



# Currimundi Medical Centre

Excellence in Family Medicine



**CURRIMUNDI MEDICAL CENTRE - WINNER OF 92.7 MIX FM  
BEST MEDICAL CENTRE ON SUNSHINE COAST FOR 2014**



*The Doctors and Staff here at Currimundi Medical Centre were very excited and proud to learn we had been voted by the people of the Sunshine Coast in a poll conducted by 92.7 Mix Fm, as the **Best Medical Centre on the Sunshine Coast**. Thank you to all the patients who voted for us.*

## ARE YOU 40-49 YEARS OLD? FREE HEALTH CHECK



The aim of the health check is to help prevent or lessen the effect of future diseases such as diabetes. This FREE health check will give us the opportunity to look at your lifestyle and medical/family history to find out where you are at risk.

The health check would involve:

- Updating your medical history and looking at your health issues
    - Doing tests (such as blood pressure)
    - Follow up of any problems identified
  - Advice and information, for example on how to make lifestyle changes to improve your health
- When booking with reception let them know you are wanting a Health Assessment 40plus years and they will book a long appointment for you with our Practice Nurse and regular Doctor.

## Travelling Soon? Currimundi Medical is an accredited Yellow Fever Travel Vaccination Centre

### Currimundi Medical Centre is an approved Yellow fever Clinic offering

- Personalised medical advice
- Free Travel information folder on destination
- Up to date travel information
- Follow up medical review upon return from overseas

The following vaccinations are available:

- Hep A and B
- Typhoid
- Polio
- Diphtheria and Tetanus and Pertussis
- Influenza
- Approved Yellow Fever Vaccine
- Rabies (on request)
- Japanese Encephalitis (on request)
- Measles & Mumps



### Have you had your Flu Vaccine? Stocks available now

#### Australian Defence Force Post discharge GP health assessment

As of 1<sup>st</sup> of July, all former serving personnel, including former service members of either the permanent or reserve forces, will be able to access a funded health assessment from their GP.

One of the key objectives of this assessment is to help GP'S identify and diagnose the early onset of health problems among former serving ADF members.

**Talk to your GP, tell them you have served in the ADF and ask them about this health assessment.**

### Do you suffer from Asthma?



#### FREE Asthma Health Clinic available

##### What is asthma?

Asthma is a chronic disease of the airways that makes breathing difficult. There are treatments for asthma symptoms, but asthma is still a serious – even dangerous – disease that affects 1 in 4 children under 10, and 1 in 7 Australians.

##### What causes asthma?

No one really knows what causes asthma but we do know some of the factors which contribute to developing asthma at an early age which include:

- Parents with asthma, eczema or hayfever
- More boys than girls develop asthma due to boys having smaller lungs than girls
- Obesity increases the risk of developing asthma
- Smoking during pregnancy can damage a baby's lungs and lead to respiratory illness
- Indoor and outdoor air pollution may make asthma symptoms worse.

If you suffer from asthma, talk to your GP to get a health assessment and action plan in place.



#### RECIPE – Chicken and Asparagus Salad

Bring a large saucepan of water to boil over heat. Add 2 bunches of trimmed asparagus. Boil for 2 minutes or until just tender. Drain and rinse under cold water, then combine asparagus, 250g of cherry tomatoes halved, shredded chicken and 100g of slivered toasted almonds. Remove to an air-tight container.

##### Dressing

Place a ½ cup of lemon juice, 1/3 cup of olive oil, 2 tablespoons of chopped dill springs and 2 crushed garlic cloves in a screw-top jar. Season with salt and pepper. Secure lid and shake well to combine. Toss dressing through salad just before serving.