



WYNYARD MEDICAL CENTRE

138 Goldie Steet Wynyard, Tas 7325

Phone: (03) 6442 2201

www.wynyardmedical.com.au

Open 7 Days

Monday - Friday 8am- 8pm

Saturday - Sunday 9am - 12pm

Closed Public Holidays

Newsletter - Issue 4- 2024

Find us on 

Closed on Public Holidays For After Hours Emergencies **Call 000** Or for non urgent enquiries

GP Assist 1800 022 222



World Autism Awareness Day 2nd April

Every year, on the 2nd April, the world celebrates World Autism Awareness Day. But Autistic advocacy groups have been calling for organisations and governments to shift away from the word 'awareness' to 'understanding' or 'acceptance'.



DR PHYU HNIN OO (MBBS, AMC, FRACGP)

Dr Phyu Hnin, has commenced providing her general medical services at Wynyard Medical Centre. She has great interests in Women's Health, Chronic Diseases, and Child Health.

Dr Phyu Hnin Oo is accepting new patients

Dr Phyu was born and raised in Yangon, Myanmar. She was trained and graduated from University of Medicine (1) in Myanmar and worked as a general practitioner in Yangon for some years before migrating to Australia. She attained AMC certificate in 2018 and worked as a resident and principal house officer in Harvey Bay and Maryborough Hospitals in Queensland from 2018 to 2021 in various rotations including rural. She had joined

general practice training in Harvey Bay, and has achieved her Fellowship from RACGP in February, 2024.

World Health Day is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world. The date of 7 April marks the anniversary of the founding of WHO in 1948.

Don't forget to find us on Facebook to stay up to date with all our latest News and information.



Wynyard Medical Centre



Your Practitioners

Dr Roland Ark -MBBS (Rgn), MBBS Hons (Tas),
FRACGP, Ass Dip Applied Science (Syd)

Dr Zohaib Pervaiz –MBBS, FRACGP

Dr Sukanya Selvarajah -MD, FRACGP

Dr Dhanesha Guawadena - MBBS, FRACGP

Dr Nimalika Samarbandu -MBBS, Dip in
Family Medicine

Dr Alireza Asadi- MD

Dr Claire Santos—MD (not pictured)

Dr Phyu Hnin Oo— MBBS, FRACGP (not pictured)



**NORTH WEST
PATHOLOGY**
Quality is in our DNA

Is at Wynyard Medical Centre
8am to 12pm.

Monday– Friday

Your Allied Health Providers

**That Consult from the
Wynyard Medical Centre**

Brooke Townsend

Dietitian

Michael O'Donnell

Psychologist

Steven Hooper

Audiometrist

Aydan Costelloe

Physiotherapist

Lucy Willoughby

Podiatrist

Billing

Your Practitioner 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.**

Fees can be found on our website
or information can be provided
at the front desk.

Please make sure you Keep all

your details up to date with

**Reception this includes all Medicare, DVA details, Pensioner and
Health Care Cards, and all your Contact information.**

*If your contact information has changed,
don't forget to let us know!*



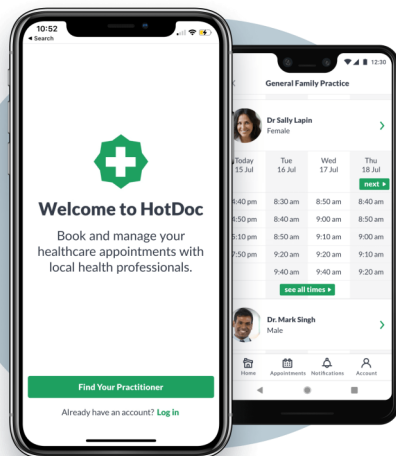
During this month, Parkinson's Australia
is promoting the importance of identify-
ing some of the lesser-known early warn-
ing signs and symptoms of Parkinson's.

Your Practitioners Are Now Using HotDoc

This means you can now book appointments with your Practitioner online.

