



# newsletter

SPRING 2024



## Welcome Dr Elliot Wichlinski

We are delighted to announce Dr Elliot Wichlinski is commencing at Bulli Medical Practice on Wednesday 7th August.

Elliot graduated from the University of Wollongong medical school in 2018. For the past four years, he has worked across regional and metropolitan NSW in the areas of orthopaedics, emergency medicine and paediatrics.

Elliot welcomes all patients, and enjoys all aspects of general practice. His areas of special interest include:

- Paediatrics
- Sports Injuries
- Men's Health
- General Medicine, and
- Preventative Health.

Elliot is available for appointments on Mondays, Wednesdays, Thursdays and Fridays.

## Welcome Julie Yilmaz

Julie (pictured right) joined the reception team in July and will be working with us four days per week on the reception desk.

Julie comes with previous reception experience in both general practice and specialist rooms, and also has experience as a small business owner.

Her commitment to patient care and organisational skills are already shining through.



## Welcome Danielle McMahon

Danielle is our new general practice nurse. She has a particular interest in child and family health, preventative healthcare, and supporting mental health and neurodiversity.

She completed her Bachelor of Nursing at the University of Technology, Sydney, in 2009 and has worked in nursing for over 15 years. She has worked as a GP nurse for six years and has a comprehensive understanding of primary care and the importance of holistic, patient-centred treatment.

Danielle is currently studying counselling, with the goal of integrating mental health support into her practice. She is committed to advocating for, and supporting, diverse communities in achieving optimal well-being.

Outside of work, Danielle enjoys spending quality time with her family, including her cheeky dog, diving into a good book, and travelling.





## Loneliness Awareness

by Dr Berlinda Png

Approximately 1 in 3 Australians feel lonely and young people (18 – 24 years) and middle-aged people (45-54 years) report the highest levels.

### The impact of loneliness

People who feel lonely are less engaged in physical activity, less productive at work, and more likely to have a social media addiction. They are also:

- 2 times more likely to have chronic disease
- 4 times more likely to have depression
- 4 times more likely to have social anxiety
- 5 times more likely to have poorer wellbeing.

It is important to recognize the signs of loneliness in ourselves and others and try to connect with people who may be feeling lonely.

### What are the signs of loneliness?

There are certain life changes when people are more vulnerable to loneliness such as losing a friend or family member, relocating, relationship breakdown, unemployment, becoming a parent, and/or starting university/school.

People might say things like they don't fit in, don't feel accepted or belong, or that nobody understands them. People might avoid or withdraw from others to prevent rejection. They may have poor eye contact and/or withdrawn body language. They may be less engaged in conversations and work.

### What can you do?

We're social beings and thrive when we feel heard, seen and understood. If you think a person is lonely, try to make contact on a level you feel comfortable with. If appropriate, invite them to share a meal or join an activity with you. They might not say yes, but having options and knowing that you care will help them feel included.

GPs are well placed to provide holistic care by listening to people and connecting them to services to help reduce their sense of isolation.

## PCOS awareness

By Dr Rebecca Goodman

Polycystic ovarian syndrome (PCOS) is a common hormonal condition that affects around 10% of women. It is associated with increased levels of androgens in your body.

It often has a range of symptoms and a risk of long term health conditions including type 2 diabetes, infertility and endometrial cancer.

Early diagnosis is important to reduce long term complications and improve quality of life.

### PCOS symptoms can include:

- excess hair growing on your face, chest, stomach or back (sometimes hair loss)
- irregular periods
- difficulty falling pregnant
- acne on your face and/or body
- anxiety and depression
- weight gain, especially around the belly (only 50% of women are overweight)

### Diagnosis

The diagnosis of PCOS is based on a range of symptoms. You should see your doctor if you are concerned or have any of the symptoms listed above.

It is important to seek help early as PCOS can increase your risk of other medical problems including infertility, high blood pressure and diabetes.

Your doctor will organise a blood test to check your hormone, cholesterol and glucose levels. They may also organise an ultrasound to check your ovaries for the presence of multiple cysts.

### Treatment

An early diagnosis can help you manage the symptoms of PCOS and reduce the risk of long-term effects on your health.

Eating a healthy diet and getting regular exercise can help many of the physical and emotional problems caused by PCOS and reduce your chance of complications.

Your doctor can prescribe a number of different medical therapies to help manage PCOS symptoms, such as period problems, infertility, excess hair growth, acne and weight gain.

As PCOS is a chronic condition, you may be eligible for a General Practice Management Plan. This plan can include subsidised visits to allied health professionals to help improve health outcomes.

If you need a doctor outside of hours call Wollongong Radio Doctors on 4228 5522 or the GP Helpline on 1800 022 222

### GP Availability Spring 2024

The table (below) is a guide to which doctor works on which days. This may help when scheduling your next appointment.

The roster changes regularly and doctors take holidays from time to time. Your best guide to availability is via online booking (via our website) or call us on 4284 4622.

**Please note:**

- Dr Michael Hanson works alternate Mondays and Fridays every 2nd week.
- Dr Saroja Gunasekera offers telehealth medicine.
- \* Doctors alternate on Saturdays as part of a roster. Please ask at reception.



Private flu vaccines (for people aged 6 - 64 years) are now only \$15. Get the 2024 flu vaccine to protect against new strains and prevent serious illness. Book your flu vax with one of our practice nurses.



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
Dr Victoria Beyer					✓	✓	✓	✓			
Dr Julie Blaze	✓	✓	✓		✓	✓					*
Dr John Deady	✓	✓	✓	✓			✓	✓	✓	✓	*
Dr Hayley Glasson	✓	✓	✓	✓			✓	✓			*
Dr Rebecca Goodman	✓	✓	✓	✓			✓	✓	✓		
Dr Saroja Gunasekera			✓	✓		✓	✓				
Dr Jeff Hall			✓	✓	✓	✓			✓	✓	*
Dr Michael Hanson	✓		✓	✓	✓			✓	✓	✓	*
Dr Amy Harkness					✓	✓			✓	✓	
Dr Luke Harvey	✓	✓	✓	✓			✓	✓	✓	✓	*
Dr Helen Maclean	✓	✓	✓				✓				*
Dr Meaghan Miller-McConochie			✓	✓	✓	✓	✓	✓	✓	✓	
Dr Berlinda Png			✓	✓	✓	✓	✓	✓			✓
Dr Nikita Robins	✓	✓	✓				✓	✓		✓	*
Dr Elliot Wichlinski	✓	✓			✓	✓	✓	✓	✓	✓	

## 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 \$56.60.

We have EFTPOS facilities (debit and credit card: Visa & Mastercard but NOT American Express).

Medicare rebates will be sent online directly to Medicare and you will receive your rebate via 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.

## 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 at reception and on our website.

## Bulli Medical Practice

74 Park Road, Bulli NSW 2516

Monday to Friday 8am - 6pm

Saturdays 8am - 12 noon

Closed Sundays.

If you need a doctor outside of hours, call: Wollongong Radio Doctors 4228 5522 or the GP Helpline 1800 022 222.

In an emergency call 000.

New patients always welcome!

**Book online today:**

**[bullimedicalpractice.com.au](http://bullimedicalpractice.com.au)  
or call 4284 4622.**



**Bullimedicalpractice**

## Farewell Abbie

Abbie left BMP after two and a half years as a casual receptionist. She plans to further her experience in areas related to her university studies.



## Reminders, Recalls & Results

Please telephone the Practice after 10am 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](mailto: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.