

Welcome to Winter here on the Sunshine Coast. Even though our temperatures may be mild, we can still be hit by the Influenza Virus with it usually peaking July/August most years. It's not too late to get your vaccination today!!

OCEAN WAVE WELLNESS CENTRE - COMING SOON



We are expanding and opening a dedicated Allied Health Centre at 27 Mayes Avenue, adjacent to our carpark entrance. Ocean Wave Wellness Centre will have more types of Allied Health providers here to give our patient's more options for better health.

Watch this space for further updates and planned opening.

Leasing enquiries to the Practice Manager

WELCOMING – Our Audiologist, Dendra Cole

Dendra Cole from Impact Hearing is a qualified Audiologist Accredited with audiology Australia, Member of independent Audiologists Australia (IAA) and director of Impact Hearing.

Impact Hearing Services:

***Free Hearing Screenings Children and adults**

- Diagnostic Hearing assessments children and adults
- Pre- Employment medical and Workcover hearing assessments
- Assistive Listening Devices
- Custom or "Ready-made" swim, noise or music plugs
- Tinnitus solutions
- Hearing Aids- All brands available



Private Clients (Health fund rebates available) OHS (Office of hearing services)
DVA (Dept of Veteran Affairs) Eligible client services and care plans are available as applicable

OUR DOCTORS: Dr Amir Akram, Dr Deborah Vercoulen, Dr John Fogarty, Dr Christelle Greeff, Dr Tony Moor, Dr Venera Edwards, Dr Geoff Broad, Dr Maria Adan-Bautista, Dr Jonathan Jing, Dr Alison Roper

Dr Alison Roper is on Leave

Dr Alison Roper will be taking a leave of absence of approximately 6 months to take on a role with Queensland Health as **Acting Clinical Director of Breast Screen Sunshine Coast**.

Dr Roper has been with our Practice for 10 years and we congratulate her on this appointment.



During Dr Roper's absence our team of Doctors will endeavour to be able to cover the medical needs of all her patients.

*** Dr Roper's last day before commencement of leave will be Friday 1st June 2018 and returning on Tuesday 8th of January 2019.**

Flu Vaccine update for 2018

Ocean Wave Medical have stock of the Government supplied influenza vaccine, which is free to those patients that meet the eligibility. This year all children under 5 years are eligible for free vaccination.



How can you protect yourself from flu?

1. Avoid touching surfaces especially in public places.
2. Clean your hands for 15 seconds. Soap, warm water, and a period of vigorous rubbing will wash viruses down the drain.
3. Cover your nose and mouth when you cough or sneeze. Use a tissue, rather than a cloth hankie, or cough into your sleeve in the crook of your arm.
4. Avoid close contact.
5. Have your annual flu needle, every year the vaccine given changes according to what virus are circulating around the world.

WOUNDCARE COSTS

Here at Ocean Wave Medical we offer an extensive treatment room offering a number of services for our patients. This Treatment room is not funded in anyway by Medicare or DVA and is totally funded by the business. This includes all bandages, dressings etc that are used on our patients.



In 2014 we introduced a small fee for wound care consumables. We have reviewed these costs and as of 1.7.18, our Nurses will be handing all a patients a form to take to Reception after receiving wound care to pay this fee. Consult will continue to be bulk billed for eligible patients. This fee will cover the cost of these dressings. Patients have the option of purchasing their own dressings at Chemist and bringing with or paying Reception the small fee on each appointment. DVA patients can take their script to chemist for funded supplies. We thank you for your understanding of this.

DAVID MORGAN PODIATRIST

David is available Tuesday and Thursdays and other times by appointment. Offering all your foot care needs. Accepting Care Plans. DVA. Private patients.

Phone: 1300 288 365



CORNELIA BAM (PSYCHOLOGIST)

Thank you for continuing to trust Cornelia with your psychological wellbeing.

As you know, Medicare has not adjusted their rebate for allied health practitioners since 2014. This is the main reason why most private practitioners charge a co-payment (Gap Fee).



With the new financial year approaching we have reviewed our fee structure and due to increased running costs have decided to adjust our fees as of 1st July, 2018.

To keep this change as simple and as affordable as possible, we will only be increasing our gap fee by \$10 for patients with an eligible MHP in place. Fees as of 1st July, 2018 will be \$120, with a rebate of \$84.80 from Medicare (done at time of session), with out of pocket (gap fee) of \$35.20.

Also offering FREE MEDICARE FUNDED Counselling sessions for pregnant and postnatal Mums. Ask your Dr for a referral today. Phone 54919044 to book.

Dusk Till Dawn Sleep Centre

at Ocean Wave Medical in Suite 6

Dusk till Dawn
SLEEP CENTRE



A simple sleep study may change your life!

