

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



## Summer 2016

### General Practitioners:

**Dr Nindhi Ahilan**  
MBBS (NSW), FRACGP

**Dr Maria Dias**  
MBBS (NSW), FRACGP

**Dr Amy Nguyen**  
MBBS (Monash Uni)

**Dr Jeremy Nguyen**  
MBBS (NSW), FRACGP

**Dr Marek Steiner**  
MBBS (Syd), FRACGP

**Dr Ying Shi Zhou**  
MBBS (Newcastle Uni)

### Specialist Paediatrician:

**Dr Tony Liu**  
MBBS (Syd), FRACGP

### Aviation Medicine:

**Dr Simon May**  
MB CHB (Manch)

### Practice Manager:

**Mrs Kes Steiner**  
BEng(Civil), MBA  
kes@medplaza.com.au

### Opening Hours:

Mon-Fri 8am—6.00pm  
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

## Welcome Dr Amy !!

Dr Amy Nguyen is starting with us on Mon 8 February. Dr Amy has previously worked at Birkenhead Point. She will be consulting Mon-Thurs and every other Saturday.

## No jab, no pay

The Department of Health has issued new immunization requirements for family assistance payments under the “ No Jab, No Pay “ policy. From 1 January 2016, only parents of children who are fully immunised or on a recognized immunization catch-up schedule or have an approved medical exemption can receive family assistance payments. Vaccination objection or conscientious objection to vaccination is no longer a valid exemption.

Parents of children 10 to 19 years old who wish to immunize their children to continue receiving family assistance payments will have access to free catch-up vaccines until 31 December 2017.

For more information please visit [www.immunise.health.gov.au](http://www.immunise.health.gov.au) or [www.humanservices.gov.au/families](http://www.humanservices.gov.au/families).

## Your health records

Patient health records are confidential. We require a signed consent from the patient (or parent/carer for children under 14 years of age) to be able to provide health records to the patient or a third party.

We provide health records on a CD for a fee of \$33. Additional costs apply if that CD needs to be posted.

Paper copies of health records are charged at \$1.30 per page. Additional costs apply for postage.

## Yoga and Pilates classes

From February, Fitness Local are running Yoga and Pilates classes in our studio room upstairs. For further information please take their information brochure.



**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

#### 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.**

## Travel advice a must!

A lot of our patients travel or are planning to travel to South America. We strongly advise that patients see their GP a few weeks before travel to obtain relevant travel advice, in particular **yellow fever vaccination and malaria prophylaxis.**

Recent media reports have centered on the **Zika virus.** Zika virus is spread by a mosquito and not directly from person to person.

Zika virus is found in parts of tropical Africa and Southeast Asia, Yap Island, Micronesia. Between 2013 and 2015 there have been a number of outbreaks in the Pacific, including a large outbreak in French Polynesia. In 2015, Zika emerged in Chile and Brazil and has subsequently been reported in a number of countries in South and Central America.

Most infections don't cause symptoms. When symptoms do occur they are usually mild and last 4 to 7 days. The main symptoms are:

- Mild fever, rash, sore joints, muscle pain and headache
- Conjunctivitis – inflamed (red) eyes, usually without a discharge.

Symptoms usually develop from 3 to 12 days after being bitten by an infected mosquito. Zika symptoms may be difficult to distinguish from those of other mosquito-borne infections such as dengue and chikungunya.

Travellers, especially pregnant women and families with young children, should consult their GP for personalised mosquito prevention advice prior to travel. There is no specific treatment for Zika virus.

The mosquitoes that transmit Zika prefer to live and bite people indoors, especially during daylight hours and into the early evening. These mosquitoes prefer to rest in dark areas inside and under houses and buildings. Travellers can protect themselves by preventing mosquito bites:

- Stay in accommodation with screened windows and doors. Use a bed net if the area where you are sleeping is exposed to the outdoors.
- Wear loose fitting clothing that covers the arms and legs
- Apply tropical strength insect repellent containing DEET to exposed skin, all through the day and into the early evening. Topical repellents are not recommended for use on children below the age of 3 months. Follow the product directions.
- In high risk areas and especially when trekking consider using permethrin-treated clothing and gear (such as boots, pants, socks, and tents). Buy pre-treated clothing and gear or treat them yourself. Do not use permethrin directly on skin.

Source: NSW Health Government Emergency Information