

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

NOVEMBER 2017 ISSUE 9

Doctors

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

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

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 7-11 pm weekdays on 0488606035. Outside of these hours please phone dial a doctor on 13 99 99.

Practice news

BULK Billing: 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: Check out our new website.

Our new website has now launched. It features new and easy to use tabs with information about the practice, tips for your health, upcoming events, useful links and much, much more. Check it out today: www.jemaclinic.com.au



**This months Preventative Screening:
See over page for more details.**



This Months topics

- ◆ *Preventative Screening Topic: Vaccination health (Page 2)*
- ◆ *Menopause (Page 3)*
- ◆ *Puzzles (Page 4)*



Shingles Vaccine Now Available

Shingles is a painful rash caused by the varicella-zoster virus, which is the same virus that causes chickenpox.

The shingles rash develops into itchy blisters, usually on one side of the body, either on the face, chest, back, abdomen or pelvis. They can take several weeks to settle.

Shingles can occur at any age, but it usually affects older adults. About 1 in 3 people will develop shingles at some stage during their lifetime.

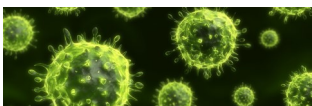
Shingles frequently occurs with no known trigger, although you cannot catch shingles from someone who has the condition. Shingles is more likely to occur if you:

- are 60 years of age or older
 - are experiencing physical and emotional stress
 - have HIV and AIDS
 - have had an organ transplant
 - have recently had a bone-marrow transplant
- have a condition which requires treatment that impacts the immune system, such as chemotherapy for cancer.

Shingles is a virus that causes a lot of pain and suffering in its victims, however, there is now a vaccine to fight this dreaded virus.

ZOSTAVAX, is the new vaccine available to help in the fight against shingles. All patients between the ages of 71 to 79 are eligible to receive the vaccine free.

Make an appointment with your Doctor TODAY to learn more about your eligibility for this FREE vaccine



The Importance of Being up to date with vaccines

Immunisation is one of the best ways you can protect yourself, your children and future generations from infectious diseases. In other words, if you vaccinate, you help wipe out disease that could spread now and into the future.

By making sure you and your family are fully vaccinated, you are not only looking after your own family but also protecting vulnerable people in your community.

And you are also helping to wipe out these infectious diseases altogether. That is, the more people who vaccinate, and thus the fewer people who are infected, the less widely can a disease spread. Some adults are not up-to-date with today's vaccine recommendations. This can be for a number of reasons, such as having missed vaccine doses that were recommended during childhood or booster doses during adolescence.

In some cases, the immunisation schedule has changed which means adults didn't have the opportunity to get vaccines as part of a childhood program. Measles, mumps and rubella (MMR) vaccination is a good example of this.

Some patients may not have the required paperwork regarding their past vaccines, this is no problem, things can be done to make sure you are immune. For some vaccines, such as measles and hepatitis B, a blood test can be done to check for immunity if this information is not available. But in most instances, the best approach is the give the required vaccines.

Check with your doctor today to find out if you are Up-to-date!



Menopause

Menopause, also known as ‘the change of life’, marks the end of the monthly cycle of menstruation in a woman’s life. It is a natural occurrence and marks the end of the reproductive years, just as the first menstrual period during puberty marked the start. You will know that the menopause has taken place if you have not had any menstrual bleeding for 12 months. Most women reach menopause between the ages of 45 and 55, the average being around 51. Menopause before the age of 40 is called ‘premature menopause’ and before the age of 45 it is called ‘early menopause’.

As you approach menopause, the production of ‘female’ hormones (oestrogen and progesterone) by the ovaries starts to slow down. Hormone levels tend to fluctuate and you may notice changes in your menstrual cycle such as:

- cycles may become longer, shorter or totally irregular
- bleeding may become lighter
- bleeding may become unpredictable and heavy (seek advice from your doctor).

Eventually, your hormone levels will fall to a point where your ovaries stop releasing eggs, your menstruation (periods) cease altogether and the menopause is reached.

Although fertility after the age of 45 is low, you still need to use contraception to prevent pregnancy (even if only barrier contraception such as male condoms), until you have had one year without a natural period if you’re over 50 years old, or two years without a natural period if you’re under 50.



Symptoms of menopause

Some of the symptoms that women may experience include:

- hot flushes
- night sweats
- aches and pains
- crawling or itching sensations under the skin
- forgetfulness
- headaches
- irritability
- lack of self-esteem
- reduced sex drive (libido)
- tiredness
- difficulty sleeping – wakefulness or waking hot and sweaty
- urinary frequency
- vaginal dryness
- discomfort with sexual intercourse.



Managing Menopause

Unpleasant symptoms of the menopause can often be reduced by:

- healthy diet
- regular exercise
- looking after your mental health
- reducing your stress levels
- getting enough good quality sleep
- using light-weight pyjamas and bedding to help with night sweats
- avoiding the things that trigger your hot flushes
- quitting smoking
- hormone replacement therapy.

Talking with your doctor can be extremely helpful in understanding what is happening and how best you can manage your menopause. If you think you are experiencing menopause book in today

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



the healthy ginger

sweet potato + black bean wrap

Ingredients:

- 2 large sweet potatoes
- 4 parsnips
- 2 large handfuls of kale
- medium onion
- 1.5 cups quinoa (I already had this cooked + in the fridge)
- 1 cup black beans (these were also already made + in the fridge)
- 2 cloves of garlic
- 1 Tbsp coconut oil
- S.S + P to taste
- optional: balsamic glaze
- sprouted grain tortillas

Method:

1. Wwash + chop sweet potatoes, parsnips + onion into bit size pieces. add to wok or pan at medium heat with 1 Tbsp of coconut oil
2. Cook approx 15 minutes or until veggies are soft.
3. Add the quinoa, black beans, kale, garlic, S.S + P and cook for 3-5 more minutes or until everything is warmed.
4. Add mixture to a wrap and top with balsamic glaze (option).



Emergency Medical Services

B	A	E	X	L	D	I	S	P	A	T	C	H	R
N	G	F	U	C	A	I	D	R	A	C	N	M	A
O	E	A	P	U	L	S	E	O	X	L	N	E	B
N	K	R	E	F	S	N	A	R	T	R	E	D	D
R	O	A	M	B	U	L	A	N	C	E	R	I	O
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R	S	L	I	H	T	I	I	P	M	P	C	T	N
E	S	A	R	R	E	A	O	A	O	M	M	I	A
A	T	S	P	E	C	I	A	L	I	S	T	O	L
T	O	X	Y	G	E	N	R	T	D	T	P	N	P
H	A	F	A	L	L	R	S	O	A	U	E	C	A
E	M	E	R	G	E	N	C	Y	R	I	E	P	I
R	A	P	A	R	A	M	E	D	I	C	I	R	N

- DISPATCH
- RADIO
- AMBULANCE
- EMT
- SIREN
- OXYGEN
- SPECIALIST
- EMERGENCY
- MEDICATION
- CPR
- NON REBREATHER
- CARDIAC
- ABDOMINAL PAIN
- PULSE OX
- FALL
- EKG
- STROKE
- TRANSFER
- PARAMEDIC

