

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

## Spring 2019

### General Practitioners:

**Dr Karina Ciccone**

MBBS (Syd Uni)

**Dr Maria Dias**

MBBS (NSW), FRACGP

**Dr Michelle Doan-Vance**

MBBS (Syd Uni)

**Dr Amy Nguyen**

MBBS (Monash Uni)

**Dr Jeremy Nguyen**

MBBS (NSW), FRACGP

**Dr Marek Steiner**

MBBS (Syd), FRACGP

**Dr Melissa Tang**

MD (NSW Uni)

**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 2019

We have been advised that the flu vaccinations for annual National Seasonal Influenza Vaccination Program will commence in mid to end April 2019.

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.

In 2019, four age-specific quadrivalent influenza vaccines will be available for people aged under 65 years. For those aged 65 years and over, an enhanced trivalent vaccine will be available.

We will post a message on our Facebook page as soon as the vaccines become available. Our receptionists will also be able to inform you when you call us.

Source: Department of Health

## Welcome to Dr Michelle and Dr Melissa

Dr Michelle and Dr Melissa have joined our practice in February. Both have worked in general practice in Sydney and in rural areas.

Dr Amy is on maternity leave and is expected to resume part time work later on this year.

## Medical Records

All patient health records are confidential and protected by Privacy and Confidentiality Legislation. 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. Provision of health records attracts a fee and a request takes 5 working days to process.

We are NOT able to provide test results or patient information over the phone, or via email (insecure). 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

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

Spring 2019

## 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

**Ms Helene Beattie**  
BAPsych, MAPS

#### 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

Ph: 9005 7000  
www.laverty.com.au

**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 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

## Tai chi

MedGymLocal offers Tai chi sessions with a experienced Tai chi instructor.

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