

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



Spring 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
FRACGP

Dr Marek Steiner

MBBS (Syd), FRACGP

Dr Ying Shi Zhou

MBBS (NU)

Specialist Paediatrician:

Dr Tony Liu

MBBS (Syd), FRACP

Aviation Medicine:

Dr Simon May

MB CHB (Manch)

Practice Manager:

Mrs Kes Steiner

BEng(Civil), MBA

Opening Hours:

Mon&Tues 8am—6.30pm

Wed & Fri 8am—6pm

Thurs 8am—6pm

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

Our new GP—Dr Ying Shi Zhou

Dr Ying completed her Medicine degree at the University of Newcastle. She has worked at Concord, Canterbury and Broken Hill Hospitals and at Royal Prince Alfred Hospital. She has also spent 6 months working as a Rehabilitation registrar at Eastern Suburbs Private hospital, working in rehabilitation and aged care. Dr Ying has a broad experience in all aspects of medicine and enjoys the holistic care that general practice brings. In general practice she has worked in various locations in Sydney including Penshurst, Campbelltown and Leichhardt. Currently she is working part time at Family Planning NSW in Penrith developing special skills in women's reproductive & sexual health. She is an accredited provider of antenatal shared care with Royal Prince Alfred Hospital. She is fluent in Cantonese.

How does Medicare work?

Our GPs chose to bulk bill all patients with a valid Medicare/DVA card (Mon-Fri). This means that they accept a rebate from Medicare that the patient signs over to the doctor following the consultation by signing a voucher. The same applies to allied health providers such as podiatrists or psychologists—when they bulk bill you it means that they accept just the rebate Medicare pays for a consultation.

All taxpayers pay a Medicare levy that contributes towards health care costs, including Medicare rebates. So bulk billing does not mean that the consultation is free.

Normally costs of services are adjusted by CPI every year to cater for inflation. However, the Government has frozen Medicare rebates for the next 4 years. This means that bulk billing health care providers are paid less for the same amount of work yet practice administrative costs continue to rise.

Our GPs privately charge for consultations on Saturdays, except for children up to 15 years old. This is simply to cover the administrative cost of being open on a Saturday. Workers covered by an Award receive a penalty rate of 1.5 times the standard rate for working on Saturday. Medicare rebates do not follow that rule.

Dr Nindhi Ahilan is back from maternity leave. She sees patients on Saturday mornings and will increase her hours in 2016.



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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

Laverty Pathology

Collection Centre

Onsite—level 1

No appointment required

Pathology Hours:

Mon – Fri

8.00am—4.00pm

Sat

8.00am-11am

MedPlaza

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

Free App to access Medicare

For those that need a new Medicare card (eg newborn babies), this is a quick and easy way to contact Medicare without having to go to one of their offices.

Express Plus Medicare is an application you can download to your iPhone, iPad, iPod or Android. It allows you to make a claim, view child immunization history, or safety net status. Most importantly it allows you to apply for a new or replacement card. This application can be downloaded for free from Applestore or Googleplay.

Source: Australian Doctor 26 Jun 2015 edition

Booking appointments

If you experience difficulties in booking appointments with your treating GP please try to see any available GP on the day. We endeavor to meet the needs of all our patients.

When you need to see your GP urgently on the day please mention that to our receptionist. Our receptionists are trained in triaging patients. They will always try to help you out. You can also talk with our nurse if you need advice or reassurance.

It is our policy to fit in sick children and patients with emergencies on the day. This means that patients with appointments may have to wait longer than expected.

If you can't get in to see a GP on the day please try our after hours doctors. Home Doctors (13 74 25) and Sydney Medical Service (8724 6300) provide bulk billed home visits weekdays from 4pm to 8am the following morning, weekends from 11am on Saturday and throughout public holidays.

In an emergency always call 000 and ask for an ambulance or go to an emergency at a hospital near you.

Nearest hospitals to our practice are:

Concord Hospital for general emergencies—tel 9767 5000

Westmead Childrens Hospital emergency—tel 9845 0000

Acupuncture relieves hay fever

Australian researchers in Melbourne conducted a randomised study looking at effects of acupuncture (12 sessions over 4 weeks) on seasonal allergic rhinitis. They found that sneezing and itchiness of ears and palate were significantly less, even after 4 weeks after the therapy had finished.

Ms Jennifer Raicevich is an accredited Chinese medicine practitioner specialising in acupuncture.

Source: Medical Observer 26 Jun 2015 edition