A GOOD sleep is critical to good health. On average, we need eight hours of healthy sleep to function properly. Poor sleep leads to cardiovascular problems, lowered immune system response, glucose and insulin abnormalities, irregular hormones and impaired cognitive function - not to mention loss of energy, anxiety, depression, memory problems, delayed reaction, trouble paying attention and the inability to retain information.

The Dusk till Dawn Sleep Centre, a clinical specialist in home sleep studies, monitors sleep patterns and determines if there are sleep disorders which may affect your quality of sleep.

Treatment at the Centre can also involve a trial and education of CPAP (positive airway pressure) Therapy, a mode of respiratory ventilation used primarily in the treatment of OSA (obstructive sleep apnoea).

People with sleep apnoea repeatedly stop breathing during sleep, usually because of a blockage in the back of the throat due to the collapse of soft tissues obstructing the airway.

This can cause drops in blood oxygen levels, elevated heart rate and high blood pressure.

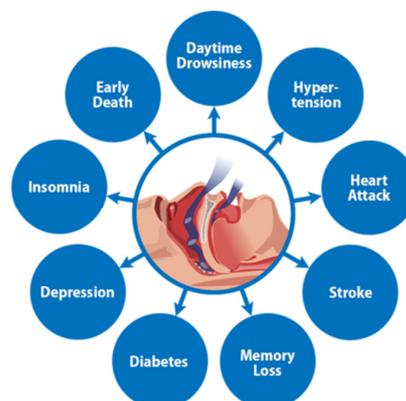
With a team of highly qualified and experienced Sleep Scientists and Sleep Physicians involved in our Reporting; combined with our caring and understanding staff, we offer a professional approach to the treatment of Sleep disorders.

To book your appointment phone 5455 6622 and let them know you want to come to their Caloundra Sleep Clinic. FULLY BULK BILLED SLEEP TESTS in your own home.

Sleep Apnoea

Your airway collapses, stopping air from travelling freely to you from your lungs and disturbing your sleep.

What are the potential effects?



Offering Dietetics here at Ocean Wave Medical or home visit available upon request. As of 1/7/18 – patients with a Care Plan will have a gap fee of \$10 per consultation. Private patients are welcome and health rebates available. DVA patients bulk billed.



Contact Jody Pollard on - 0402 225 732 or
jody@totalnd.com.au
 WEBSITE: www.totalnd.com.au

Winter

Recipe – courtesy of Jody from Total Dietetics

Tomato Chickpeas with Vegetables (serves 4)

- 1 brown onion (diced)
- 2tsp oil
- 2 tsp paprika
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp turmeric (can omit any spices as desired or add cayenne pepper or chilli for heat)
- 1 cup vegetable stock (salt reduced)
- 1 can (400g) crushed tomatoes (salt reduced)
- 1 can (425) chickpeas (no added salt) (drained and rinsed)
- 3 cups of chopped vegetables (e.g. pumpkin, beans, carrot, zucchini, broccoli, peas)
- Fresh parsley and lemon zest to serve

- Method:**
1. Heat oil in a saucepan, add diced onion and fry until translucent.
 2. Add spices to onion and stir for 30 seconds. Add to the saucepan, the stock, tomatoes, chickpeas and vegetables
 3. Heat to boil then turn down to a simmer for 20 mins or until the vegetables cooked (cooking time will depend on the size of your cut vegetables).
 4. Serve on its own or with quinoa, cous cous or rice and garnish with fresh herbs and lemon zest. Leftovers can be frozen

Nutrition Info	(per serve)
Protein	5.4g
Fat	3.3g
Carbohydrate	18.3g
Sodium	192mg
Energy Kj	514Kj
Cal	123cal



PREGNANCY & POST-NATAL SERVICES

We offer several Physiotherapy services for our clients throughout their pregnancy or after birth. It is an amazing journey, but is also a time that can be challenging for our bodies, and we are here to assist with any concerns or questions that you may have.



We offer:

- Physiotherapy services throughout pregnancy, including soft tissue release and techniques specifically beneficial throughout the prenatal period. We can assist with back and pelvic pain, neck pain and headaches, wrist pain, fluid retention and pelvic floor advice.
- Advice for surviving the fourth trimester (initial period after birth), including pelvic floor care, back and neck care, ergonomics throughout baby care and hands-on treatment for any injuries or pain.
- **GAP FREE Physiotherapy assessment of Rectus Diastasis** (abdominal separation) or pelvic floor concerns after birth. (for those without private health- \$35 fee applies).

PILATES

We offer clinical pilates classes for pregnancy and mum's and bub's classes, within our Pilates studio.

Our classes are run by Physiotherapists who understand the requirements throughout this special time of your life. We provide a safe and effective way of maintaining strength, mobility and reducing the risk of pain and injury.

