

SOUTHERN FLEURIEU FAMILY PRACTICE

Trusted Care for Over 15 Years

ALL PATIENTS WELCOME

OUR DOCTORS

Dr Brenton Martin. Dr Charles Christie. Dr Kin Lau. Dr John Law. Dr Roumi Spassova.
Dr Tom Shaw. Dr Audrey Salleh. Dr Branimir Rajcic. Dr Paul Worley. Dr Rajpal Poonia.
Dr Meiyen Leng. Dr Angela Knight. Dr Gerard Cobiac. Dr KC Hor.

*Opening hours are subject to doctor availability and some terms and conditions apply to practice bulk billing.
Please refer to our website or phone the practice for more information.



OPEN 6 DAYS
Quality Health Care
BULK BILLED!

 **8558 0111**  **www.sffp.com.au**

 **175 Main South Rd, Yankalilla SA 5203**

PRACTICE NEWS



**DR AUDREY
SALLEH**

Originally from Malaysia, Audrey migrated here in 1997 to commence her medical degree and graduated locally from University of Adelaide with MBBS in 2005. She has spent her years working in various positions at The Queen Elizabeth Hospital, Lyell McEwin Hospital and Womens and Children's Hospital. She has particular interests in Women's Health, where she has spent many years working as an Obstetrics and Gynaecology Registrar. She is also interested in Geriatric Medicine and enjoys looking after elderly patients in nursing homes and communities. When not at work Audrey is a busy wife and mother to 3 beautiful children who keep her hands full. She also enjoys baking and cooking in her free time.

HEALTH NEWS

NATIONAL DIABETES WEEK JULY 12-18

'Taking action for your health and wellbeing. Stay connected with your healthcare team.'

Approximately 2 million Australians are at risk of type 2 diabetes. Up to 58% of type 2 diabetes can be prevented or delayed through healthy lifestyle changes.

Prevention is about knowing your risk and making the lifestyle changes that can delay or prevent type 2 diabetes.

Check your risk of type 2 diabetes with your local GP!

In addition, help reduce your risk of type 2 diabetes by:

- Eating a healthy, balanced diet
- Limiting takeaway and processed foods
- Regularly exercising
- Maintaining a healthy weight
- Managing blood pressure and cholesterol
- Quitting smoking
- Limiting alcohol intake

For more information make an appointment to see one of the doctors at Southern Fleurieu Family Practice. Phone 8558 0111.

Visit www.diabetessa.com.au to learn more.

