

Isabella Plains Medical Centre Newsletter May 2010

Pneumonia vaccination

This vaccine for 'Pneumococcal' disease is a government funded vaccine for persons 65 years and older. You are entitled to 2 vaccinations, 5 years apart to protect you against 'Pneumonia'. If you wish to commence this vaccination schedule, please book an appointment with the nurse.

Walking group

Anyone ready for a walk, all ages and ability welcome. The walk is coordinated by the heart foundation and takes place on Wednesdays at 9.30am start. The walking group commences from the Isabella Plains Medical Centre.

24 hour Blood Pressure Monitoring

We now offer, **at your doctors' request**, 24 hour blood pressure monitoring for those patients needing this assessment. The cost is \$100.00 (similar to the pathology companies charge). Your doctor will inform us if you need monitoring and the nurse will ring to book you an appointment.

Casual Clothes Friday

We are wearing casual clothes on Fridays. Why?

We are raising money, by a gold coin donation, to support our two girls in India. Their names are Rakhi and Pooja. They are children at the Sandipani Muni School. See notice board for more information on the girls and school.

Patient Focus Group

The group meets six monthly and comprises of various staff and patients. If you wish your view to be expressed in relation to a matter, please let us know in writing, as we are due to have a meeting.

Baby change table

Baby change table is located in the toilet by the back door. Please as before take your dirty nappy with you!

Parking

The neighbours adjacent to the practice would ask you to not park on or across their drives or on the nature strips of those homes. Your consideration would be appreciated.

Swine Flu (H1N1) and Fluvax

Swine Flu (H1N1) is recommended from 6 months of age. Children under 10 years will require 2 doses.

Fluvax 2010 (contains H1N1) and is recommended from 6 years of age.

Changes to the age came about due to the number of high temperatures noted in the younger children.

Flu vaccination is free for pregnant women, all over 65 years and Aboriginal and Torres Strait islander age 15 and over. People aged 6 to 64 years with conditions predisposing them to severe influenza will also be free. Examples are any lung problems, smoker, heart disease, high blood pressure and many more conditions.

All others \$20 to cover the cost of the vaccine.

NB

If your under 6 child has had one dose of fluvax they can have the H1N1-Swine flu as their second dose as a second dose of fluvax is not recommended.



Exercise

The ideal is 30 minutes of moderate activity at least 5 days a week.

Benefits

- Reduction of weight and body fat
- Reduces stress
- Increases energy levels
- Improves sleep
- Helps bones keep strong and muscle strength
- Improves quality of life
- Make new friends. Walking group Wednesdays 9.30 am from practice
- Reduces risks of heart disease
- Lowers blood pressure and body fats.

Have a laugh

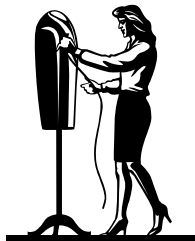


Donations

If you wish to donate dress material, cotton thread or knitting wool we have staff and patients making outfits for the children we sponsor at The Sandipani Muni School in India.

Please give material etc to our staff members and we will forward it to the knitters and dressmakers among our staff and patients.

Thank you



Eat well

Healthy eating

- Eat regular meals throughout the day, drink water
- Limit the size of the meals
- Limit sugar – use a artificial sweetener
- Choose breads, cereal (rolled oats, Weet-bix, All –bran) , pasta, rice(Basmati or Doongara) , fruit, starchy vegetables(potatoes, yams, corn, orange sweet potato) and beans (baked beans, kidney, chick peas, lentils, three bean mix)
- Eat lean meats, fish ,chicken (remove skin), soy products, limited eggs
- Eat at lease 2 fruit and 5 vegetables a day- Green leafy and orange coloured- Good source of fibre
- Low or skim milk products, cheese, yoghurt, milk, ice cream
- Small amounts of olive oil, seeds, nuts, avocado, oily fish and margarines (mono or polyunsaturated fats)
- **Very** limited cakes, biscuits, puddings, pastries, chips, battered fish, palm oil, coconut oil, butter, takeaway, soft drinks, lollies, chocolate, deli meats, salami, creamy dressings (saturated fats and trans fatty acids + high in calories)
- Do not add salt to cooking
- Limit alcohol to 2 drinks at anyone time and 2 alcohol free days