Health Fund rebates apply.

Want more information?

Call Rachel on 0401 263 516 or visit www.embodiment.com.au

MY HEALTH RECORD UPDATE

This year, you will get a My Health Record, unless you choose to opt out. Every Australian will be offered a My Health Record unless they choose not to have one during the three month opt out period that will run from **16 July to 15 October 2018**.

My Health Record will over time bring together health information such as medical conditions, medicines, allergies and test results into one place. It's your choice who sees your My Health Record and what's in it. You can choose to share with the healthcare providers involved in your care. By allowing them to upload, view and share documents, they will have a more detailed picture with which to make decisions, diagnose and provide treatment.

During the opt out period individuals who do not want a record will be able to opt out by visiting the [My Health Record website](#) or by calling 1800 723 471 for phone based assistance.

Ocean Wave Medical is already offering to upload patients My Health Records. Talk to one of our Nurses about how you can have your record uploaded.

Visit: myhealthrecord.gov.au for more information



BOOK YOUR APPOINTMENT ONLINE



Did you know you can book your appointment 24 hours a day, 7 days a week by visiting our website and clicking on the green link.

QML Pathology - open Monday to Friday 8am to 12 noon, then 1pm to 4.30pm. Saturday 9am to 12

Psychologist – Monday to Friday and some Saturdays Ph 54919044

Custom Denture Clinic – Monday to Friday Ph: 54927422

Physiotherapist - Embody Physio. Monday to Friday Ph 0401263516

Podiatrist - David Morgan. Tuesday and Thursdays Ph 1300 288 365

Dietitian – Jody Pollard, Total Dietetics Monday and home visits. Ph 0402 225 732

Dusk till Dawn Sleep Centre – Monday to Friday Ph phone 5455 6622



Your local denture care professionals

Caloundra & Buderim

NO REFERRAL NEEDED

www.customdenture.com.au



Office hours

CALOUNDRA

Monday to Friday

9:00 - 12:00

BUDERIM

Monday to Friday

8:00 - 4:00

Custom Denture Clinic is a Sunshine Coast based business, owned and operated by brothers Andre & Pierre. They are both fully qualified dental prosthetists and have more than 25 years' experience in the dental industry. They strongly believe that everyone deserves the highest level of denture care and are therefore dedicated to providing their services in the most comfortable and friendly setting.

Custom Denture Clinic, provides a full range of denture services including new dentures, repairs and relines as well as implant over dentures - directly to the patients (no referral needed) and employing the latest technology and techniques.

The dentures are crafted with precision to ensure the most natural look possible and provide superior strength and durability for the years to come. All the work is done in their own accredited laboratory using only TGA approved materials for your piece of mind.

Oral hygiene awareness plays an important part of the treatment they offer, their team will ensure that you are given the necessary instructions for the maintenance of your dentures at home. You can be guaranteed customer service and follow up if needed.

It may not always be easy for you to come to the clinic, this is why they also offer a mobile service. However, a booking it is essential for this service.

Additional Services available:

- HICAPS on-the-spot fast claims for private health patients
- MySmilePlan for interest free payment plans
- DVA patients are welcome
- Wheelchair access Customer Service & follow up guaranteed if needed.

CONSULTATIONS

Monday to Friday

8:30am - 4:00pm

ON BOOKING

For more info & to book your appointment, please call us on

5492 7422

TAKE THE DENTURE TEST...The following questions relate to common everyday situations you might face with your dentures. Take your time to go through each of these questions and self-assess your current oral health and determine whether you should book an appointment with one of our prosthetists.

- ① Are you scared to smile or laugh out loud because you have a fear your dentures will fall out?
- ① Are your denture teeth worn away and yellow?
- ① Has your appearance changed since you have had dentures; such as wrinkles around your mouth or is your chin closer to your nose?
- ① Are you experiencing any kind of pain in your mouth or jaws?
- ① Does your denture move excessively, or "rock" from side to side, whilst eating or pressing down on one side?
- ① Do you have to use "denture glue" or Polident to get a snug fit in your mouth?
- ① Do you avoid eating certain foods, to avoid embarrassment, whilst eating?
- ① Are your dentures more than 5 years old?
- ① Do you have gaps in your mouth where other teeth have been extracted?

If you have answered YES to any of these questions...We can help...

COMING SOON...

Dental Health Week 2018
6 -12 August 2018

The **Dental Health Week** is a reminder to visit your local dental prosthetist to have your dentures checked every year. It is now proven that there are strong links between poor oral health and overall health – often the consequence of problems such as gum disease, gingivitis... etc. Furthermore, prosthetists are often best placed for the early detection of Oral cancers in some cases.

