

Pioneer Medical Centre



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•Practice Doctors

Dr Peter Ford

(MB, BS, Dip RACGOG, FRACGP)

Dr Peter Joseph

(AM, MB BS, FRACGP)

Dr Bunchen Yiv

(MB BS, FRACGP)

Dr Chris Elieff

(MB BS, DIP RACOG)

Dr Bryan Robertson

(MB BS, FRACGP)

Dr Stella Prescott

(MB BS, FRACGP)

Dr Penelope Need

(MB BS, DIP CH)

Dr Paul Davidson

(MB, BS, FRACGP)

Dr Deepti Singhal

(MB BS)

Practice Staff

Practice Manager: Debbie

Practice Nurses: Kirsten, Lisa,
Sophie

Practice Reception: Julie, Glenis,
Kelly, Amanda, Natasha, Liz

Surgery Hours

Mon – Thurs 8.30am – 7pm

Fri – 8.30am – 6pm

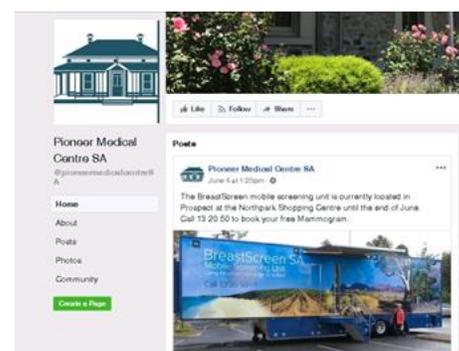
Saturday – 8.30am – 12pm

After hours & Emergency:

Locum Service ph 8396 2522

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Patient Survey Results

Thank you to all the patients that participated in our recent practice survey. The results provide our team with information about what we can do to improve our services to you, our patient.

90% of patients surveyed were very satisfied with their consult, 9% satisfied and 1% indicated that we could improve – we will continue to work on improving our service.

Please use the feedback box in the front waiting room for any suggestions on improvements or services you would like to see at Pioneer Medical Centre or speak with one of our team.



Services that we offer at Pioneer

Childhood immunisations – our nursing team can provide information on the current recommended immunization. We keep stocks of recommended vaccines here for eligible children and adults.

Mirena Insertions – Dr Stella Prescott is qualified to do Mirena insertions. Please book an appointment with Dr Prescott to discuss.

Home visits – most patients are able to attend for their consult, however, there are times when patients maybe unable to move and need medical attention. Home visits are available in times of need or by arrangement.



Secrets for a Restful Nights Sleep

A good night's sleep is one of the best things we can do for the health of our body, yet the majority of us still struggle with what sounds like a simple facet of life. The importance of enough quality deep sleep should not be underestimated. It is the time where we rest, recover and rejuvenate.

Unfortunately many modern day aspects are working against us when it comes to our sleep. Artificial light, electronics, stressful jobs, and caffeine are a few things that can have a significant impact on your sleep, however, there are a few simple things to considering doing for a better night's sleep.

Exercise

Exercise has countless health benefits. One of them is its ability to help us sleep by fatiguing the body. While exercise is extremely beneficial, it is best done during the day rather than at night when you're trying to relax. Strenuous exercise can result in a release of adrenaline and make you feel awake for a period of time afterwards; exactly what you don't need in the evenings.

Avoid Caffeine After Noon

Caffeine is a stimulant that will affect sleep. With a half-life of approximately 5 hours, about a quarter of the caffeine in a 3:00 p.m. cup of coffee are still in the system after 10:00 p.m. when you should be heading to sleep. While you may not feel the effects of the coffee that you had earlier, caffeine has been shown to disrupt your sleep.

Eat Dinner Early

Get your final meal in as early as you can to give your body enough time to fully empty your stomach. It may take up to two hours for a full stomach to empty, so give yourself adequate time before trying to sleep. An empty stomach will help avoid acid reflux issues which can worsen when you lie down to sleep.

Install A Blue Light Filter On Your Computer And Phone

If you're like most people, using your phone and computer in the evenings, consider installing a blue light filter. The blue wavelength of light is the most potent portion of the visible light spectrum that affects our sleep. These filters are easily downloadable for your mobile devices and computers, and act by automatically cutting out blue light in the evenings.

Black Out Your Bedroom

Try and sleep in complete darkness. This may be difficult to achieve, but our body's melatonin production, which helps us sleep, is best in dark environments. Any artificial light present while trying to sleep can interrupt our circadian rhythm as well as suppress melatonin production, negatively impacting your sleep. If any light is making its way into your bedroom, try and eliminate it as best you can. This may involve turning off or unplugging all electronic devices, installing thicker curtains, or using black sheets to block out street lights.

Go To Sleep Earlier

Studies have shown the hours before midnight to be extremely beneficial when it comes to a good night's sleep. It is recommended you try to get to sleep before 10:00 p.m. as these earlier hours are more important than the total number of hours sleep you get. If you're feeling groggy upon waking, don't try to sleep more. Rather, try to get to sleep earlier and wake up earlier.

Sleep plays a huge role in our energy levels and can dictate how we feel during the day, which is why everyone should consider these six tips. Some might not work for everyone and changing your daily habits may take some time, but keep working at it and hopefully you'll be getting that regular good night's sleep you've dreamed of having.

Courtesy: Food Matters website