



WYNYARD MEDICAL CENTRE

138 Goldie Steet Wynyard, Tas 7325

Phone: (03) 6442 2201

www.wynyardmedical.com.au

Open 7 Days

Newsletter - Issue 5 - 2024

Monday - Friday 8am- 8pm

Saturday - Sunday 9am - 12pm

Closed Public Holidays

Find us on 

Closed on Public Holidays For After Hours Emergencies **Call 000** Or for non urgent enquiries
GP Assist 1800 022 222

Flu Vaccinations

When to get the flu vaccine

-A flu vaccine every year gives you protection against becoming severely unwell with flu.

-This helps protect you and your family from flu.

-It is best to have a flu vaccine from mid-April to give the best protection before the peak of the flu season.

Who can receive a free flu vaccine?

The National Immunisation Program

(NIP) funds influenza vaccines for people most at risk. Providers may charge a service fee for the administration of the vaccine.

Flu vaccination is available from GPs and most local pharmacies. People at greater risk of severe illness from influenza can get a free vaccine at any time. Speak to your GP, healthcare provider or local pharmacy to book an appointment

People at greater risk and eligible for free flu vaccine through GPs are:

-All children aged between six months and five years

-All adults aged 65 years and over

-Pregnant women (at any stage in your pregnancy)

-Aboriginal and Torres Strait Islander people from six months of age

-All people over 6 months of age with chronic medical conditions.

To find out if you are eligible for a free vaccine book an appointment to discuss your flu vaccine with your GP.

FLU IN KIDS CAN BE SERIOUS

2024 INFLUENZA VACCINES AVAILABLE

The influenza vaccine is **FREE** for children aged 6 months to less than 5 years*



 Find us on
Facebook

Wynyard Medical Centre

Your Practitioners



Dr Dhanesha Guawadena, Dr Claire Santos, Dr Sukanya Selvarajah, Dr Nimalika Samarbandu, Dr Phyu Hnin Oo, Dr Roland Ark, Dr Zohaib Pervaiz, Dr Alireza Asadi



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

Is at Wynyard Medical Centre
weekdays **8am to 12pm.**

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.



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

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



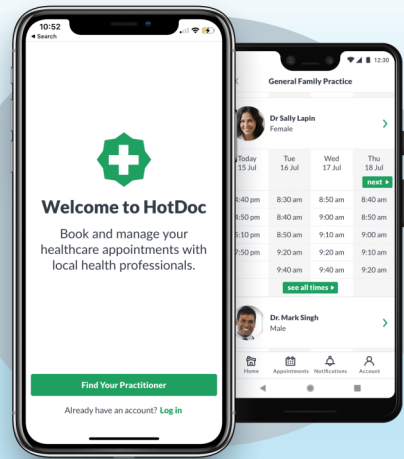
As the single largest workforce group, nurses are there at every turn, making a real difference to the care and the experience of patients and their families and carers. International Nurses Day is celebrated each year on 12 May, on the birthday of Florence Nightingale, the founder of modern nursing.

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.



7th May– World Asthma Day

Asthma is a serious condition that leads to the deaths of almost 400 Australians each year. But, in many cases, asthma is also a manageable condition, and people can live a full and uninhibited life unhindered by its symptoms. Asthma affects people of all ages, from childhood to adulthood, and it can appear at all ages and stages of life. Just because you don't have symptoms,

it doesn't mean the asthma is gone. The symptoms of asthma include wheezing, breathlessness, shortness of breath, coughing and chest tightness. This is because the airways are narrowed temporarily. People with asthma often experience their symptoms at night, early in the morning or after activity. Everyone is different. With the right medication and a daily management plan in place, people with asthma can control their condition and live their lives fully.



Miracle Month of May is a time to highlight the work of Miracle Babies supporting premature and sick newborns, their families and the hospitals who care for them. As well as the stories of Australia's littlest

OVARIAN CANCER AWARENESS

HOPE

8th May
World
Ovarian
Cancer day

Established in 2013 by a group of leaders from ovarian cancer advocacy organisations around the world, May 8 – World Ovarian Cancer Day, is the one day of the year we globally raise our voices in solidarity in the fight against ovarian cancer.