Another feature of HotDoc is that you will now receive a message from HotDoc with an appointment reminder, or asking you to book in for a follow up appointment, or to book in for an appointment you may now be due for.

If you would like to opt out please let our reception staff know. If you would like more information please see the flyers at reception.



Functional Neurological Disorder (FND) is a problem with the functioning of the nervous system and how the brain and body send and receive signals. Physical and/or psychological risk factors can cause functional symptoms which include a variety of physical, sensory and cognitive symptoms that have yet to be explained by a recognised disease. Functional Neurological Disorders are considered to be multifactorial, which means many different risk factors can contribute to the development of the disorder. The symptoms are real and can cause impairment in quality of life that is similar to and in some aspects worse than other neurological conditions. FND occupies a grey area between psychiatry and neurology

that historically has failed to gain the interest of researchers and clinicians. The prevalence and potential reversibility of functional illness have peaked new research interests. New scientific findings are influencing how patients are diagnosed, treated, and creating an overall change in attitude toward Functional Neurological Disorder patients.



Every year on 17 April World Haemophilia Day is recognised worldwide to increase awareness of haemophilia, von Willebrand disease and other inherited bleeding disorders. This is a critical effort

since with increased awareness comes better diagnosis and access to care for the millions who remain without treatment. World Haemophilia Day was started in 1989 by the World Federation of Hemophilia (WFH), which chose 17 April as the day to bring the community together in honour of WFH founder Frank Schnabel's birthday.



The annual World Day for Safety and Health at Work on 28 April promotes the prevention of occupational accidents and diseases globally.



YOUR HEALTH IS IN YOUR HANDS

BOOK YOUR ANNUAL **715 HEALTH CHECK** TODAY!

It's important to have a health check every year, even when you feel well, to stay healthy and strong.

Having a regular health check provides important details to your Doctor to keep you and your family in good health.

All Aboriginal and Torres Strait Islander people are eligible for an annual health check. 715 health checks are free at Aboriginal Medical Services and bulk billing practices. If you are unsure whether it will be free at your local Doctor, give them a call to ask about the 715 health check before you book.

Find out more:

Visit www.health.gov.au/715-health-check
or search #715healthcheck on social media



Australian Government
Department of Health

Fun For All

Rainy Day Showers!

Find each word in the search.

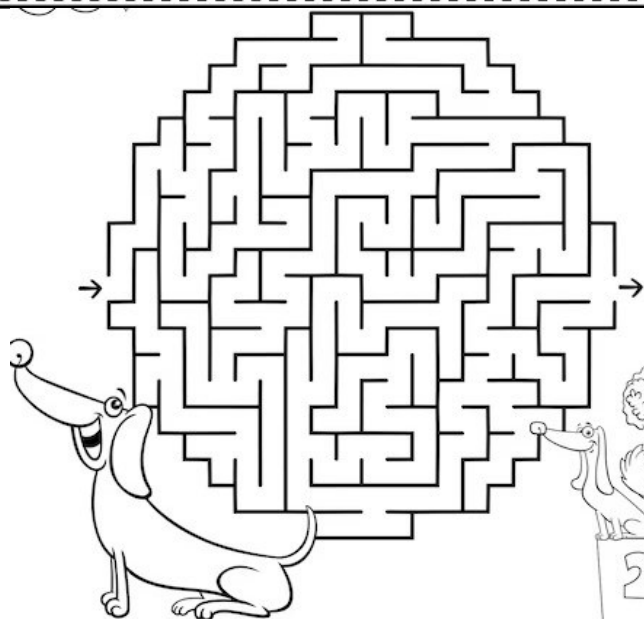
Words go ↑, →, and ↘.

a	r	e	t	c	l	o	u	d	s
d	a	d	r	o	p	s	m	i	p
p	i	t	i	h	n	m	b	u	r
u	n	n	y	d	e	a	r	o	d
d	b	b	s	h	o	w	e	r	s
d	o	m	o	i	p	e	l	u	p
l	w	d	a	o	d	i	l	o	l
e	r	c	k	o	t	e	a	y	a
d	q	x	e	n	m	s	o	p	s
f	l	o	d	n	b	q	x	l	h
z	f	d	o	w	n	p	o	u	r

puddle	umbrella
rain <u>boots</u>	showers
inside	drops
soaked	clouds
rainbow	splash
downpour	mud

