



Bulli Medical Practice

Winter Newsletter 2018



Bulli Burn

The annual Bulli Burn is a 2, 5 & 10km fun run starting and finishing at the picturesque tip of Sandon Point. This year's event was held on Sunday 27th May.

Five Bulli Medical Practice staff participated in the event (Rebecca Jeffery, Alexandria Pritchard, Keely Mar, Dr Julie Blaze and Dr Jeff Hall) and we sponsored the 2km fun run.

The 5km event has been named the 'Mark Scott 5km' and is dedicated to 2011 winner who is recovering from a serious cycling accident which happened in June 2011. Funds raised from the Bulli Burn will assist in the ongoing care and treatment for Mark and support for his young family.

Bulli Burn also supports Beyond Blue.



Welcome Dr Rebecca Goodman

We are delighted that Dr Rebecca Goodman has joined our team of dedicated GPs.

Rebecca's passion for health began with a Bachelor of Pharmacy at Sydney University in 1995. She completed her medical degree in 2003 at Flinders University, Adelaide.

Rebecca worked extensively in paediatrics at the Women's and Children's hospital in Adelaide, and also completed her Diploma in Child Health.

She moved to Darwin and gained her fellowship in General Practice in 2007. Rebecca worked for over 12 years in Family Planning and broadened her skill set to include Aboriginal, women's and sexual health (including IUD insertions). She also completed a Masters of Public Health.

Rebecca's love of medicine is evidenced by the care she provides her patients. "Being a doctor is a privilege and it's an honour to serve the community through providing medical care," she said.

In her free time, when she is not chasing after her two young children, she likes to travel, read and spend time with family and friends.

Rebecca is available for appointments on Tuesdays, every second Wednesday and some Saturdays.



Bowel Cancer Awareness

Bowel cancer, also known as colorectal cancer, can affect any part of the large bowel (colon) or rectum.

Most bowel cancers start as benign, non-threatening growths (called polyps) on the wall or lining of the bowel. Some polyps are harmless but other can become cancerous (malignant).

Australia has one of the highest rates of bowel cancer in the world with 1 in 13 Australians developing the disease in their lifetime. Almost 90% of bowel cancer cases can be treated successfully when detected early.

Risk Factors

The risk of developing bowel cancer rises increases from the age of 50.

Bowel cancer risk is increased by smoking, eating red meat (especially when charred), eating processed meats (smoked, cured, salted or preserved), drinking alcohol, and being overweight or obese.

Family history also influences bowel cancer risk.

Symptoms

During the early stages, most patients have no symptoms and so screening over the age of 50 is very important. Symptoms can include:

- ◇ Blood in the stool/rectal bleeding
- ◇ A recent, persistent change in bowel habit, especially if severe (including diarrhoea, constipation or the feeling of incomplete emptying)
- ◇ A change in the shape or appearance of bowel movements (e.g. more narrow than usual)
- ◇ Abdominal pain or swelling
- ◇ Pain or a lump in the anus or rectum
- ◇ Unexplained tiredness as a result of loss of blood (anaemia).

