



Bulli Medical Practice

WINTER NEWSLETTER 2019

Celebrating with Bulli Hospital

Bulli Medical Practice doctors, nurses and reception staff joined the community celebration at Woonona Bulli RSL in May to mark the 125 year anniversary of Bulli Hospital.

Our practice is one of the oldest medical practices in Australia and has worked with Bulli Hospital since 1895. So next year, it's our turn to celebrate 125 years!

Changes to Bulli Hospital

Later this year, Bulli Hospital will move into a new building as part of the new Bulli Aged Care Centre of Excellence. This facility will include:

- ◇ 60-bed aged-care inpatient unit and car parking on the northern side of Hospital Road.
- ◇ 60 residential care suites.
- ◇ An Urgent Primary Care Centre.
- ◇ Ambulatory care services including medical, nursing and allied health outpatient services.
- ◇ Onsite clinical and non-clinical support services.

The Bulli Aged Care Centre of Excellence is a collaboration between Illawarra Shoalhaven Local Health District and the Illawarra Retirement Trust.



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.

Bowel cancer screening is recommended for people aged 50 and over using a Faecal Immunochemical Test (FIT) every 1 to 2 years. People with a family history of bowel cancer need extra testing to find bowel cancers early. This may include regular colonoscopies.



TAKE DIABETES 2HEART

National Diabetes Week runs from 14 - 20 July. This year, Diabetes Australia are creating awareness about the link between heart disease and diabetes.

The Take Diabetes 2 Heart campaign is about inspiring people with diabetes, and the people who love them, to take positive steps to better heart health.

Heart disease is one of the most serious complications facing people with diabetes. Yet research shows most people with diabetes don't know they are at risk.

Risk of heart disease for people with diabetes

People with diabetes are between two and four times more likely to develop heart disease.

Heart disease is the number one cause of death for people with type 2 diabetes and is responsible for just almost two-thirds of all deaths in people with diabetes.

Between one and three per cent of people with type 2 diabetes experience a heart attack every year. That means that in a given year between 11,000 and 33,000 Australians will suffer a diabetes-related heart attack.

People with diabetes may develop heart disease 10 to 15 years earlier than people without diabetes.

If you have Type 2 diabetes, make an appointment today with your GP to talk about what you can do to lower your risk of heart disease.



It's time for your flu vaccine

Now the weather is turning colder, it's time to plan for the flu season: May to October.

For the 2018 season, the Australian Influenza Surveillance Report found that people who'd had the flu vaccine that year were 68% less likely to present to a general practitioner and 58% less likely to be hospitalised due to influenza, when compared to those unvaccinated.

How can I get the flu vaccine?

As in previous years, Bulli Medical Practice is running nurse-led vaccination clinics as well as offering vaccinations during routine consultations. You can book directly with a Practice Nurse via our online booking service.

Reduce your risk of getting & spreading the flu

- ◇ Get the influenza vaccination every year. The vaccine is most effective 3 to 4 months after vaccination.
- ◇ Wash your hands regularly. Good hygiene is one of the best ways to help prevent the spread of colds and flu.
- ◇ Cover coughs and sneezes. Cover your mouth and nose when coughing or sneezing and put your tissues straight into the bin.

Staff & community news

- ◇ Dr Jemima Grant will be on three months leave over the winter months for a working holiday in the snowfields
- ◇ Our new GP Registrar, Dr Katrina Heggie, will start in mid-July. Please welcome her!
- ◇ Thanks to Adam Wood for the garden make-over in the car parking area. It looks great!

Guide to doctor availability, Winter 2019

	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								✓	✓		✓
Dr Rebecca Goodman	✓	✓			✓	✓					*
Dr Jemima Grant	away for three months working holiday										
Dr Saroja Gunasekera	✓	✓	✓	✓		✓			✓		*
Dr Jeff Hall	✓			✓	✓	✓			✓**	✓**	*
Dr Michael Hanson	✓**	✓**	✓	✓	✓	✓		✓	✓**	✓**	*
Dr Amy Harkness					✓	✓			✓	✓	*
Dr Katrina Heggie			✓	✓	✓	✓	✓	✓		✓	*
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.

Bulli Burn

Bulli Medical Practice was once again the proud sponsor of the Bulli Burn's 2km event on 26 May.

The 10km event was completed by Dr Jeff Hall and Clinical Services Manager, Rebecca Jeffery, while the 5km run was completed by Keely from our reception team.

The McLean family were well represented in the 5km event with Cheryl and Dylan, Brooke and Eden, Lauren and Kenzie also completing.

Biggest Morning Tea

We hosted our Biggest Morning Tea in May to honour patients touched by cancer and their families and raise funds for the Cancer Council. Doctors, nurses and reception staff excelled themselves in the kitchen and baked up a storm!

Bulli Medical Practice matched donations received dollar for dollar.



**2019 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek

10 - 16 June is Men's Health Week and an opportunity to reflect on the different health needs of men.

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.

Despite 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. Men are less likely to recognise depression in themselves and less likely to seek help.

"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 Jeff Hall.

"We encourage all our male patients to make time for their health check. We're open late (until 8pm) weekdays and Saturday mornings so you can book an appointment at a convenient time," 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 \$43.40 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.

Donate Life Week

Donate Life Week (28 July - 4 Aug) creates awareness about organ and tissue donations. It also encourages Australians to register their donation decision and to discuss their decisions with their loved ones.

Only one in three Australians have joined the Australian Organ Donor Register, even though 81% believe registration of donation decisions is important.

9 in 10 families agree to a donation proceeding when the deceased is a registered organ donor. This drops to just 52% where the deceased was not registered and the family had no prior knowledge.

Today, more than 1,400 Australians are on wait lists for a life-saving or life-transforming transplant.

If you are willing to one day save lives by becoming an organ and tissue donor, please register and discuss your decision with your family and friends.



What are you waiting for?

Join the Australian Organ Donor Register online today
donatelifegov.au

The graphic features a large white checkmark inside a circle on a dark blue background. Below it is a white speech bubble containing a red heart with a white outline. The text is in white and pink.

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.