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

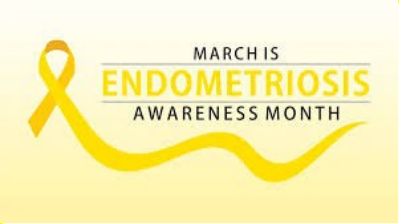
Newsletter 2025- Edition 3

Find us on

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

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



March is Endometriosis Awareness Month.

March into Yellow is a fun and easy way to open up a conversation about the disease and an opportunity for our community to show support.

March into Yellow encourages our broader community to show their support for the invisible illness by adorning themselves in the colour yellow. It is also a fun way to raise funds for Endometriosis Australia who support endometriosis education and research.

What is endometriosis?

- Endometriosis is a condition where tissue similar to the uterine lining grows outside of the uterus.
- It can cause pelvic pain, nausea, infertility, and other symptoms.
- It affects many women, including those who are transgender or gender diverse.

What are some symptoms of endometriosis?

- Painful periods
- Pain during or after sex
- Painful bowel movements
- Pain when urinating
- Difficulty getting pregnant
- Fatigue

Please speak to your GP if you have any questions or concerns.

Wynyard Medical Centre

Your Practitioners

Dr Roland Ark

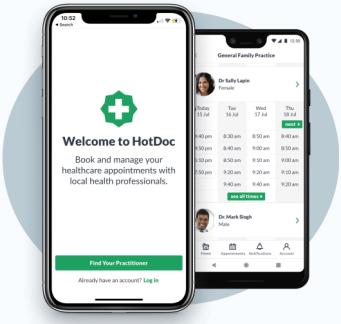
Dr Zohaib Pervaiz

Dr Phyu Hnin Oo

Dr Sukanya Selvarajah

Dr Claire Santos

Dr Lois Gonzales-Roque



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.

NORTH WEST PATHOLOGY
Quality is in our DNA

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

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.**

Your Allied Health and Specialist Providers

That Consult from the Wynyard Medical Centre

Fly2health

Steven Hooper
Audiometrist

Aydan Costelloe
Physiotherapist

Scott Aldred
Podiatrist

Andrew Keygan
Independent Nurse Practitioner

This World Obesity Day (4 March 2025)

we're calling for a shift in focus — from individuals to the systems that shape our health. For too long, the world has looked at obesity through a narrow lens, often placing the burden on individuals. But the reality is much more complex. Failing systems—health, food, regulatory, governmental, and even urban design—are driving rising rates of obesity worldwide. These systems influence the environments we live in, the food we eat, and the care we receive, perpetuating obesity as a chronic disease and a driver of others, such as heart disease, diabetes, and cancer.

Blood cancer is Australia's hidden cancer crisis. Today, there are 150,000 families facing blood cancer, and 17 Australians will lose their life. Every year, thousands of Australians step up to Shave, Cut, or Colour their hair and raise funds in support of those affected.

Every dollar helps provide families with the support they need, while powering critical research projects that bring us closer to a blood cancer free future. By joining the World's Greatest Shave community today, you'll help fuel real, tangible change tomorrow

Clean Up

World Hearing Day in Australia is held on 3 March each year

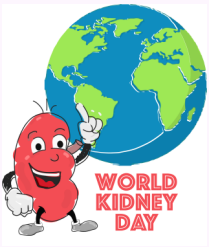
to raise awareness of how to prevent deafness and hearing loss, and to promote better ear protection and health throughout the world.

Changing mindsets: Empower yourself to make ear and hearing care a reality for all!

You can take steps today to ensure good hearing health throughout life.

The theme builds upon the 2024 focus on changing mindsets towards ear and hearing care. We invite individuals of all ages to empower themselves to ensure healthy ears and hearing for themselves and others, with the theme, "Changing mindsets: empower yourself to make ear and hearing care a reality for all!"

By encouraging individuals to recognise the importance of ear and hearing health, this campaign aims to inspire them to change behaviour to protect their hearing from loud sounds and prevent hearing loss, check their hearing regularly, use hearing devices if needed, and support those living with hearing loss. Empowered individuals can drive change within themselves and in society at large.



