

# SOUTHERN FLEURIEU FAMILY PRACTICE

Trusted Care for Over 15 Years

ALL PATIENTS WELCOME

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 175 Main South Rd, Yankalilla SA 5203

**OPEN 7 DAYS**

**OUR DOCTORS** Dr Brenton Martin . Dr Kin Lau . Dr Roumi Spassova . Dr John Law .  
Dr Paul Worley . Dr Rajpal Poonia . Dr Angela Knight . Dr Meiyan Leng .  
Dr Gerard Cobiac . Dr KC Hor .

Opening hours are subject to doctor availability, please phone the practice for an appointment or book online via our website

## HEALTH NEWS

### Do you know what exercise, dairy and sunlight have in common?

All of these factors help improve your bone health! During Healthy Bones Action Week, 19th–23rd of August 2019, it is important to raise awareness about bone health. In Australia, osteoporosis affects over one million people. It is a debilitating condition but can be treated if diagnosed early. A 'dual-energy x-ray

absorptiometry' (DEXA) scan is a widely used diagnostic tool that has the ability to measure your bone density and assess your risk of bone fractures. The good news is that the Adelaide Bodyscan mobile DEXA van will be visiting our practice from the 4th–8th of November 2019. Make an appointment with your GP to pre-book your bone scan today.

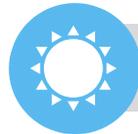
*Here are four simple steps that can help improve your bone health today!*



1. *Have a discussion with your GP.*



2. *Commit to regular exercise.*



3. *Spend time outside to get more vitamin D.*



4. *Increase daily serves of calcium*

## Give hope for a cancer free future.

By the age of 85 one in two Australians are diagnosed with cancer. On the 23rd of August 2019, the cancer council will be hosting their annual Daffodil Day Appeal. Mark this day on your calendar as a day to show your support to those affected by cancer. For more information on how you can help make a change go to [www.daffodilday.com.au](http://www.daffodilday.com.au).



## PRACTICE NEWS

DR KC HOR IS NOW CONSULTING



Dr KC started consulting at the practice on the 1st of July 2019. He is available every Monday & Thursday for patient bookings. 'KC' has past rural GP experience in Ardrossan and special interests in skin cancer medicine and elderly care. KC is well equipped to manage your medical needs.

## Why don't you just sleep on it?

This year's Sleep Awareness Week, 5th–11th of August 2019, will be a time to acknowledge the important role that sleep plays in maintaining optimal cognitive function. Adults need around 7 to 8 hours sleep every night. To find out more about how you can improve your sleep, speak to your Doctor and go to [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au) for more information.