

Newsletter



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Spring Newsletter

COVID-19 Vaccinations

As we all know the vaccine roll out has been bumpy at times with the “goal posts” moving frequently with regards to eligibility. Thank you to everyone for your patience as we navigated these constant changes made all the more difficult at times by the circulation of conflicting or incorrect information, particularly in the early stages.

Uraidla Family Practice is extremely fortunate to have good, consistent supply of vaccines from the start of our clinics at the beginning of April and can currently offer COVID-19 vaccinations to everyone from 12 years of age and up.

Did you know that the Royal Australian College of Obstetricians and Gynaecologists and the Australian Technical Advisory Group on Immunisation recommend mRNA COVID-19 vaccines such as Pfizer and Moderna for those who are pregnant, breastfeeding or planning pregnancy? Pregnant women and their unborn baby have a significantly higher risk of severe outcomes from COVID-19 than non-pregnant people.

If you have been putting off getting the vaccine please give us a call and we can get you in for your first (or second) vaccination as soon as possible.

Uraidla Family Practice has now given over 2,300 COVID-19 vaccinations to our patients and members of the local community and beyond.

In great news, 80% of UFP patients who have had their first dose vaccinations have also had their second dose.

This is a fantastic percentage, great for your health and for the health of the more vulnerable members of our hills community.

BONE BUS

The Bone Bus was again really well utilised by members of Uraidla Family Practice earlier this month. We had the bus booked for 2 days and due to demand they added an extra bus on the Friday. The bus comes to UFP to do onsite bone scans (DEXA scans) annually making the service more accessible than it would be otherwise. If you are concerned about osteoporosis and feel that you have missed an opportunity to take advantage of this service please discuss your options at your next visit as these scans can also be completed at other locations throughout the year.



SPRING and ALLERGIES



It is always nice to come out of winter in the Adelaide Hills and to see the first signs of Spring and the warmer weather that follows. For many though, this seasonal change brings with it the challenges of allergies like hay fever or allergic rhinitis. Hay fever causes cold-like symptoms but unlike a cold it is not caused by a virus but by the eyes and nose coming into contact with environmental allergens like pollen, dust mites and other irritants.

The symptoms you experience can make you feel irritable and interfere with your daily life but you do not have to just put up with them. Learning what triggers your allergic response and how to avoid them plus finding the right treatment will help you enjoy the lovely Hills spring weather. If you are finding that over the counter allergy medications are not providing you with relief of your hay fever symptoms please make an appointment with your GP.

Given the current COVID-19 climate and that some symptoms are common to both hay fever and COVID-19 the graphic below may help with understanding the origin of your symptoms.