13th March is World Kidney Day Chronic kidney disease (CKD) is estimated to affect approximately 850 million people worldwide. If left undetected and not treated timely, CKD can progress to kidney failure, leading to severe complications and premature mortality.
By 2040, CKD is projected to become the **5th leading cause of years of life lost**, highlighting the urgent need for global strategies to combat kidney disease.

Coeliac Awareness Week 2025 (March 13–20)

Coeliac disease affects thousands of Australians—yet around 80% remain undiagnosed. This immune-based condition, triggered by gluten, damages the small intestine and causes systemic inflammation, leading to serious health complications if left untreated. Despite being one of the most common autoimmune disorders, coeliac disease remains widely misunderstood.

What is Coeliac Disease?

Coeliac disease is an immune-based condition where the ingestion of gluten—a protein found in wheat, barley, rye and oats*—triggers an immune response that damages the small intestine and causes inflammation in other areas of the body. This inflammation can lead to a range of symptoms, and if left untreated, serious long-term health problems can result.
*Note, pure oats are well tolerated by most people with coeliac disease.
Without a timely diagnosis and appropriate treatment, coeliac disease can cause the malabsorption of nutrients and increase the risk of other serious conditions, including osteoporosis, liver disease, infertility, and certain cancers.

Symptoms in Adults:

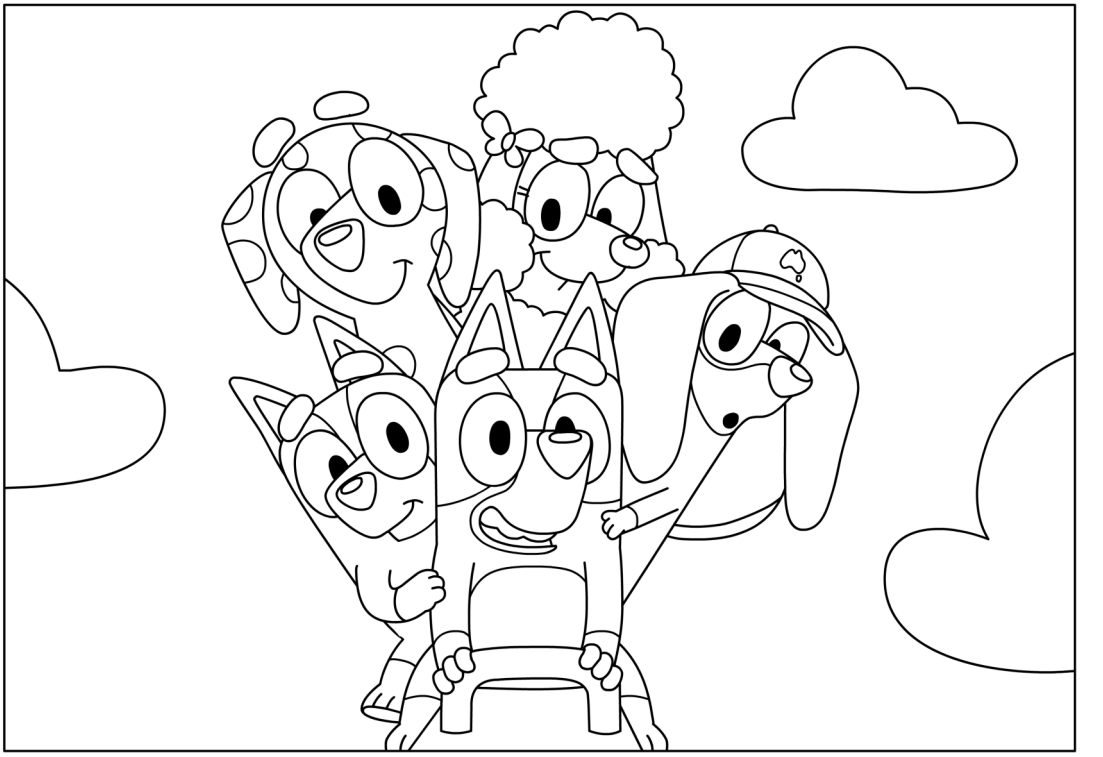
- Persistent gastrointestinal symptoms e.g. diarrhoea, constipation, nausea, vomiting, flatulence/gas, cramping, bloating, abdominal pain, steatorrhea (fatty, floaty poo)
- Prolonged fatigue, weakness and lethargy
- Iron deficiency anaemia and/or other vitamin and mineral deficiencies
- Unexplained weight loss
- Severe or recurrent mouth ulcers
- Skin rashes such as dermatitis herpetiformis

