

Pioneer Medical Centre

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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 Chris Manning

(MB BS)

Dr Paul Davidson

(MB, BS, FRACGP)

• 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 Penny

Need on the safe arrival of Isaac
on 16th June.

Welcome Back!! To Dr Adelaide
Boylan, who will be returning
whilst Dr Need is on maternity
leave. Dr Boylan is available
Thursdays and Fridays.

Dr Stella Prescott is now
accredited for Mirena insertion
here at the clinic. If you are
interested in Mirena, book a time
to discuss this with her. Dr
Prescott is available Mondays,
Tuesdays and Wednesdays.

Skin Checks Did you know we
offer skin checks? Moles, sun
spots, skin tags and other spots
can all be checked and, if needed,
be removed by any of our Doctors
here at the practice.



healthdirect
Cold or flu?

Know the difference



Colds are very common. They are caused by about 200 different viruses. There is no vaccine for a cold.



The flu is a viral infection affecting your nose, throat and sometimes your lungs. A vaccine is available for the flu.



Good hygiene reduces the spread of colds and flu, especially after coughing and sneezing.

Understand the symptoms



Body aches/pain

COLDS Slight
FLU Usual, often severe



Fever

COLDS Rare
FLU Usual, lasts 3 to 4 days



Sore throat

COLDS Common
FLU Sometimes



Chest discomfort/cough

COLDS Mild to moderate, hacking cough
FLU Common, can become severe



Headache

COLDS Rare
FLU Common



Fatigue/weakness

COLDS Sometimes
FLU Usual, can last up to 2 to 3 weeks



Sneezing

COLDS Usual
FLU Sometimes



Extreme exhaustion

COLDS Never
FLU Usual, at the beginning of the illness

Still not sure if it's a cold or flu? healthdirect's Symptom Checker can help you decide what to do next
www.healthdirect.gov.au/symptom-checker

Myths vs reality

Top colds and flu myths debunked

Myth: The flu is not a serious illness.

Fact: The flu is a highly contagious and potentially life-threatening disease.

Myth: Vitamin C supplements can prevent the flu or colds.

Fact: There is no evidence to support vitamin C supplements as a way of preventing colds or flu.

Myth: You can catch a cold or the flu from cold weather or getting caught in the rain.

Fact: The flu or colds are caused by viruses and not by cold climates or being exposed to cold air.

Myth: Colds and the flu can be treated with antibiotics

Fact: Antibiotics won't cure a cold or flu. Antibiotics only work against bacteria not viral infections.

Myth: Healthy people don't need to be vaccinated.

Fact: Everyone can benefit from the flu vaccine. If you are at higher risk group, the vaccine is free.

Myth: I'm pregnant, so I shouldn't have the flu jab because it will affect my baby.

Fact: The flu shot is safe for pregnant women at all stages of their pregnancy.

At high risk of becoming seriously ill from flu?
Talk to your doctor or pharmacist



Elderly



Pregnant women



Aboriginal and Torres Strait Islander people



Existing serious medical conditions



Why

Annual vaccination is the best way of preventing the flu and any associated illness.



Cost

The flu vaccine is available FREE under the National Immunisation Program for people at high risk.



Where

Vaccine is available from doctors, pharmacies and other vaccination providers.



PUMPKIN SOUP WITH CROUTONS

- 1 leek, pale section only, sliced
- 500g pumpkin, peeled, chopped
- 350g kumara (sweet potato), peeled, chopped
- Canola oil spray
- 2 cloves garlic, crushed
- 3 teaspoons ground cumin
- 1 litre (4 cups) salt reduced vegetable stock
- 1 x 400g can no added salt kidney beans, drained and rinsed
- 4 slices whole grain bread
- 1/2 cup grated reduced fat tasty cheese
- 1/3 cup chopped flat leaf parsley

1. Spray vegies with oil. Heat a large heavy-based saucepan over moderate heat. Cook and stir leek for 2 minutes. Add remaining vegies and garlic. Cook and stir for 2 minutes or until well combined.

2. Add cumin, cook and stir for 30 seconds or until fragrant. Stir in stock. Bring to the boil. Reduce heat, simmer for 25 minutes or until vegies are tender. Cool slightly.

3. Process pumpkin mixture, in batches, until smooth. Place soup in a clean pan. Add beans; cook and stir over low heat for 3-4 minutes or until hot.

4. Meanwhile, preheat an oven-grill to high. Using a 4cm star pastry cutter, cut stars from bread. Spray stars with oil. Place on a baking tray. Cook under grill for 1 minute. Turn, sprinkle with cheese. Grill for 1 minute more or until cheese melts.

5. Ladle hot soup into bowls. Top with star croutons and parsley.

COURTESY OF HEART FOUNDATION