

# Newsletter

Uraidla Family Practice  
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## September 2020 News

### Sad Farewell

It is with sadness that we let our patients know that Dr Cynthia Say will be retiring at the end of October.

Cindy started her career as a Registered Nurse before studying medicine in Adelaide and completing her post graduate Registrar training in Alice Springs. She brought her wealth of knowledge with her when she joined Uraidla Family Practice in January 2013.

She quickly grew a strong patient base and has become a much loved member of the Uraidla team. Her warmth, approachability and caring nature has made her popular with all age groups

While we will miss Cindy dearly we are excited to see what this creative and motivated lady does next! Have you seen her beautiful sculpture in the hallway window above the entrance to our treatment room?



Cindy wanted to pass on the following message to her patients:

***I have thoroughly enjoyed my time working here at Uraidla Family Practice and, if I don't have the opportunity to speak with you all in person prior to leaving, I want to take the opportunity to give you my heartfelt thanks for allowing me to share your stories and to assist you in maintaining your health.***

***It has been a pleasure and I wish you all the very best for the future .***

We thank Cindy for her hard work and dedication to the practice, genuine care for her patients and staff alike, sense of humour, baking and preserve treats and so much more!

***Go well Cindy!***

### COVID Update

We are very fortunate to live here in South Australia, never has it been more evident than in the current COVID climate, keep it up SA! Our Practice continues to monitor any changes in directives from SA Health and are encouraging face to face consults with several restrictions in place:

-Please continue to call from the car park when you arrive so we can maintain social distancing in our waiting room

- Please let our reception staff know if you are suffering symptoms of respiratory infection:

Cough

Sore throat

Shortness of breath

Runny nose

OR

Acute loss of smell or altered sense of taste

Fever

Please advise our reception staff prior to entering the practice if you have travelled from interstate in the last 14 days or had close contact with a COVID-19 confirmed case.

**Our Practice strongly encourages the use of the COVIDSafe app.**



## Appointment Reminders

As we introduce the Hot Doc system of SMS reminders over the next week or two there is a chance of a few teething problems, we believe that once these are ironed out it will be a mutually beneficial system.

***One way that you can help us to make this a smooth process is to check we have your correct mobile phone number in our system. A demographic for who this can be a problem for is teens and young adults as many may still have a parents' mobile number listed as the primary contact instead of their own, please ask a staff member to check if you are unsure of the number we have listed.***

***Please ask our reception staff if you have any questions or would prefer to opt out of***

## September is Prostate Cancer Awareness Month

Prostate cancer is the second most common cancer diagnosed in men in Australia, in fact one in 6 men will be diagnosed with prostate cancer by the age of 85.

While early prostate cancer rarely causes symptoms the symptoms of advanced prostate cancer can include unexplained weight loss, frequent or sudden urge to urinate, blood in the urine and pain in bones, especially the lower back. These symptoms are far from conclusive and can have other causes, so please speak with your GP if you have any concerns.

We want to encourage all men over 50 years of age, or 40 years if they have a family history of prostate cancer to talk to their GP about testing for prostate cancer, as part of their regular health check-up.

## Massage

As many of you would know, Uraidla Physiotherapy has its very own massage therapist available for massage on Monday and Friday all day and Saturday mornings.

Ricky uses both remedial and deep tissue massage and cupping techniques. If you would like to make an appointment with Ricky, please call the practice or speak with Angelica at your next appointment.



**Initial Consultations are always 60 minutes with a fee of \$85**

Subsequent Consultations can be either:

**30 minutes with a fee of \$65**  
or **60 minutes with a fee of \$85**

## Podiatry and Physiotherapy Fees

### Podiatry

Initial Consultation: \$90

Standard Consultation: \$75

Home visit: \$90 within 5km radius (travel fee may apply for distance greater than 5km).

Medicare EPC Consultation: Standard: \$10 gap, Pensioners: no gap

### Physiotherapy

Initial Consultation: \$90

Standard Consultation: \$75

Medicare EPC Consultation: Standard: \$10 gap, Pensioners: no gap