FOOD ALLERGY WEEK®

ALLERGY & ANAPHYLAXIS AUSTRALIA

26 MAY - 1 JUNE 2024

Food Allergy Week aims to raise awareness of food allergy including potentially fatal food allergies. During Food Allergy Week, Allergy & Anaphylaxis Australia (A&AA) is calling on all Australians

to unite to help increase awareness and share information on what we can do to improve safety for people who live with food allergies.

25th May World Thyroid Day

A major effort to address thyroid diseases is essential. We want to raise the profile of thyroid diseases and have them included as a distinct member of the group of non-communicable diseases (NCDs), thereby enhancing their prevention and management.

25th-31st May Spinal Health Week

Spinal Health Week is an initiative of the Australian Chiropractors Association (ACA). It is Australia's longest-running national health awareness campaign dedicated to improving the spinal health

12 May– International Day of Plant Health

Both our health and the health of our planet depend on plants. Plants make up 80% of the food we eat and 98% of the oxygen we breathe and yet they are under threat. Up to 40% of food crops are lost due to plant pests and diseases every year. This is affecting both food security and agriculture, the main source of income for vulnerable rural communities. Climate change and human activities are altering ecosystems and damaging biodiversity while creating new niches for pests to thrive. International travel and trade, which has tripled in volume in the last decade, is also spreading pests and diseases. We need to protect plants both for people and the planet, and all of us have a role to play.

