

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



Winter 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—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

Flu vax now available

The 2015 influenza vaccine is now available. This is the NEW triple strain vaccine. NSW Health provides this vaccine free of charge to those who qualify (patients over 65 years of age, with chronic diseases, expecting mothers etc). Your doctor will advise you if you qualify for a Gov't funded vaccine—please enquire at your next consultation. Otherwise flu vax is available for \$20.

There is also a four strain influenza vaccine—it is available from any chemist on prescription.

NSW Health advises that this year's flu season may be more severe than usual. If you haven't had your flu vax shot yet please see your GP or our nurse Sophia.

Booking appointments

Dr Nindhi Ahilan is on maternity leave and some of our GPs will be taking leave over the winter season as well.

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 a 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 always 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 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.

New GP starting in August

We will have a new lady GP, Dr Ying Zhou, joining us in August. Dr Ying has lived all her life in Sydney and speaks Cantonese and some Mandarin as a second language.



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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.

Free App to access Medicare

For those that need a new Medicare card (eg new born 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.

Source: Australian Doctor 26 Jun 2015 edition

What did Federal Budget 2015 bring to health?

In the May Federal Budget there were some interesting changes. Some of the new measures include:

New immunisation programs:

Starting from 1 November 2016, a shingles vaccination program for patients aged 70, with catch-up program for 71-79 yr olds to follow

An additional DiphtheriaPertussisTetanus (DTP) vaccination at age 18 months from 1 January 2016.

Adult vaccination register from 1 September 2016.

Things taken away:

The 4 yr old Health Assessments cancelled from 1 July 2015

Pap test program changes to 5 yearly HPV tests covering ages 25-74 from 1 May 2017

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.

Source: Medical Observer 26 Jun 2015 edition