

Winter 2017



Welcome to Winter here on the Sunshine Coast. We live in such a beautiful spot and are spoilt by the little bit of winter we have here most years. Even though our temperatures may be mild, we can still be hit by the Influenza Virus with it usually peaking July/August most years.

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.

SKIN CHECKS at Ocean Wave Medical

Our Doctors offer full skin checks and recommendations. Minor surgery is also offered here at OWM for any removals required.

It is recommended to have a professional skin check once a year, or more as directed by your Doctor. It is also important to see your Doctor if anything suspicious appears, in addition to your annual skin check.

When having a full skin check, our Doctors use a number of tools and techniques to examine skin thoroughly, beyond what the naked eye can see. Your GP can perform this skin check and examine any lesions of concern. If you are a current patient your GP will be familiar with your history and can talk to you about risk factors and family history and treat some skin cancers. Other cases maybe referred to a Dermatologist.



MELANOMA
accounts for 10% of
all cancers



Ocean Wave Medical is a SMOKE FREE ZONE

Did you know it is against the law to smoke near a medical centre?

The Law States: **no smoking at public and private hospitals and health facilities, and for 5 metres beyond their boundaries.**

Current Fines: Person smoking at a health facility \$243.80 = 2 penalty points (\$121.90 per point)

FREE CATCH UP VACCINES FOR 10-19 YEAR OLDS



Government funded Expansion of Immunisation Schedule has been announced. Free catch-up vaccines are now available for 10 to 19 year olds. Types of vaccines that are funded are Diphtheria, tetanus and pertussis (whooping cough), Poliomyelitis, Measles Mumps and Rubella, Hep B, MenCCV, Varicella (chicken pox), Human papillomavirus. You will need an assessment of your immunisation status to clarify your vaccination history through Australian Immunisation Register (AIR) and bring your immunisation record book with you. Your Doctor and our Practice Nurse can assist with this.

IT'S NOT TOO LATE TO STOP THE FLU – GET YOUR VACCINATION TODAY



Influenza (flu) is a highly contagious viral infection that is responsible for major outbreaks of respiratory illness around the world, usually in the winter months. Unlike the common cold, influenza can cause severe illness and life-threatening complications such as pneumonia and bronchitis, which often require hospitalisation.

The flu virus is especially dangerous for elderly people, pregnant women, Aboriginal and Torres Strait Islander people and very young children, as well as for people with underlying medical conditions. It is estimated that each year, flu contributes to an average of 13,500 hospitalisations and more than 3,000 deaths among Australians aged over 50 years.

Influenza virus strains included in the 2017 southern hemisphere quadrivalent influenza vaccine are:

- **A (H1N1): an A/Michigan/45/2015 (H1N1) pdmo09-like virus**
- **A (H3N2): an A/Hong Kong/4801/2014 H3N2)-like virus**
- **B/Brisbane/60/2008-like virus**
- **B/Phuket/3073/2013-like virus**

These are a different strain than the 2016 vaccine



COLD BUSTING CHICKEN SOUP RECIPE

2 Litres of chicken Stock	2 cups shredded chicken meat
1.5 cups chopped celery	1.5 cups finely chopped carrots
2-5 cloves mince garlic	1 tablespoons finely grated ginger
1 teaspoon Tumeric	1 cup finely chopped parsley
½ cup Coriander	1 can green lentils, drained and rinsed
Salt & Pepper	

Put Celery, carrots and olive oil into cooking pot on medium heat, let simmer 3-5mins. Add stock, then chicken meat. Simmer 5-10mins till all soft. Add garlic, spices, salt & pepper and simmer for another minute. Remove from heat stir in coriander and parsley. Serve immediately.

Why don't Antibiotics Kill Viruses?

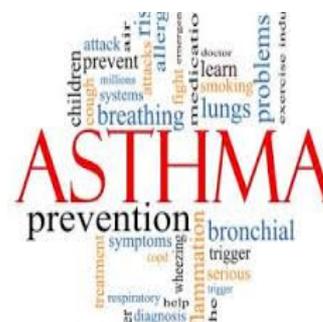
Antibiotics cannot kill viruses because viruses have different structures and replicate in a different way than bacteria. Types of illnesses that are caused by viruses include: Most sore throats, most coughs, colds and running noses, acute sinusitis, acute bronchitis, some eye and ear infections, respiratory syncytial virus (RSV), Flu (influenza).

Most viral illnesses do not special medication and are “self-limiting”, meaning your own immune system will kick in and fight off the illness. However, this can take time; cough and cold can last from 7 to 10 days. If you come down with a viral illness, you should rest, drink plenty of fluids and treat symptoms – like fever or aches and pains – with proper doses of pain and fever relievers, or as directed by your Doctor. If you are diagnosed with a viral illness like a cough, cold or sore throat, and your symptoms do not clear up within 10 days, be sure to contact your Doctor.

ASTHMA CLINIC AT OCEAN WAVE MEDICAL

Do you or someone you know suffer from Asthma? Patients who have a documented diagnosis of Asthma are eligible yearly for a FREE Medicare Funded Asthma Clinic checkup where an Action Plan will be created for you to improve your Asthma.

Talk to you Doctor today or book at Reception for your Asthma Clinic with our Practice Nurse and your regular Doctor.



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

Physiotherapist - Embody Physio. Monday to Friday Ph 0401263516

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

Dietitian - Rebecca of Sunshine Coast Dietetics available Wednesdays. Ph 5479 4363.



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.

Our Doctors:

- ❖ *Dr Amir Akram*
- ❖ *Dr Alison Roper*
- ❖ *Dr John Fogarty*
- ❖ *Dr Deborah Vercoulen*
- ❖ *Dr Tony Moor*
- ❖ *Dr Christelle Greeff*
- ❖ *Dr Geoff Broad*
- ❖ *Dr Jonathan Jing*
- ❖ *Dr Venera Edwards*
- ❖ *Dr Pamela Kimlin*



Suite 1, Ocean Wave Medical
87 Bowman Road, Caloundra
Phone: 5492 7422

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

Oral hygiene awareness plays an important part of our treatment; our team will ensure that you are given the necessary instructions for the maintenance of your dentures at home.

We understand that it may not always be easy for you to come to the clinic; this is why we are pleased to offer a mobile service to our clients, upon booking.

In addition to the dentures, we also fit customised sports mouthguards for the whole family. They are highly recommended for all contact sports as they help to protect against impact on the teeth, gums, jaws and joints, minimising the risk of concussion.

HICAPS on the spot fast claims for private health patients is available. Also welcoming DVA patients.

Our Team cares about our patients and standards behind our work.

YOUR SMILE IS OUR MISSION!

CUSTOM DENTURE CLINIC : YOUR LOCAL DENTURE CARE PROFESSIONALS

- ✓ NEW DENTURES
- ✓ REPAIRS & RELINES ONSITE
- ✓ POLISHING & CLEANING
- ✓ IMPLANT DENTURES
- ✓ FREE ASSESSMENT

- FULLY QUALIFIED & EXPERIENCED PROTHETISTS
- 100% AUSTRALIAN MADE DENTURES IN OUR OWN LAB
- ONLY THE BEST MATERIALS USED & LATEST TECHNIQUES
- NO REFERRAL NEEDED
- MOBILE SERVICES ON REQUEST
- DVA PATIENTS WELCOME
- MAJOR HEALTH FUNDS RECOGNISED
- CUSTOMER SERVICE GUARANTEED & FOLLOW UP

Your smile... our mission...

 **5492 7422**
www.customdentureclinic.com