IT'S TIME TO SHINE THE SPOTLIGHT ON

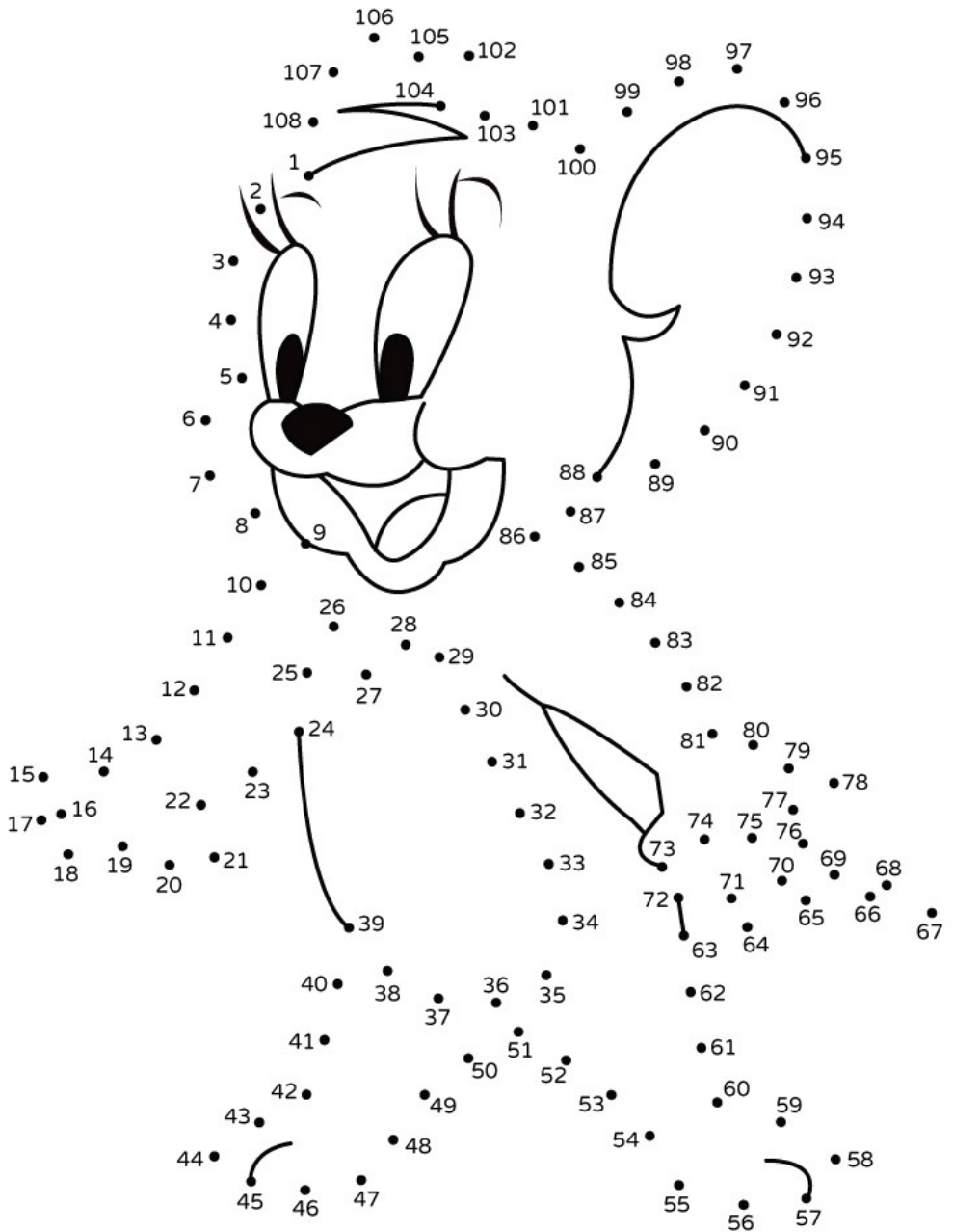
SALT

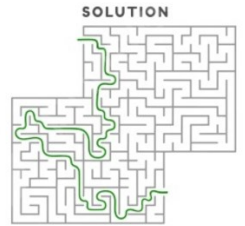
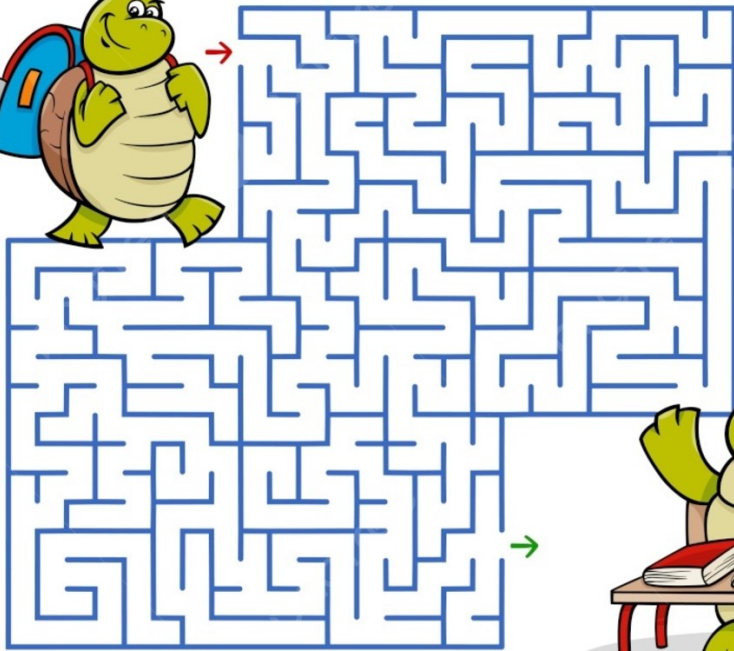
Salt Awareness Week
13 - 19 May 2024

*Bring
your
Buzz*

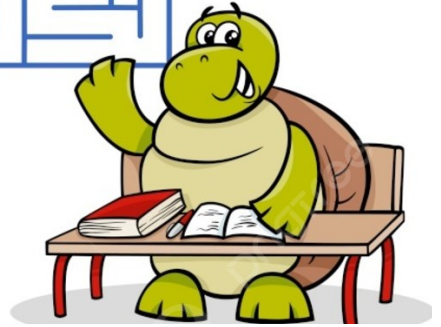
Celebrate World
Bee Day at a
farmers' market
18-26 May 2024
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WorldBeeDay.org.au

