

15 Tennyson Rd (cnr Herbert St)
Mortlake NSW 2317
Ph 8765 0777
Fax 8765 0772
www.medplaza.com.au

MedPlaza
YOUR FAMILY DOCTOR

Appointments
call 8765 0777
or book online
www.medplaza.com.au
or via HealthEngine

Autumn 2018

General Practitioners:

Dr Karina Ciccone
MBBS (Syd)

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), FRACP

Aviation Medicine:

Dr Marek Steiner
MBBS, DAME (CASA)

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**
Ph 13 74 25 (Home Drs)
Ph 8724 6300 (Syd Med
Service)

In an emergency call 000

Flu vaccinations 2018

We have been advised that the flu vaccinations for annual National Seasonal Influenza Vaccination Program will commence in mid April 2018.

Annual seasonal influenza vaccination is recommended for any person aged 6 months and over to reduce the likelihood of becoming ill with influenza.

Flu vaccinations are free to everyone age 65 and over and those with chronic medical conditions such as heart disease and asthma - ask your GP if you qualify for a free flu vaccine (especially before getting a vaccine at a chemist).

NSW Health has introduced free flu vaccinations for all children aged 6 months to 5 years of age.

There will be 2 vaccines for the 2018 season:

- A trivalent vaccine of increased potency for those aged 65 and over to provide additional protection, and
- A quadrivalent vaccine for others containing 2 A strains and 2 B strains.

We will post a message on our Facebook page as soon as the vaccines become available or call us.

Source: Department of Health

New Privacy Laws

From 22 February 2018 new laws governing confidential personal and medical information were implemented by the Federal Government. Businesses are required to self report any breaches to the act and may be fined if a breach occurs.

All 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 or information to the patient or a third party.

We are NOT able to provide test results or patient information over the phone, or via email (insecure). Please understand that receptionists or even doctors are not able to provide such information on the phone or via email and a follow up appointment with your GP is recommended. Your GP will advise you when your results are expected to be available. In some circumstances you may be contacted by the practice regarding results (usually by the practice nurse) and will be offered a timely appointment but results will not and cannot be discussed on the phone.

We cannot discuss spouse information or that of children from the age of 14 without their explicit consent.



MedPlazaBreakFastPoint for updates and news

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Allied Health

by Appointment:

Podiatrists:

Mr Marco Manganò

DipHScPod

Mr Raj Yesireddy

MPodMed (WestSyd)

Psychologists:

Ms Derya Guzel

BAPsych, MPsych

Ms Alicia Mehta

BAPsych(Hons), MPsych

Dietitian:

Ms Jutta Wright

APD, MAppSc, MNutDiet

Acupuncture / Remedial Massage / Chinese Med

Ms Jennifer Raicevich

BHSc(ChMed), DipRM

Laverty Pathology

Collection Centre

Onsite—level 1

No appointment required

Pathology Hours:

Mon – Fri

8.00am - 3.00pm

Sat

8.00am - 11.00am

MedPlaza

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

medgymlocal
live long • live strong

A new concept in exercise therapy

MedGym Local is a joint venture between MedPlaza and Fitness Local. This is not an ordinary gym. This is a gym in which all programs are supervised by an exercise physiologist based on latest clinical research into exercise therapy with particular emphasis on chronic medical conditions. Our aim is for you to embrace exercise to be fitter, more stable, and reduce pain to live longer and stronger!

Why is exercise important?

As we get older we all lose muscle mass—approximately 1% per year. When coupled with some chronic conditions with or without additional weight problems, this can lead to weakness, balance issues, joint pain, etc.

Regular exercise has been shown to improve many health aspects. Weightbearing exercise is essential in loading and thus strengthening bones in osteoporosis. Exercise improves joint function and decreases pain in osteoarthritis particularly of the back, hips, and knees.

Latest research shows that exercise therapy and in particular gym type exercise can alleviate cancer treatment related symptoms such as fatigue and improve overall disease outcomes.

Programs

Exercise programs are run over 8 to 12 weeks. Starting with 3 one-on-one sessions to:

- Assess your condition and set your goals
- Develop your program
- 1st exercise session

We then recommend either one-on-one or small group sessions 2 to 3 times a week. The groups are small with a maximum of 6 participants and are under constant supervision of an exercise physiologist.

The program completes with a one-on-one re-assessment session to review progress and check against your original goals

Your exercise physiologist will then recommend ongoing exercise therapy at MedGymLocal or a self-directed program depending on your preference.

Hidden problems

We are very pleased to offer a unique pelvic floor program. While women are well aware of these issues, we will offer a separate Male pelvic floor group for those with prostate issues or after prostate surgery.

Conditions:

The programs will be individually tailored and will incorporate the latest scientific approach to improve chronic medical conditions including but not limited to:

- Diabetes
- Osteoporosis
- Falls risk and balance issues
- Osteoarthritis
- Cancer
- Pelvic Floor Weakness
- Prostate related issues
- General deconditioning

Walking group and Tai chi

MedGymLocal will also coordinate a neighbourhood walking group and Tai chi sessions with a experienced Tai chi instructor.

Call Ayna on 0451 886 773
for more information
or see website
www.medgymlocal.com.au