

## SEPTEMBER 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 Kin Lau

Dr Roumi Spassova

Dr John Law

Dr Paul Worley

Dr Rajpal Poonia

Dr Jasmin MacIntyre

Dr Angela Knight

Dr Shazia Sultana

Dr Meiyan Leng

### INTRODUCING DR ANGELA KNIGHT

The Southern Fleurieu Family Practice are very excited to introduce their new female doctor who commenced at the practice on Tuesday 7th August. Angela was born in Adelaide and graduated at Adelaide University in 2007. She is available Tuesdays, Thursdays and occasional Sundays. Her special interests are Travel Medicine, Women's Health, General Medicine and Chronic Condition Management.



Angela has worked alongside Dr Brenton Martin at our city practice for the last two years and is now joining us in beautiful Yankalilla to serve our local community. Angela has a love of horses and rides regularly. She looks forward to meeting you and your family. Book your appointment today.

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.

# National Asthma Month

## What is Asthma?

Asthma is a disease of the airways – which are the breathing tubes that carry air into our lungs. Sometimes it is harder for a person with asthma to breathe in and out, but at other times their breathing is normal. It is important to understand that asthma is a long-term (chronic) disease, and although there is currently no cure, with the right knowledge and good management, most people with asthma can lead full and active lives.

## Who develops Asthma?

Over 2.5 million Australians have asthma – about 1 in 10 adults and about 1 in 9 or 10 children. Asthma and allergies are closely linked. Asthma is more common in families with allergies or asthma, but not everyone with asthma has allergies. Adults of any age can develop asthma, even if they did not have asthma as a child. Some people have asthma during childhood, but later have very few or no symptoms as adults.

## What are the symptoms?

The most common symptoms of asthma are:

- wheezing – a continuous, high-pitched sound coming from the chest while breathing
- shortness of breath – a feeling of not being able to get enough air
- a feeling of tightness in the chest
- coughing – alongside other symptoms.

You do not need to have all of these symptoms to be diagnosed with asthma.

Noisy breathing, such as a rattling sound, is common in healthy babies and pre-schoolers. This is not the same as wheezing and does not mean the child has asthma.

**If you are experiencing any of the symptoms above or have any questions or concerns regarding Asthma, book an appointment with your doctor today on 8558 0111**



### HEALTH ASSESSMENTS AND OTHER BENEFITS FOR THE OVER 75'S

If you are aged 75 years or over, you are eligible for a free, annual health assessment to identify ways to improve your health and well-being, as well as assisting you on how you can maintain your independence at home and in your community. If you would like to register for this service call our practice today and our friendly nurses will be happy to assist.

*“Like all other services provided by SFFP, it was extremely well done and very valuable to me in its review of my current and future position. I recommend it without reservation to all who are fortunate enough to qualify for it”.*

*John Hansen.*

Seeing your usual GP on a regular basis is beneficial for managing your ongoing health, however on occasions if your usual GP is unavailable you may have to see another GP at our practice.

All GPs at SFFP have shared access to your medical records.

This ensures trusted and personal care for your quality of life.