

Newsletter



Uraidla Family Practice
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June 2020 News

COVID Update

South Australia as a state has been fortunate with how we have been affected by COVID-19, that's not to down play the severity of the illness or the sadness of the loss of life that has occurred.

As a practice we have only had one of our patients affected by COVID-19 and they self isolated in the city after returning from overseas, never entering the practice while unwell .

As we progress through this pandemic we want to acknowledge our patients and show our appreciation for the respect they have had for staff, who were working with little information available to them in the initial stages.

As a practice we are returning to the new normal with face to face consults being encouraged but with caution, we will still ask you to call from the car park when you arrive so we can maintain social

distancing in our waiting room and if you are suffering from cold and flu like symptoms please let our reception staff know.



Dr Peter Schultz

You may already be aware that Dr Peter Schultz retired from Uraidla Family Practice earlier this month.

Dr Schultz, along with his wife Robyn purchased Uraidla Family Practice in 2001 and sold the practice to Dr Indranil Kundu in 2018. During these 17 years they built, in every sense, a true family practice . Patients and staff alike have benefited from Peter's genuine caring nature and we wish both Peter and Robyn all the very best in their future endeavours.



June—Bowel Cancer Awareness Month

Every week 325 Australians are diagnosed with bowel cancer and 108 Australians die from the disease. Bowel cancer is Australia's second deadliest cancer but when identified early nearly 99% of bowel cancers can be successfully treated.

Whilst the risk of bowel cancer does increase with age, it does not discriminate and can effect men and women of any age. There are some risk factors that cannot be modified such as age, family history and some diseases, there are however, significant risk factors that can be controlled such as:

- Avoiding weight gain as an adult
- Quit smoking and avoid passive intake as much as possible
- Aim to be physically active with 30 minutes of "heart rate raising" activity a day
- Limit alcohol intake
- Aim to eat less than 500g of red meat per week
- Increase daily fibre intake

There are other factors that can also help to lower your risk that are best discussed with your doctor. Bowel Cancer Australia recommends testing from 45 years old and earlier depending on individual risk factors

Please give the practice a call if you wish to discuss with your doctor any concerning symptoms, the testing process or any other questions you may have.



COMMIT TO KEEP FIT!

WITH URAIDLA PHYSIO 'S
HOME EXERCISE CHALLENGE

20 CALF RAISES

20 SQUATS

20 REVERSE LUNGES (EACH LEG)

20 SEC WALL SIT

20 WALL PUSHUPS

20 SEC PLANK

20 HIP BRIDGES

20 HIP CLAMS (EACH LEG)

20 DONKEY KICK PULSES (EACH LEG)

20 DONKEY KICK RAINBOWS (EACH LEG)

2 MINUTES MINDFUL BREATHING

LET'S GO!