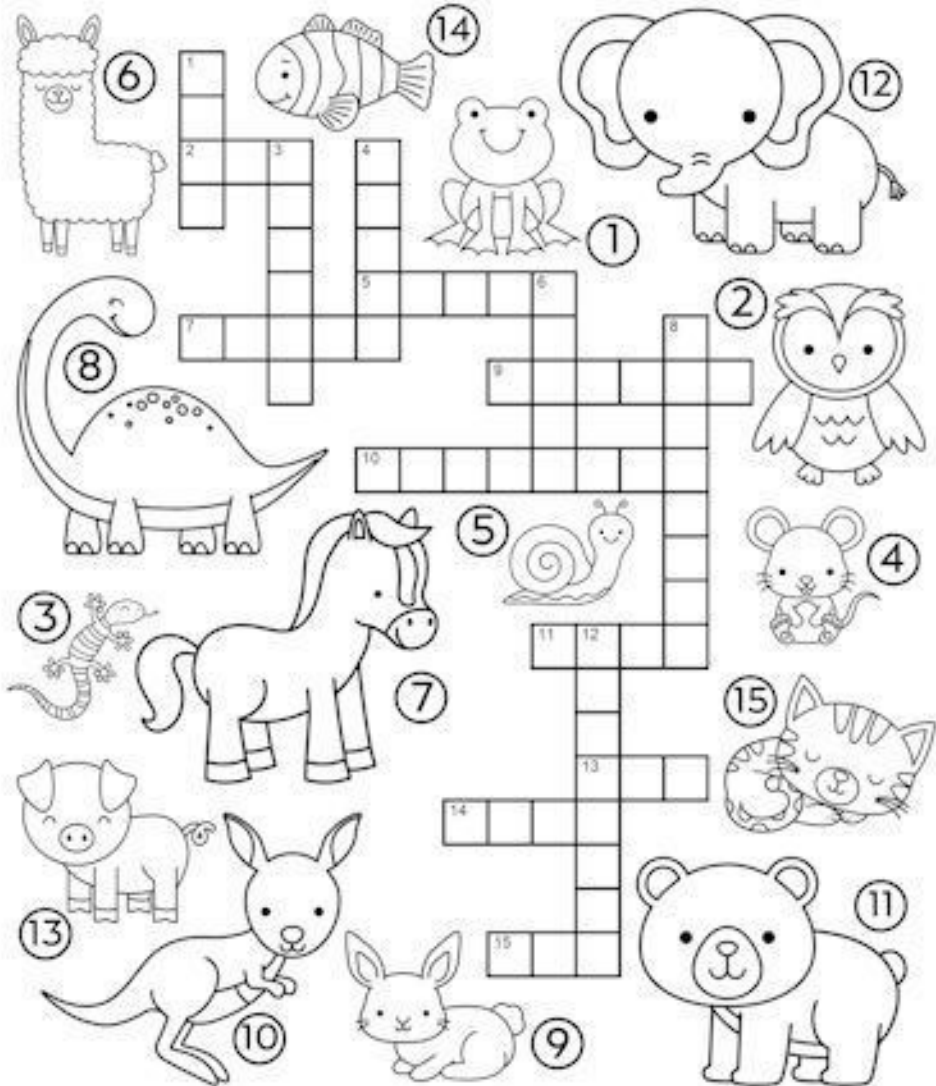


SOLUTION

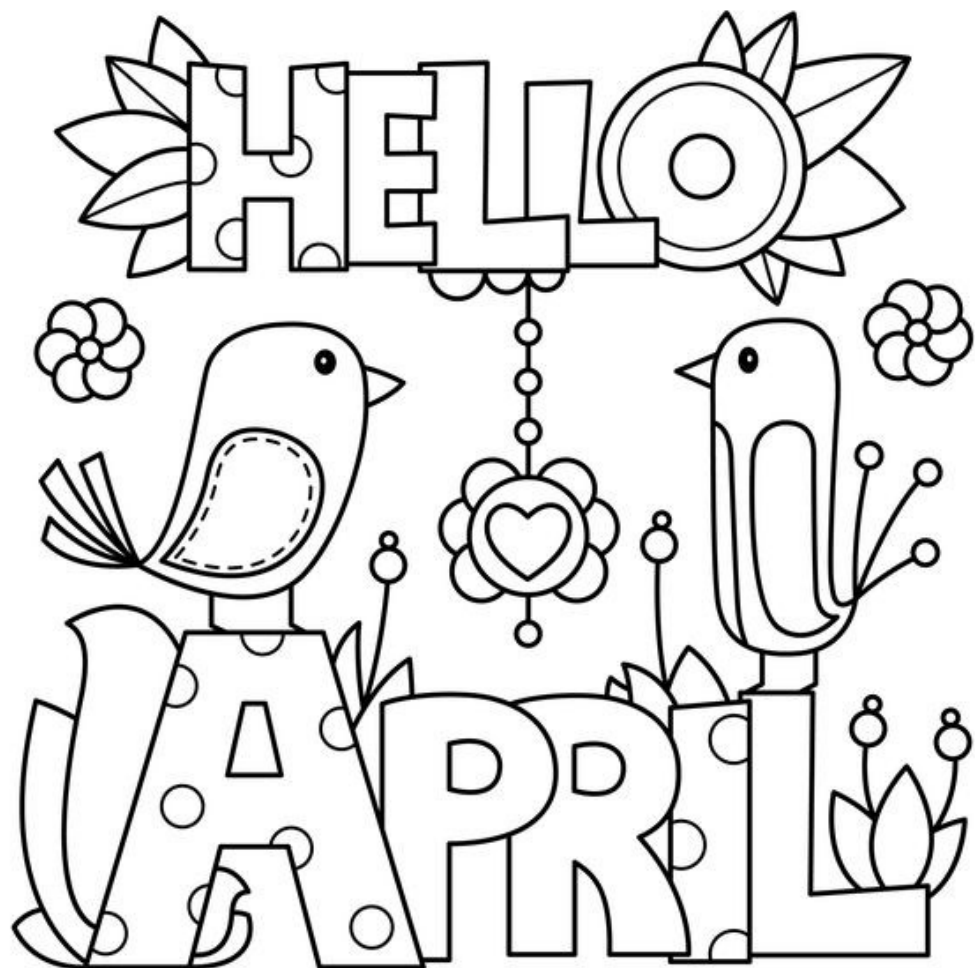


ANIMALS

Crossword Puzzle



Free printable courtesy of PrintFree.net



Mission Statement

Your practitioners are committed to providing all patients with a high standard of care for the benefit of each patient's health and well being.

Your practitioner is a readily accessible, with a 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 recognised and the respect for the needs of the individual patient is a priority

APRIL IS IBS AWARENESS MONTH

Although often trivialized, Irritable Bowel Syndrome (IBS) is one of the most burdensome chronic ailments reported by patients.

Individuals with IBS restrict their activities an average of



73 DAYS
out of the year



10 - 15%
of people worldwide have IBS

Costs to society in terms of direct medical costs and work absenteeism amount to



\$21 BILLION
or more annually

On average, it takes more than

6 YEARS

from symptom onset to diagnosis



Less than **50%** of people with IBS seek medical care

Approximately **20 - 40%** of all visits to gastroenterologists are due to IBS symptoms

**IBS
AT A
GLANCE**



April is **IBS Awareness Month**. To help raise greater public awareness about **IBS** and to highlight what it can be like to live with a diagnosis, we've reached out to individuals and their families directly affected by IBS – people who have courageously and generously shared their own personal experiences with us to help others to better understand IBS.



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