

Shop 25, Station Square
shopping centre, 142
Lennox Street,
Maryborough, QLD 4650

JEMA CLINIC

www.jemaclinic.com.au
41205555

Shop 6, Comet Place,
133 Lennox Street,
Maryborough, QLD,
4650

SEPTEMBER 2017 ISSUE 9

Doctors

- ♦ Dr Edward Ogiji (practice principle)
- ♦ Dr Ahmed Elsedfy
- ♦ Dr Mahinath Bandara
- ♦ Dr Romika Lal
- ♦ Dr Chamini Jayasinghe
- ♦ Dr Kelemedi Uluitoga
- ♦ Dr Zoltan Orovec
- ♦ Dr Puneet Agarwal
- ♦ Dr Benjamin Adeyemi
- ♦ Dr Padmaja Putha
- ♦ Dr Faris Hawa
- ♦ Dr Mehdi Noori

Practice Staff

Practice Manager

- ♦ Mosun Ogiji

Administration Officer

- ♦ Aliesha Yeates

Nursing Staff

- ♦ Anjali Kaur
- ♦ Anmol Kaur
- ♦ Kerri Meyers
- ♦ Babitha Paul

Reception Staff

- ♦ Leisa Messenger
- ♦ Sarunya Raephet
- ♦ Sarah James
- ♦ Katrina Simpkin
- ♦ Morgan McCutcheon

Opening hours Station Square

Monday - Friday: 8am - 7pm
Saturday - Sunday: 9am - 3pm
Public Holidays: 9am - 5pm

Opening hours Comet Place

Monday - Friday: 8am - 6pm
Saturday - Sunday: Closed
Public Holidays: Closed



Afterhours

Afterhours care is available for all Jema clinic patients between the hours of 7-11pm weekdays on 0488606035. Outside of these hours please phone dial a doctor on 13 99 99.

Practice news

BULK billings: Jema Clinic is a Bulk - billing clinic. All consultations are bulk billed providing you have a Medicare card, however other services such as pre-employment medicals, insurance paperwork etc. may not be bulk billed. Dressings will now attract a \$5.00 fee to cover the cost of materials.

Patient News: Download Our New Mobile app now on iPhone and Android devices. The new Jema clinic app now allows you to book o your appointment easily online and check your Dr estimated waiting times for you appointments,

Order Repeat Prescriptions, send messages and more.

**This months Preventative Screening:
COPD - Chronic Obstructive Pulmonary Disease
See over page for more details.**



This Months topics

- ◆ *Preventative Screening Topic: Mental Health (Page 2)*
- ◆ *Puzzle page (Page 4)*

Good mental health is a sense of wellbeing, confidence and self-esteem. It enables us to fully enjoy and appreciate other people, day-to-day life and our environment. When we are mentally healthy we can:

- form positive relationships
- use our abilities to reach our potential deal with life's challenges

How can we improve our mental health?

A few tips for positive mental health are:

- talk about or express your feelings
- exercise regularly
- eat healthy meals
- get enough sleep
- spend time with friends and loved ones
- develop new skills
- relax and enjoy your hobbies
- set realistic goals

What is mental illness?

A mental illness is a health problem that significantly affects how a person thinks, behaves and interacts with other people. It is diagnosed according to standardised criteria. One in 5 Australians will suffer from a mental illness in any given year.

A **mental health problem** also affects how a person thinks, feels, and behaves, but to a lesser extent than a mental illness. Mental illnesses are of different types and degrees of severity. Some of the major types are:

Anxiety - is defined by intermittent and repeated attacks of intense fear of something bad happening or a sense of impending doom.

Schizophrenia - is not, as commonly thought, solely about hearing voices or having multiple personalities. Instead, it is defined by a lack of ability to distinguish reality. Schizophrenia can cause paranoia and belief in elaborate conspiracies.

Bipolar mood disorder - causes a periodic cycling of emotional states between manic and depressive phases. Manic phases contain periods of extreme activity and heightened emotions, whereas depressive phases are characterized by lethargy and sadness. The cycles do not tend to occur instantly.

Personality disorders - a deeply ingrained and maladaptive pattern of behavior of a specified kind, typically apparent by the time of adolescence, causing long-term difficulties in personal relationships or in functioning in society.

Depression - covers a wide range of conditions, typically defined by a persistent bad mood and lack of interest in pursuing daily life, as well as bouts of lethargy and fatigue. Dysthymia is a milder but longer-lasting form of depression.

Attention Deficit Hyperactivity Disorder (ADHA) - is characterized by an inability to remain focused on task, impulsive behavior, and excessive activity or an inability to sit still. Although this disorder is most commonly diagnosed in children, it can occur in adults as well.

These illnesses may also be referred to as a mental disorder, mental impairment or psychiatric disability.



Common myths about mental illness

Myth: Mental illness only affects a few people.

Fact:

Mental illness is common. One in five Australians will experience a mental illness. It affects people of all ages, educational and income levels and cultures.

Myth: Mental illness is caused by a personal weakness.

Fact:

A mental illness is not a character flaw. It is caused by genetic, biological, social and environmental factors. Seeking and accepting help is a sign of strength.

Myth: People with a mental illness never get better.

Fact:

With the right kind of help, most people do recover and lead healthy, productive and satisfying lives.

Myth: People with a mental illness can “pull themselves out of it”.

Fact:

A mental illness is not caused by personal weakness and is not “cured” by personal strength.

Myth: People with a mental illness are violent.

Fact:

People with a mental illness are no more violent or dangerous than the rest of the population. People with a mental illness are more likely to harm themselves – or to be harmed – than they are to hurt other people.

Myth: People with a mental illness should be kept in hospital.