Screening

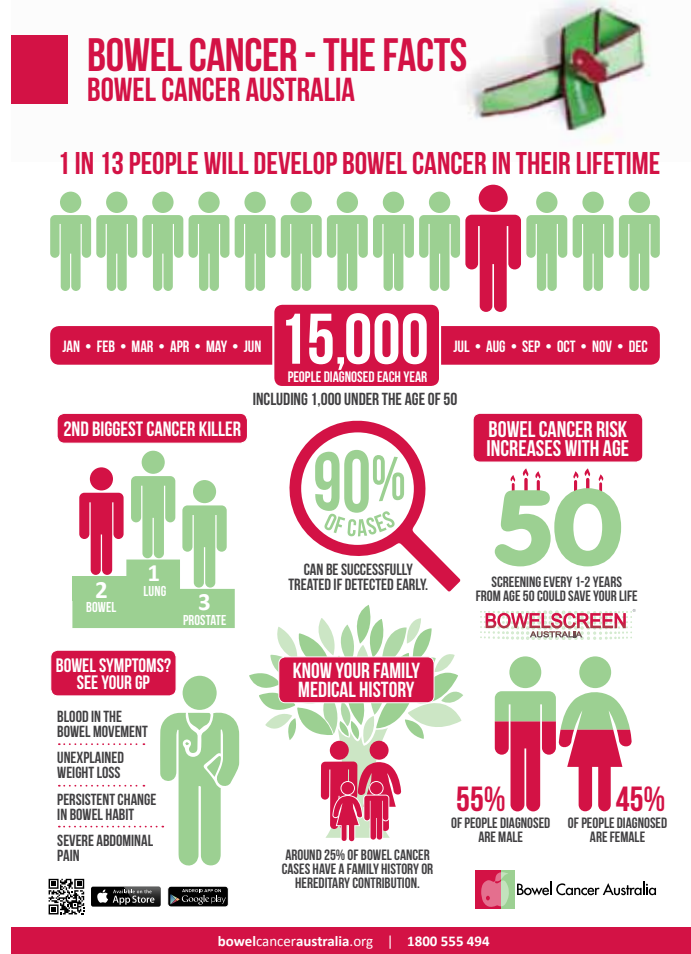
Bowel cancer screening is recommended for people aged 50 and over using a Faecal Immunochemical Test (FIT) every 1 to 2 years.

Screening involves placing small samples of toilet water or stool on a special card provided as part of a faecal immunochemical test (FIT). This might be via a local pathology collection centre or through programmes run by community groups like Rotary.

Following analysis, the results are sent to the individual and their GP. A positive result means blood has been detected in the samples.

It is not diagnostic of bowel cancer but does require further investigation by the GP and a probable referral for colonoscopy (a specialist investigation examining the bowel via fibre optic camera).

People from families with a history of bowel cancer need extra testing to find bowel cancers early which might include regular colonoscopies.



Global Corporate Challenge

Our staff are once again participating in the Global Corporate Challenge. This involves staff wearing a pedometer all day, for 100 days, which counts every step they take.

This year's rival teams are headed by our newest reception team members, Rebecca Couchman and Amelia Manks. We look forward to announcing the leader board along the way, and, in the meantime, reaping the rewards of being physically active.

Staff & community news

- ◇ Welcome to Amelia Manks and Rebecca Couchman who joined our reception team
- ◇ Welcome to Dr Rebecca Goodman
- ◇ Dr Cameron Warren will join the practice in July as our General Practice Registrar

Guide to doctor availability, Winter 2018

	MON		TUES		WED		THUR		FRI		SAT
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
Dr Julie Blaze		✓			✓	✓		✓	✓		*
Dr Ben Bartlett	✓	✓				✓					*
Dr Nathan Beckman	on 6 months leave from Bulli Medical Practice										
Dr Rebecca Goodman			✓	✓	✓**	✓**					
Dr Jemima Grant		✓	✓		✓		✓				*
Dr Saroja Gunasekera	✓	✓	✓	✓		✓			✓		*
Dr Jeff Hall	✓	✓		✓	✓	✓			✓	✓	*
Dr Michael Hanson	✓**	✓**	✓	✓	✓	✓		✓	✓**	✓**	*
Dr Amy Harkness					✓	✓			✓	✓	
Dr Helen Maclean	✓		✓	✓			✓	✓			*
Dr Anna Putnis	✓	✓	✓	✓					✓	✓	*

*Not every Saturday, doctors work on a rotational basis for Saturdays. Please check with reception.

**Every second week. Please check with HotDocs or reception

For more information on our doctors, their qualifications and areas of interest, please visit the website.

We have provided the timetable above as a guide to which doctor works on which days, as this may help you when scheduling your next appointment. Please note, the roster changes regularly, as doctors take holidays from time to time.



Men's Health Week is an opportunity to reflect on the different health needs of men who, in many measures, have poorer health than women.

“Prostate cancer tends to be the focus of men's health concerns and while this is an important issue it can distract from some other big concerns about men's health,” said Dr Jeff Hall.

