.

Most likely a clean bill of health will be given but it is an opportunity for early detection.

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