

## APRIL 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

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

Book  
Online

### 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 Aye Su Mon  
Dr Quenby Alinskie  
Dr Shazia Sultana  
Dr Meiyen Leng

### INFLUENZA VACCINES 2018

Ground breaking flu vaccines to over three million  
Australians aged 65 years and over—free of charge.  
These new trivalent (three strain) vaccines work in over  
65s by generating a strong immune response and are  
more effective for this age group in protecting against  
influenza. Book now to secure your appointment.

**FLU CLINICS AVAILABLE FROM APRIL.  
BOOK AT RECEPTION OR CALL 8558 0111**

and speak with one of our friendly  
receptionists who will be delighted to assist you.



*Under the National Immunisation  
Program, those eligible for a free flu shot  
include people aged 65 years and over,  
pregnant women, most Aboriginal and  
Torres Strait Islander people, and those  
who suffer from chronic conditions.*

### 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



## CHILDHOOD IMMUNISATIONS

**WHY GET IMMUNISED**—Immunisation is a safe and effective way to protect you and your children from harmful, contagious diseases. It also safeguards the health of other people, now and for future generations. Before vaccination campaigns in the 1960s and 1970s, diseases like tetanus, diphtheria, and whooping cough killed thousands of children. Today, it is extremely rare to die from these diseases in Australia.

**PROTECT YOURSELF**—All diseases we vaccinate against can cause serious ongoing health conditions, and sometimes death. Immunisation is a safe and effective way of protecting you and your child against these diseases.

**PROTECT YOUR COMMUNITY**—Immunisation protects more than you and your child from serious diseases. When you get immunised, you protect yourself as well as helping to protect the whole community. When enough people in the community get immunised, it is more difficult for these diseases to spread. This helps to protect people who are at more risk of getting the disease, including unvaccinated members of the community. This means that even those who are too young or too sick to be vaccinated will not encounter the disease. We call this 'herd immunity' and it can save lives.

**ACCESS TO BENEFITS AND EARLY CHILDHOOD SERVICES—No Jab, No Pay.** From 1 January 2016, immunisation requirements for Family Tax Benefit (FTB) Part A end of year supplement, Child Care Benefit (CCB), and Child Care Rebate (CCR) were extended to include children of all ages up to, and including, 19 years of age. To meet the immunisation requirements, children need to be up to date with their immunisations, on an approved catch-up schedule or have an approved exemption.



For the purposes of FTB Part A and CCB, and CCR a child is required to be vaccinated against the diseases as per the age appropriate early childhood vaccination schedule. Conscientious objection is no longer an approved exemption category. To help parents meet the immunisation requirements, all young people up 19 years of age can access free catch-up vaccines. If your child has missed some vaccines, talk to your doctor or vaccination provider to arrange catch-up vaccinations. Additionally, some states and territories may require a child to meet the immunisation requirements, or provide an immunisation record, to enrol in early childhood services. .

### QUALITY IMPROVEMENT

The Southern Fleurieu Family Practice continually engages in Quality Improvement (QI).

Quality Improvement consists of systematic and continuous actions that lead to measurable **improvement in health care** services and the health status of specific patient groups.

On occasions, you may be asked to assist your GP in such QI programs. Your participation is appreciated.

**WHY do we keep asking for your:**

**NAME, BIRTH DATE, GENDER, ADDRESS**

Patient identification ensures we deliver the correct treatment, care and results specific to you...



### Shingles (herpes zoster) vaccine FREE VACCINE FOR 70-79 YEARS

The zoster vaccine helps to protect you against shingles (herpes zoster). Shingles is a localised, painful vesicular rash which is a reactivation of the same virus that causes chickenpox earlier in life. Shingles is most common on the abdomen, sides and back, but can affect any part of the body, including the face. It usually lasts 10-15 days.

Shingles can lead to post-herpetic neuralgia (PHN) which is persistent pain lasting longer than 3 months after the development of the rash. Depending on the site of reactivation, complications can occur, especially with increasing age. Depending on the area affected, the following may occur:

- Inflammation of the eye
- Inflammation of the brain and spinal cord
- Secondary bacterial infection
- Pneumonia



The vaccine **contains a small amount of the live virus.**

Some people may not be able to receive a live vaccine for medical reasons, please discuss with your doctor.

**BOOK YOUR APPOINTMENT TODAY ON 8558 0111**

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.

## TRUSTED CARE FOR OVER 15 YEARS