

## Healthy Cooking demo with Mary Beth-Thursday 28 October

Our next Healthy Cooking demonstration will be held on Thursday 28 October, starting at 5.30pm at The Local. We are excited to have Mary Beth from Aunt Mary's Kitchen as our presenter this time. Mary Beth will be showing us how to make Satay Chicken Stir-fry with Never Fail Aromatic Rice and an Easy Satay Sauce. Recipes and tastings will be provided. Cost is only \$5. If you would like to come along please contact Karen Innes-Walker on email [karen.walker@hospital.gov.nf](mailto:karen.walker@hospital.gov.nf) or phone the Health & Wellbeing office on 22687 by Tuesday 26 October.

## Emily Bay Accessibility Program

As the weather is starting to warm up, the Health & Wellbeing team are preparing to start the Emily Bay Accessibility Program. This program is about providing access to Emily Bay for people with mobility issues. If you would like to be on the contact list to be included in the program or if you would like to volunteer, please contact Maria Massey on [maria.massey@hospital.gov.nf](mailto:maria.massey@hospital.gov.nf) or call the Health & Wellbeing office on 22687.

## Basketball Program

With the days being longer and warmer, and taking on board feedback about the days/times of the Basketball Program, we have made some changes:

Skills clinics at the school basketball court:

This **Saturday** 16 October

4 – 5pm primary school years 2-8 (mixed - boys and girls)

Next **Tuesday** 19 October

6 – 7pm high school year 9+ and adults (mixed - men and women)

NI-Connect, NI Central School, Oliver Holm and the NIHRACS' health and wellbeing team are working together on this program. We thank everyone who has come along so far and invite others to give it a try.

Due to the success of the **come and try basketball** sessions so far, we are looking for those interested in starting up a **mixed social competition for ages 7 and up** during Term 4.

Please make sure you put your name and details down at the skills clinics or send a message to Ann Pataki on [ann.pataki@keyassets.org.au](mailto:ann.pataki@keyassets.org.au) or call 23380 to let us know you are interested in joining a team. Once we know numbers we will communicate back with team and game time details.

If you would be interested in helping out by coaching or refereeing (no experience required) then please send a message too as we need your support. Thank you to those who have already offered to assist.

## World Osteoporosis Day

20th October is World Osteoporosis day. Osteoporosis is a disease that weakens bones. The decrease in bone mineral density & changes in bone quality make bones more fragile & easily broken. Worldwide, 1 in 3 women and 1 in 5 men aged 50 years & over will suffer an osteoporotic fracture.

Osteoporosis is often called a 'silent disease'. Usually there are no symptoms in the early stages, it is only when a fracture occurs that the condition is discovered.

Early prevention is important, everyone can take steps to maintain & improve bone health. The three most important protections for healthy bones include adequate daily calcium intake, maintaining sufficient vitamin D levels and taking part in regular exercise.

If you are concerned about your risks for osteoporosis, you should discuss your concerns with your doctor. If you would like to know more about World Osteoporosis Day, please visit their website [www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)

## **Breast Cancer Awareness month**

October is Breast Cancer Awareness month, this month provides an opportunity for us to focus on breast cancer and the impact of this disease. Breast cancer can occur in women & rarely in men. Breast cancer is the abnormal growth of the cells lining the breast lobules or ducts, the cells can grow uncontrollably. There are 4 types of breast cancer.

Finding breast cancer early provides the best chance of surviving this disease. Take the time to check your breast, changes to look for include:

- a new lump or lumpiness, especially if it's only in one breast
- a change in the size or shape of your breast
- a change to the nipple, such as crusting, ulcer, redness or inversion
- a nipple discharge that occurs without squeezing
- a change in the skin of your breast such as redness or dimpling
- an unusual pain that doesn't go away.

Some changes aren't due to breast cancer, but it's important to see your doctor without delay if you notice any changes. To make an appointment at the GP clinic, please call 24134.

## **General Practice Clinic Update**

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating. To decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS.

If have any of the following symptoms please telephone the GP Clinic for a phone consultation prior to presenting at the front door:

- Fever
- Cough
- Shortness of breath
- Chills
- Body aches
- Sore or scratchy throat
- Headache
- Runny nose
- Muscle pain
- Vomiting
- Nausea
- Diarrhoea
- Loss of taste or smell

If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

If you require medical assistance outside business hours please phone the hospital on 22091.

In cases of emergency please dial 000.

### **GP Staffing Update**

The following locum GP's will be joining our team:

Dr Clive Bishop 16<sup>th</sup> October-26<sup>th</sup> November

Dr Andrew Ruterford 11th October – 20th November

### **Upcoming Clinic/Specialist Appointments**

Please note that all specialist appointments will require a referral letter from your GP prior to booking an appointment.

Smoking Cessation Clinic Every Second Tuesday afternoon (no referral required)

Nutrition and Dietetics Clinic Every Thursday afternoon

Prof Gonski (Geriatrician) Every Friday afternoon

### **Child Health Clinic**

Child Health Clinic will now be run from the GP Clinic every Friday, 8:30am to 4pm. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.

### **How long should you book your appointment for?**

Most appointments with your GP only require 15 minutes. If you have multiple issues or you think they are complex and will require extensive discussion, please let our receptionist know that you would like a **long appointment**. This will ensure you have the time needed with your GP and will assist us in managing the GPs time and patient flow.

### **Updating Your Details**

When you next visit the GP Clinic you will be asked to update your details. This is to maintain accurate information on your medical record and therefore assist with your consultation. Please arrive for your appointment 5 minutes prior to your appointment to allow time to complete. We thank you for your assistance in this important task.

### **Test Results and Referrals**

Test results can be obtained in a booked consultation. Referrals to specialists must be made during a consultation.

### **Walk-ins**

The GP Clinic operates on an appointment basis. Walk-ins are accepted, however there may be an unavoidable wait as priority is given to patients who have a booked appointment with their Doctor. All patients should present to reception with their current Medicare Card. At times you may experience a waiting period due to doctors tending to urgent or complex medical issues. We apologise for any inconvenience.

**All patient information is treated as confidential**