Life expectancy for men is four years less than women and studies suggest unhealthy lifestyle practices such as tobacco use, alcohol misuse, poor nutrition and lack of physical exercise are higher in men than women.

Men suicide at the rate four times that of women and are killed in motor vehicle accidents at three times the rates of women. Over 90% of convicted acts of violence will be perpetrated by men (with women and children and other men as victims). Men have 12 times the rate of imprisonment compared to women.

Men seek medical assistance at lower rates, later and for briefer consultations than women and often do not address their key health concerns.

“Men in the age group of 15- 44 years are the least likely of all age-sex groups in Australia to have accessed GP services in the last 12 months,” said Dr Hall.

Despite the higher rates of suicide, men are less frequently diagnosed with depression compared to women. This partly reflects biological drivers but also social and cultural gender roles where men are socialised to be less emotionally focussed than women. Consequently, men are less likely to recognise depression in themselves and less likely to seek help.

“Men consume healthcare differently to women but to assume that men are not interested in their health is wrong.

“I think men need to feel secure in addressing their health concerns without fear of ridicule or thinking of themselves as weak,” said Dr Hall.

Access issues for men can may also be difficult with work hours overlapping clinic hours.

“I see a lot of men at the evening clinics or when I'm working on Saturday mornings. I guess they come after hours so they don't have to explain to an employer that they're taking time off for health review.”

“During Men's Health Week, and at all times, I'd encourage men and their families to consider broader health issues for men, and not just focus on prostate cancer risk,” said Dr Hall.

Fees policy

Bulli Medical Practice is not a bulk billing practice. It is our policy that payment for consultation is made at the time of your appointment.

Please see our website or ask at reception for our full fee schedule. The out of pocket expense for a standard Level B consultation (15 minutes) is \$41.95 however an increase may occur in November. We accept cash payments and have EFTPOS facilities (debit and credit card: Visa & Mastercard but NOT American Express).

Medicare rebates may be claimed in person at a Medicare office, or can be sent online directly to Medicare and you will have the option of receiving your rebate via cheque or direct deposit into your nominated bank account.

If payment cannot be made on the day, an account can be issued incurring an administration fee of \$15 which is not Medicare rebatable.



Biggest Morning Tea

Once again, Bulli Medical Practice held a morning tea to raise funds for the Cancer Council and honour patients and families touched by cancer.

We were treated to a variety of tasty cakes and sausage rolls cooked by Bulli Medical Practice staff. The most creative (and healthy) entry was Tayla's watermelon monster!

The event was well attended and brought together friends, patients and staff to raise funds for this very worthy cause.



Privacy & medical records

Your medical record is a confidential document. It is the policy of the practice to maintain security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

The Practice adheres to the national privacy principles. A copy of our privacy policy is available on request at reception.

Reminders, recalls & results

Please telephone the Practice between 12 noon and 2pm weekdays to find out the results of any tests that have been ordered by our doctors.

Patients that require immediate action in relation to test results will be contacted by the Practice to arrange a consultation so that they can discuss the test results with a doctor.

We are committed to providing preventative health care and participate in government reminder systems and registers.

We offer a SMS reminder system. If you would like to receive SMS reminders please inform reception and ensure they have your current mobile telephone number. If you do not wish to be a part of this system, please notify reception.

Feedback & continuous improvement

We value your feedback and encourage you to complete a general feedback form (which you can deposit in the secure box at reception) or by emailing feedback@bullimedicalpractice.com.au.

We endeavour to respond to your suggestions as soon as possible and to continuously improve our service.

From time to time we might also ask you to complete a confidential evaluation as part of AGPAL accreditation.

If you are unhappy with any aspect of the care that you receive then please let us know. Talk to either your doctor or reception staff and we will try our best to help. We believe problems are best resolved within the Practice as this helps us to continuously improve.

If however, the problem is not resolved, you may wish to contact the NSW state government authority for dealing with medical complaints.

The address is: Health Care Complaints Commission, Locked Bag 18, Strawberry Hills NSW 2012.