Fact:

With appropriate treatment and support, people with mental illness can live successfully in the community. In fact, the majority of people with a mental illness live independently in the community.

Emotional Symptoms of Mental Health Problems

Mental health problems can cause a wide variety of emotional symptoms, some of which include:

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Examples of signs and symptoms include:

Feeling sad or down

Confused thinking or reduced ability to concentrate

Excessive fears or worries, or extreme feelings of guilt

Extreme mood changes

Withdrawal from friends and activities

Significant tiredness, low energy or problems sleeping

Detachment from reality (delusions), paranoia or hallucinations

Inability to cope with daily problems or stress

Trouble understanding and relating to situations and to people

Alcohol or drug abuse

Major changes in eating habits

Sex drive changes

Excessive anger, hostility or violence

Suicidal thinking



Mental Health
AWARENESS

What causes mental illness?

Mental illness results from complex interactions between the mind, body and environment. Factors which can contribute to mental illness are:

Long-term and acute stress

Biological factors such as genetics, chemistry and

Hormones

Use of alcohol, drugs and other Substances

Eating Disorders

Cognitive patterns such as constant negative thoughts and low self social factors such as isolation, financial problems, family breakdown or violence

These factors can be minimised by a strong and supportive community environment.

Where to get Help..

One of the most important aspects of beating mental illness is to talk about it and seek help. There are many resources available to help someone who is struggling with their mental health. Below is a list of just some of the contacts available .

Your doctor

Your first point of call can be your doctor. Your doctor can offer a safe, and secure environment, that will enable you to talk about your issues without judgment. They are able to offer you treatment options to help you with your specific issues.

Beyond blue

Beyond Blue helps people to connect to support groups, and offers around the clock support through their help line.

To find out more you can visit their website:

www.beyondblue.org.au or call their hotline on 1300 22 4636

Lifeline

Life line offers a number of support avenues for people suffering from mental health issues. You can find out more information by visiting their website :

www.lifeline.org.au. Or by calling their hotline on 13 11 14.

Our Services

- ◆ General Medicine
- ◆ Children's and Adolescent Health
- ◆ Immunizations
- ◆ Massage therapy
- ◆ In clinic Mole Mapping machine
- ◆ Women's health and Pregnancy care
- ◆ Men's health
- ◆ ECG
- ◆ Mental health care and Counselling
- ◆ Chronic disease management
- ◆ Skin Cancer checks and Treatment
- ◆ Sexual health
- ◆ Minor Casualty
- ◆ DVA health services
- ◆ Aged care and Nursing home services
- ◆ Antenatal care
- ◆ Worker's Compensation
- ◆ Occupational health check and medicals for miners
- ◆ Indigenous and multicultural health services
- ◆ Travel health and pre-travel vaccinations
- ◆ Minor Procedures
- ◆ Allied health services—
Psychologist, Dietician,
Podiatrist, Physiotherapy,
Hearing checks and more

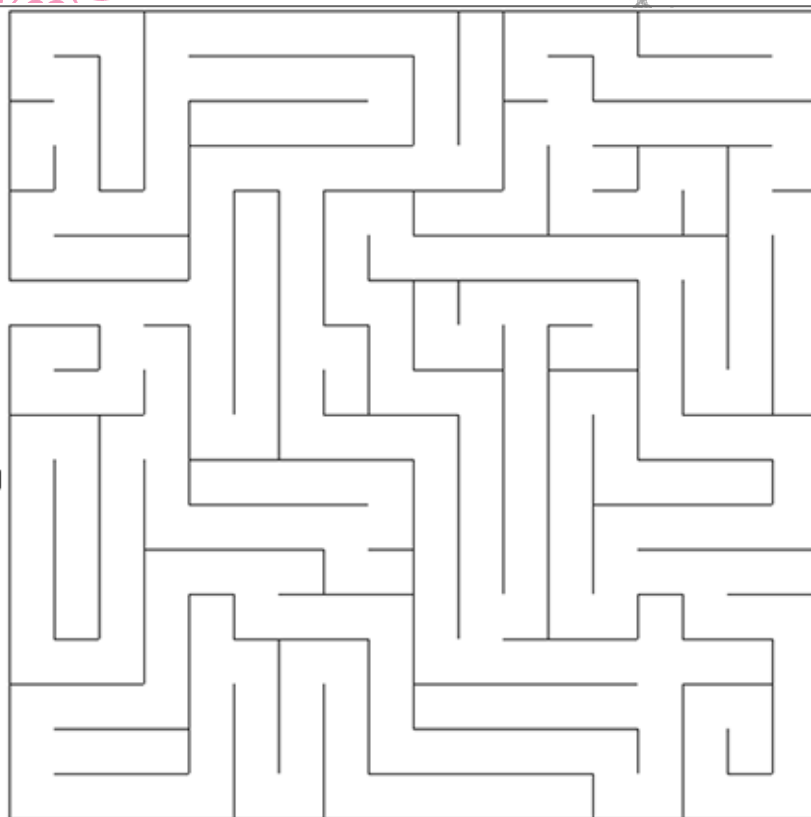
**Happy with us share
with others Or
Unhappy with us,
please tell us, We will
listen and make
changes?**

If you are still unhappy with the services we have provided or wish to leave us some feedback on how we can better improve our services, please feel free to get a copy of our 'share your experience' form from the reception. If you cannot get any satisfaction out of our reply you may wish to pass your complaint onto the Healthcare complaint commission :

Phone: 133 646 Fax: 8601 5219
Www.hqcc.gov.au



JEMA CLINIC



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BANDAGE
BLOOD
CAST
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VISIT OUR WEBSITE

Www.jemaclinic.com.au