



Wynyard Medical Centre Newsletter

138 Goldie Street,
Wynyard

Ph: 03 6442 2201 | Fax: 03 6442 4222
www.wynyardmedical.com.au

Issue 10
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Mission Statement



Wynyard Medical Centre is committed to providing its patients with a high standard of care for the benefit of each patient's health and well being.

Wynyard Medical Centre is a readily accessible, high quality medical service for all patients, their families and carers. It provides a friendly, caring environment where the contribution of all team members are valued and recognized and the respect for the needs of the individual patient is a priority.

October is BREAST HEALTH Awareness Month



October, Australia's Breast Cancer Awareness Month, provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer).

Wynyard Medical Centre is primarily a Mixed Billing Practice

The practice may bulk bill patients who are holders of a:

- Pension card
- Health Care card
- Veteran Affairs card
- Or Children under the age of 16.

It is up to the GP's discretion on how consultations will be billed.

A copy of our fees can be found on our website or information can be provided at the front desk.

Open 7 Days a Week

8am to 8pm on
Monday to Friday
&
9am to 12pm on
Saturday and Sunday

No Appointment
required on weekends

**Closed on Public
Holidays only**

**For After Hours
Emergencies**

Call 000

Or GP Assist

1800 022 222

Mental Health Week 2022 TASMANIA

Mental Health Week is part of a national mental health promotion campaign held in October each year, and incorporates World Mental Health Day, held globally on 10 October. The purpose of this awareness week is to engage communities in activities that promote mental health and well-being and also increase understanding and reduce stigma about mental illness, and how it impacts on the lives of people in our community.

8-16 October

Mental Health Week in Tasmania this year will be from 8 - 16 October. The theme for Mental Health Week this year is **'Awareness, Belonging, Connection'**



New Relaxation Massage Therapist Emily Hanson

Emily has recently qualified as a Relaxation Massage Therapist and is further studying deep tissue and remedial massage therapy at Evolve College in Launceston.

Emily has a keen interest in pain relief as well as assisting with stress and anxiety

management. Emily is still undergoing study in this field and will be fully qualified as a Remedial Massage Therapist in November 2022. She is also very interested in the lymphatic system and will be looking to engage in further lymphatic drainage training towards the end of the year.

Book your Covid and Flu Vaccines Today



**Don't forget to book
your appointment
today, speak to our
staff at reception**

Feedback

Your feedback is valuable to us. We have placed a feedback box in our waiting area. Please feel free to



The Allied Health Providers

That Consult at Wynyard
Medical Centre

Ashlee Brient Dietitian

Fortnightly on Mondays
appointments made at reception

Michael O'Donnell Psychologist

Bookings through ELPE health

Steven Hooper Audiometrist

Appointments made by Phoning
Stevens rooms

Georgie Palmer Pelvic Physiotherapist

Fortnightly on Fridays
Bookings through ELPE health

Jayne Grubits Physiotherapist

Fortnightly on Tuesdays
Bookings through ELPE health

Our Practitioners

Dr Roland Ark

MBBS (Rgn), MBBS Hons (Tas), FRACGP, Ass Dip
Applied Science (Syd)

Dr Zohaib Pervaiz

(MBBS, FRACGP)

Dr Sukanya Selvarajah MD

Dr Dhanesha Guawadena

(MBBS, FRACGP)

Dr Nimalika Samarbandu

(MBBS, Dip in Family Medicine)

Face masks
recommended



Please
Wear a
Mask in
our
Centre

This Helps Keep our Staff and
Patients safe.



Now attends Wynyard Medical Centre
on Tuesdays and Thursdays from 8am
to 12pm.

A Pathology request form from your
GP is all that is required prior to
attending a NW Clinic

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ATAGI recommends COVID-19 vaccination for **children aged 6 months to <5 years** with severe immunocompromise, disability, and those who have complex and/or multiple health conditions which increase the risk of severe COVID-19. These include children with the following or similar conditions:

- o Severe primary or secondary immunodeficiency, including those undergoing treatment for cancer, or on immunosuppressive treatments as listed in the **ATAGI advice** on 3rd primary doses of COVID-19 vaccine in individuals who are severely immunocompromised;
- o Bone marrow or stem cell transplant, or chimeric antigen T-cell (CAR-T) therapy;
- o Complex congenital cardiac disease;
- o Structural airway anomalies or chronic lung disease;
- o Type 1 diabetes mellitus;
- o Chronic neurological or neuromuscular conditions; or
- o A disability that requires frequent assistance with activities of daily living, such as severe cerebral palsy or Down Syndrome (Trisomy 21).