

15 Tennyson Rd
Breakfast Point NSW 2137
Ph 02 8765 0777
Fax 02 8765 0772
mail@medplaza.com.au

MedPlaza
YOUR FAMILY DOCTOR

For appointments

Call us 8765 0777



Autumn 2015

General Practitioners:

Dr Nindhi Ahilan

MBBS (NSW), FRACGP

Dr Maria Dias

MBBS (NSW), FRACGP

Dr Susan Budic

MBBS, FRACGP

Dr Jeremy Nguyen

MBBS (NSW), RANZCOG

Dr Marek Steiner

MBBS (Syd), FRACGP

Specialist Paediatrician:

Dr Tony Liu

MBBS (Syd), FRACP

Plastic/Cosm. Surgeon

Dr Joseph Rizk

MBBS (Syd), FRACS

Aviation Medicine:

Dr Simon May

MB CHB (Manch)

Practice Manager:

Mrs Kes Steiner

BEng(Civil), MBA

Opening Hours:

Mon&Tues 8am—7pm

Wed & Fri 8am—6pm

Thurs 8am—8pm

Sat 8am—12.30pm

Sun & PH closed

**AFTER HOURS BULK
BILLED HOME VISITS**
tel 13 74 25 (Home Drs)
tel 8724 6300 (Syd Med
Service)

In an emergency call 000
GP after-hours hotline:
1800 022 222

Flu season 2015

There will be a delay to the 2015 flu vax season. Two of the strains in the 2015 trivalent seasonal influenza vaccine composition differ from those in the 2014 vaccine, which complicates the vaccine manufacturing process. This will result in up to one month's delay, bringing the start of the annual influenza vaccination program to April.

Bulk Billed GP visits continue

We continue to bulk bill all GP consultations Mon—Fri for patients with Medicare/DVA cards. On Saturdays we privately charge all except children 15 yrs old and younger.

Laverty pathology also continues to bulk bill pathology tests for patients with Medicare/DVA cards.

Hepatitis A - Alert from NSW Health

“NSW Health Department is investigating a national outbreak of locally acquired Hepatitis A linked to eating frozen berries during January and February 2015.

Frozen berries under the “Nanna’s” and “Creative Gourmet” brands are now subject to a national recall. See NSW Food Authority website for details on products recalled:

www.foodauthority.nsw.gov.au/new/s/alerts-recalls “

Source: NSW Health Hep A Alert
17/2/15

“Berries subject to recall should not be eaten, they can be returned to the place of purchase for refund or discarded.”

The risk to those who have eaten the berries of getting Hep A is low. However it is important to look out for symptoms such as abdominal pain, nausea/vomiting, fatigue, jaundice (yellowing of skin and eyes), loss of appetite, dark urine.

See your GP if you think you have such symptoms or you are worried.

Hand hygiene is very important !!

New Speech Pathologist

Ms Cassandra Saklaoui has recently joined Medplaza as a speech pathologist. For more information please ask Reception.



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MedPlazaBreakfastPoint
for updates and news

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Allied Health

By Appointment:

Podiatrist:

Mr Marco Mangano

DipHScPod

Psychologists:

Ms Derya Guzel

BAPsych, MPsych

Mrs Anne Ward

BSocScPsych, GDPsych

Dietitian:

Ms Jutta Wright

APD, MAppSc, MNutDiet

Acupuncture / Remedial
Massage

Ms Jennifer Raicevich

BHSc(ChMed), DipRM

Exercise Physiologist:

Ms Katie Ellem

BAppSc(ExSS), DipRM

Speech Pathologist

Ms Cassandra

Saklaoui

Laverty Pathology

Collection Centre

Onsite—level 1

No appointment required

Pathology Hours:

Mon – Fri

8.00am—4.00pm

MedPlaza

is an accredited Yellow
Fever Vaccination clinic
and provides full service
travel medicine advice.

Milk—what is the best choice?

By Mrs J Wright, Dietitian, Medplaza Breakfast Point

With the array of milks on offer these days you can be forgiven for being confused as to what to choose.

Cow's milk provides an array of nutrients hard to match

Unless you have a confirmed cow's milk allergy or intolerance there is a lot to gain from including milk and dairy in your diet. It is naturally rich in 10 essential nutrients including high quality protein, well-absorbed calcium, B vitamins and iodine. Research supports the value of milk and dairy in contributing to strong bones, weight management, protection from coronary heart disease and stroke, high blood pressure, some cancers and possibly reduced risk of diabetes. It can also help rehydrate better than water and help muscles recover after sport/exercise.

Whilst cow's milk contains the cholesterol raising saturated fat, emerging research supports it is protective against heart disease. And although full cream milk has around double the calories of skim, research shows moderate inclusion of dairy within a calorie controlled diet leads to more body fat and centimetres around the waist lost compared to those not including dairy. So if you want to lose weight, lower fat milks are a helpful way to cut down calories you can use elsewhere. Otherwise enjoy your full cream milk (in moderation).

Are dairy free 'milks' healthier for me?

Whilst dairy free milk alternatives are a practical replacement for those needing to avoid cow's milk protein or lactose, they are not nutritionally equivalent to cow's milk. The majority are low in protein and none naturally calcium rich. Such processed 'milks' are based on ingredients such as soy, rice, almonds, quinoa and oats and are principally water with most containing added oil, sugar or other sweeteners and additives including emulsifiers and gums that help provide appropriate 'milky' texture. Whilst the chief ingredients (eg almonds) are healthy options, they are used in such small quantities and highly processed that you are not consuming the nutritionally equivalent whole food. These 'milks' are not a healthier choice for whole natural dairy milk and unless you need to consume them due to allergy/intolerance you are better off eating these whole foods in their natural state.

What do I choose if I am intolerant to dairy?

If you do have tummy troubles with milk it could be due to either the lactose content and/or the protein component. For lactose intolerance you can still enjoy the benefits of cow's milk by choosing the many lactose free options now available. We still need further research to understand but if lactose is not an issue, it might be worthwhile trying A2 milk. Most cow's milk we buy today contains a mix of A1 and A2 protein. Emerging research is showing that some people cannot tolerate the A1 type protein in cow's milk and some people better tolerate milk based on just the A2 protein.