

## AUGUST NEWSLETTER



# Southern Fleurieu Family Practice

175 Main South Road  
YANKALILLA SA 5203

*Situated next to the community  
Skate park & playground*

[www.sffp.com.au](http://www.sffp.com.au)  
8558 0111

In the case of a medical emergency call 000  
and request an ambulance.

AFTERHOURS GP helpline Health Direct:  
1800 022 222

### DOCTORS

Dr Brenton Martin  
Dr Charles Christie  
Dr Kin Lau  
Dr Roumi Spassova  
Dr John Law  
Dr Paul Worley  
Dr Rajpal Poonia  
Dr Jasmin MacIntyre  
Dr Shazia Sultana  
Dr Meiyen Leng

### WHATS NEW

\*We welcome back Dr Roumi Spassova after her extended leave. The team at the Southern Fleurieu Family Practice and all her patients are extremely happy she is back on board and feeling well!

\*Our Health focus for August is 'Healthy Bones'  
Due to patient demand, we have increased the frequency of the visiting onsite Bone Density scan sessions. Our next onsite visit is scheduled for 29th October. If you have missed out in the 2018 February and July sessions, make sure you book in for October.  
Call **8558 0111** today to secure your appointment.

***Our practice loves to hear all good news stories from their patients. This month we hear from our dear patient Paul Motiekaitis.***

I would like to take this time to publicly thank Southern Fleurieu Family Practice, Flinders Hospital ICU, the Acute Care Wards and the Southern Fleurieu Country Nursing Service for their absolute expert quality of care and expertise and kindness as human beings. Thank each and every person that has looked after me and brought me back to health with all my heart. My gratitude extends also to the Country of Australia and successive Governments' that have made such care at no cost, available to me. In some countries, this would have bankrupted me but not here. Thank you to all. Paul Motiekaitis

Book  
Online

BOOK YOUR  
APPOINTMENT ONLINE  
[www.sffp.com.au](http://www.sffp.com.au)

### OpenHours

(subject to bookings)

**Monday to Friday 8am-8pm**

**Saturdays 8.30am-4pm**

**Sundays 10am-4pm**

**Public Holidays 10am-4pm**

Closed Christmas Day and

Good Friday



Take control of your health.  
Register for a My Health Record.

## **MY HEALTH RECORD OPT OUT PERIOD 16TH JULY TO 15TH OCTOBER 2018**

More than five million Australians already have a My Health record, which provides a summary of their health information, delivering better health outcomes for patients and their treating doctors and specialists.

Every Australian will have a My Health record created for them, unless they choose not to have one during the 3 months opt out period that will run from 16th July to 15th October 2018. The My Health record system and opt out process has the full support of all state and territory governments and peak bodies who unanimously agreed to this plan in August 2017 at COAG Health Council.

The protection of patient information is critical and the My Health record system has strong safeguards in place to protect the health data. It is also subject to some of the strongest legislation in the world to prevent unauthorised use.

During the opt out period individuals who do not want a record will be able to opt out by visiting the My Health record website [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au) or by calling 1800 723 471 for phone-based assistance. Australians can cancel their My Health record at any time after the end of the opt out period—or create one if they opted out.

### **Dr Mei Leng**

MBBS

Dr Mei Leng has a strong patient following and continues to enjoy her relationship with her patients and the team at the Southern Fleurieu Family Practice. Mei



trained at the Flinders Medical Centre where she had a particular focus in surgical procedures. Prior to moving to Adelaide, she worked in the John Hunter Hospital, Newcastle, Sydney and The Royal Darwin Hospital.

Mei special interests include Skin Lesion Excisions, Dermatology conditions and Emergency Medicine. And of course, she enjoys all other aspects of General Practice.

Mei is married with one son. Her husband is an Interventional Cardiologist.

Mei and her family love travelling and experiencing new cultures and good food.

Mei is available Wednesday, Thursday, Friday and occasional weekends.

### **Dr Rajpal Poonia**

MBBS DCH EMC

Dr Rajpal Poonia has been with the Southern Fleurieu Family Practice since February 2017. He has very quickly become a popular GP and has a



strong patient following. Raj moved to Australia in 2008 from India with his wife Meena and they have 2 daughters. Raj worked in the Emergency Department and internal medicine before moving into General Practice.

Raj is interested in all aspects of General Practice and has a special interest in Chronic Disease Management (Diabetes, Hypertension, Heart Disease, Respiratory Disease), Skin Cancer Care, Mental Health Conditions and Minor Surgical Procedure's.

Raj enjoys playing tennis and gardening.

Raj is available Monday, Tuesday, Thursday, Friday and occasional Saturdays.