

Autumn 2017



After a very hot summer, we now move into autumn here on the Coast and time to prepare for the winter flu season ahead.

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.

**Follow us on Facebook and our website to keep informed of when supplies of the 2017 Flu Vaccinations arrive. Private supplies are expected in March with Govt funded supplies in April.**

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*



Friday 14 <sup>th</sup> April	Good Friday	CLOSED
Saturday 15 <sup>th</sup> April	Easter Saturday	CLOSED
Sunday 16 <sup>th</sup> April	Easter Sunday	CLOSED
Monday 17 <sup>th</sup> April	Easter Monday	CLOSED
Tuesday 25 <sup>th</sup> April	Anzac Day	CLOSED
Monday 1 <sup>st</sup> May	Labour Day	CLOSED
Friday 2 <sup>nd</sup> June	Show Holiday	CLOSED

*For urgent Medical Attention after hours please phone*

*Home Doctor Service on **137425***

*For an emergency please phone the ambulance on **000***

#### **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*

## Allied Health at Ocean Wave Medical

Here at Ocean Wave Medical we have a full team of Allied Health Professionals to assist with all your health needs.

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

**Psychologist** Cornelia Bam. Cornelia is available 5 days a week with some late appointments. Offering therapy with Children, Adolescents and Adults who are experiencing psychological, emotional and/or behavioural problems. Individual, Couple, and Group Therapy available.

Accepting referrals with MHP - \$25 gap fee (A GP mental health plan done with your Doctor allows you are to 10 subsidised visits per calendar year with Psychologist)  
Referrals with Care Plan/EPC - \$60 gap fee applies (Allows up to 5 epc visits per year)  
Private patients - \$150 private health rebates may apply  
DVA Patients – bulk billed  
Workcover - billed direct to Workcover

**Physiotherapist - Embody Physio** Rachel Morgan-Varlow and Sara Mills are here fulltime offering physiotherapy. They also offer rehabilitation, pilates and group exercise at Embody Movement behind Caloundra RSL on 3<sup>rd</sup> Avenue. Brochures are available at Reception or call 0401263516.

Accepting Care Plans/EPC Referrals, DVA referrals, Workcover. Private patients may be able to claim through health funds.

Type 2 Diabetic patients talk to your GP about a referral for an assessment plus 8 Group Exercise Sessions funded through Medicare. This is available in addition to your normal 5 allied health gpmp visits per year.

**Podiatrist** - David Morgan. David offers podiatry in Suite 4. A diabetes foot assessment by a podiatrist is recommended to establish your foot health status, and to determine whether you need to return annually or be seen more frequently. David accepts GPMP/EPC Referrals, DVA referrals, plus private patients may be able to claim on their health fund.  
To book an appointment with David call 1300 288 365.

**Dietitian** - Cassie Cowie of Sunshine Coast Dietetics offer Dietetics in Suite 6 here at Ocean Wave Medical. Weight Management, Chronic Disease Management, Vegetarian / Vegan diets, Eating Disorders and Mental Health. Cassie accepts care plans/epc with small gap and private patients may be eligible to claim through health fund.  
To Book an appointment with Cassie call – 5479 4363.



## GET YOUR CUSTOMISED SPORTS MOUTHGUARD

- PROTECTS TEETH, GUMS, JAWS & JOINTS
- ABSORBS IMPACT ON NECK & JAW
- MINIMISES CONCUSSION
- COMFORTABLE FIT TO ENABLE EASY BREATHING, TALKING & DRINKING
- MAY SAVE YOU FROM AN EXPENSIVE DENTAL TREATMENT IN CASE OF INJURY

CLUB BOOKINGS ARE AVAILABLE ON REQUEST  
NO REFERRAL NEEDED



## DON'T TAKE THE RISK THIS COMING SEASON

### PREVENTION & PROTECTION

Our aim is to raise your awareness on the importance of wearing a customised mouthguard while playing any contact sports and also to ensure we can offer you the best product and service for your family.



### QUALITY & SERVICE GUARANTEE

All our mouthguards are professionally made with care from the best Australian products:

- ✓ Fully qualified team & accredited in-house lab
- ✓ No referral needed
- ✓ Wide selection of colours available
- ✓ Name or phone number can be added
- ✓ Free mouthguard container
- ✓ Can be done very quickly in case of emergency
- ✓ Private health funds processed directly (Hicaps) with minimum out of pocket

### Opening Hours

Mon to Fri (8:30am - 5:00pm)

**BOOKINGS ARE ESSENTIAL... CALL US**



☎ **5445 8124**  
Suite 4/ 3-5 Ballinger Rd - Buderim

☎ **5492 7422**  
S1/ Ocean Wave Medical Centre  
87 Bowman Road - Caloundra

[www.customdentureclinic.com](http://www.customdentureclinic.com)

Custom Denture Clinic  
Suite 1 Ocean Wave Medical

**BOOK YOUR MOUTHGUARD APPOINTMENT NOW - phone 5492 7422**

**New dentures    Repairs and Relines    Implant Dentures    Sports Mouthguards**



## Did you know Medicare funds a number FREE Health Checks

### What is a Care Plan/Team Care Arrangement (EPC)

**Am I eligible for a Care Plan?** – To be eligible for a Care Plan and or Team Care Arrangement (epc) a patient must have a chronic or terminal medical condition. This is one that has been or is likely to be present for six months or longer and includes but is not limited to asthma, cancer, cardiovascular illness, diabetes, musculoskeletal conditions and stroke. Your GP can advise if you meet the criteria. Care Plans are recommended every 2 years or if required one every year. These must be booked with your Regular Doctor and the Practice Nurse, so you need to allow an hour and advise Reception what you are booking for.

Your Care Plan involves setting Goals such as reducing pain and getting blood tests within range or other goals you wish to set. To achieve this we provide education, assessment and treatment including up to 5 EPC subsidised referrals to specialist like Dietitian, Diabetic Educators, Physiotherapist, Podiatrist, Exercise Physiologist etc.

### OTHER TYPES OF MEDICARE FUNDED HEALTH ASSESSMENTS AVAILABLE

- Health Assessment for people aged 40-49 years where a diabetes risk evaluation will be done *(available once every 3 years to an eligible patient)*
- A health assessment for people aged 45-49 years (inclusive) who are at risk of developing chronic disease *(available once only to eligible patient)*
- A health assessment for people aged 75 years and older *(available yearly)*
- A health assessment for people with an intellectual disability *(available yearly)*
- ABTSI Health Assessment *(available yearly)*
- Diabetic Annual Cycle of Care *(available yearly)*
- Australian Defence Force Health Assessment for former serving members *(once only)*

Discuss with your Doctor on your next visit, or phone our Reception to book in for a Health Assessment. Allow an hour for your health assessment as you will be booked with our Practice Nurse then with your Doctor.

### CHILDREN'S IMMUNISATIONS

Are your children's immunisations up to date? School holidays is a good time to catch up with your vaccines. Here at Ocean Wave Medical we use two nurses to vaccinate your child meaning there is less distress to the child.



Follow us on Facebook at [www.facebook.com/oceanwavemedical](http://www.facebook.com/oceanwavemedical)