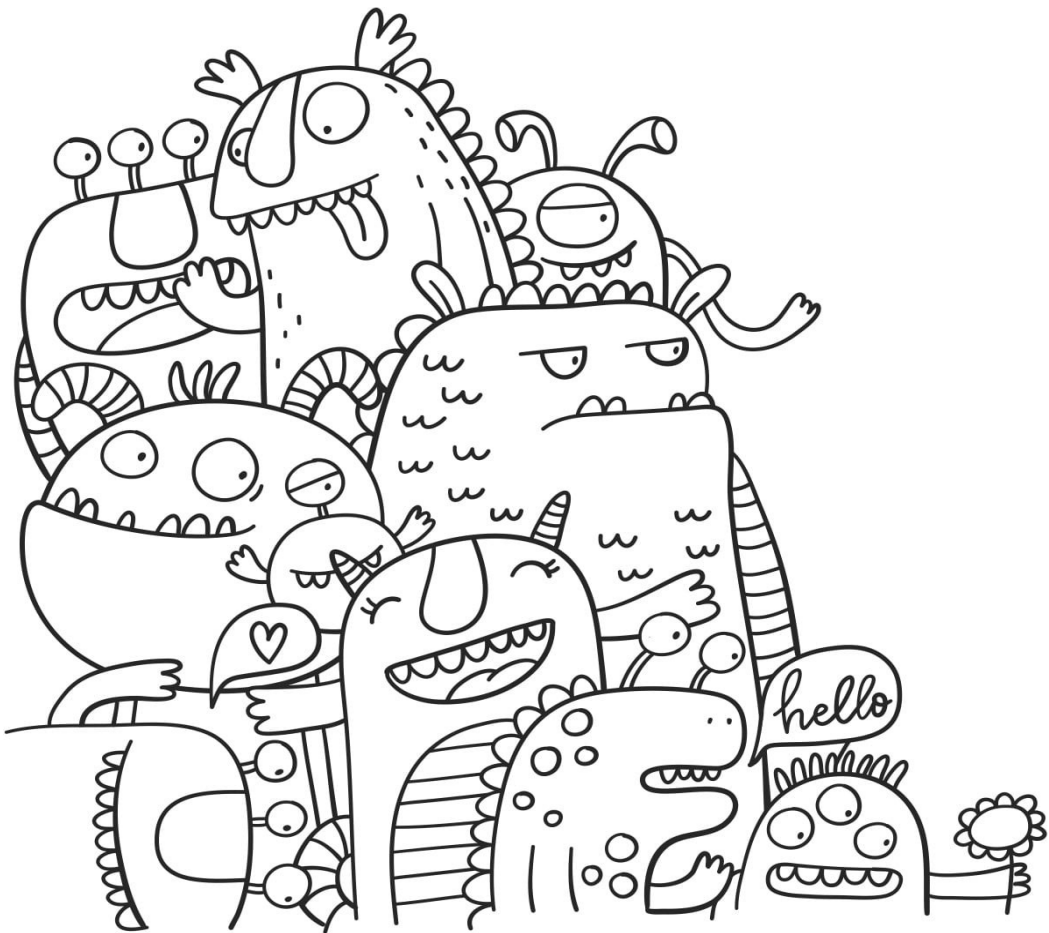
Fun For All





BACK TO SCHOOL





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

EXERCISE RIGHT WEEK

20-26 May 2024

Just Move!



Exercise Right Week is an annual awareness campaign held in the last full week of May every year. Since its inception in 2014, the campaign has aimed to highlight the benefits of exercise for health and well-being, and to help Australians to understand where to get the “right” advice for their individual needs.

The campaign is brought to you by [Exercise & Sports Science Australia \(ESSA\)](#). ESSA is the peak body for exercise and sports science professionals in Australia, and is dedicated to helping Australians live healthier and more active lives.



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