

Pioneer Medical Centre

1291a North East Road

Tea Tree Gully 5091

Ph 8396 2522 Fax 8396 3081

www.pioneerdoctors.com



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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



Congratulations to Dr Adelaide

Boylan on the safe arrival of William Alexander in November, and for being awarded the National Registrar of the year award. A fabulous achievement and acknowledgement of all your hard work.

Dr Deepti Singhal

our new Registrar started with us in August. .Deepti is here Mondays, Thursdays and Fridays, and she has an interest in family health care and does Implanon insertions.

Welcome back

to Dr Penny Need who has returned from maternity leave. Dr Need is available for appointments on Thursdays and Fridays.



Cheese, Spinach and Zucchini Rice Slice



Ingredients

- 2 medium zucchinis
- 200g frozen spinach
- 4 spring onions
- 2/3 cup rice
- 2/3 cup grated cheese (low fat)
- 0.25 cup grated parmesan cheese
- 3 eggs
- 3/4 cup low-fat milk
- freshly ground black pepper

Method

1. Combine grated zucchini, thawed spinach (excess water squeezed out), finely sliced spring onion, rice and grated cheeses in a large bowl and toss to coat.
2. Whisk together the eggs, milk and pepper and stir into the rice mixture.
3. Spread rice mixture into a deep 20cm x 30cm baking paper lined dish, cover with foil and bake at 180°C for 30 minutes.
4. Remove foil and cook for a further 30 minutes until eggs have set and rice is cooked.
5. Cool to room temperature before serving or refrigerate until required.
6. To serve, cut into 12 squares and serve warm or cold.

Credits Dairy Australia – Dairy Kitchen

The Renewed National Cervical Screening Program

On December 1st 2017 the two yearly Pap test for people aged 18 to 69 changed to a five yearly human papillomavirus (HPV) test for people aged 25 to 74.

People will be due for the first Cervical Screening Test two years after their last Pap test. The changes include:

- people will be invited when they are due to participate via the National Cancer Screening Register
- the Pap test will be replaced with the more accurate Cervical Screening Test
- the time between tests will change from two to five years
- the age at which screening starts will increase from 18 years to 25 years
- people aged 70 to 74 years will be invited to have an exit test.

People of any age who have symptoms such as unusual bleeding, discharge and pain should see their healthcare provider immediately.

HPV vaccinated people still require cervical screening as the HPV vaccine does not protect against all the types of HPV that cause cervical cancer.

Pathology Results

Please remember that if you have any tests done, whether here with our nurse or at one of the labs, please call us after 24-48 hrs to check your results.

We do not routinely call patients with results. However, if there is something that requires urgent attention we will call you.