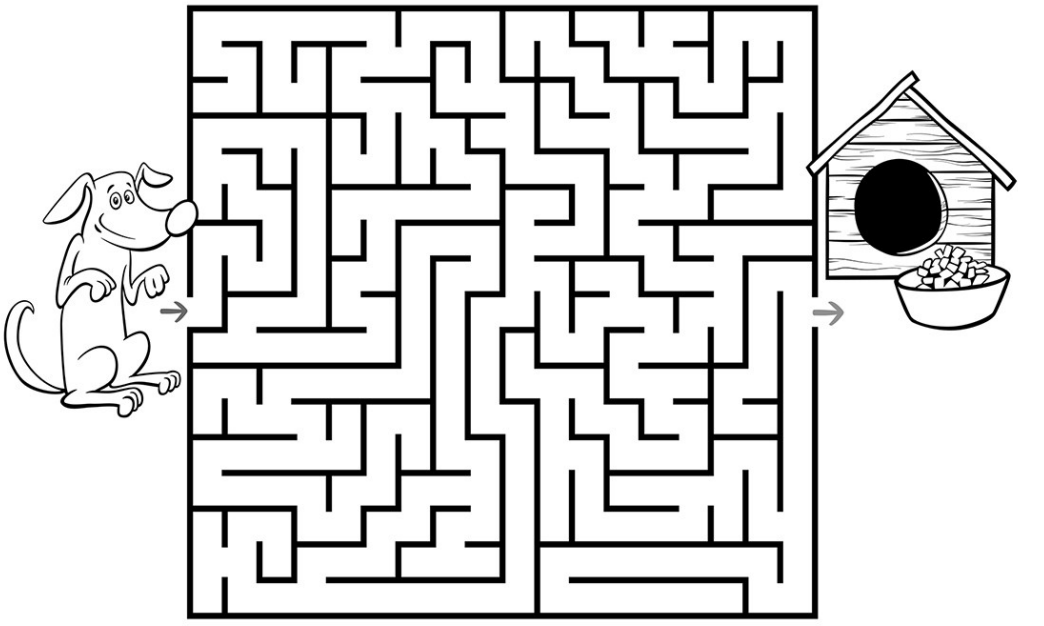
Symptoms in Children:

- Faltering growth or failure to thrive
- Persistent bloating and stomach pain
- Chronic diarrhoea and/or constipation
- Irritability and behavioural issues
- Unexpected weight loss
- Prolonged fatigue
- Weak tooth enamel or dental defects

If you or someone you know experiences these symptoms, it's time to take action.

Fun For All





BLUEY

Relax WORDSEARCH

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FANCY
LADIES
RELAX
HOTEL

FAMILY
TOWEL
MELINDA
OLYMPIA

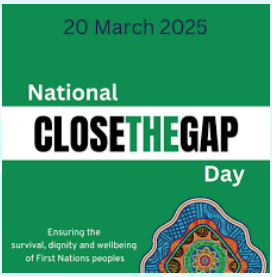
FLYING
SAUCER
BATH
BOBO

National Advance Care Planning Week

17 – 23 MARCH 2025

National Advance Care Planning Week, 17 – 23 March, is the perfect time to have a conversation with your loved ones and health providers so they know what matters most to you and respect your treatment preferences.

For free advice or to get a free starter pack, call the National Advance Care Planning Support Service on 1300 208 582 from 9am – 5pm (AEST/AEDT) Monday to Friday.



For more than a decade now, Australians from every corner of the country, in schools, businesses and community groups, have shown their support for Aboriginal and Torres Strait Islander health equity by marking National Close the Gap Day on the third Thursday in March each year.
Every National Close the Gap Day, we have an opportunity to send our governments a clear message that Australians value health equality as a fundamental right for all.

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